



*Our newsletter for members and friends*

**May 29 - June 4**



**NEWS**



## **Happy Memorial Day**

We'd like to thank the men and women who sacrificed their lives while serving in the U.S. military.

Pictona will be open our normal hours on Monday, 8 am to 9 pm.

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## Championship Court Use at MetroHealth Stadium

We encourage you to play on the Championship Court at all times when it is not part of a programmed activity. When raining it will be the driest, least windy court on the entire campus. We request that you follow these guidelines for playing on the court. Read [HERE](#) for more information.

We appreciate your cooperation in keeping the Championship Court accessible for play and minimizing the amount of maintenance.



## Wheelchair Pickleball

We're looking for wheelchair pickleball players. Pictona is able to accommodate players in wheelchairs at our FREE introductory PB 101 classes. Please help us share the word - you can read more [HERE](#).

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## Welcome Chase Blocker!

Pictona is proud to announce that **Chase Blocker** is joining the teaching staff at Pictona. Chase is the first participant to enter the *Pictona Instructor Certification System* and achieve the title of Assistant Instructor.

Chase will initially be giving individual lessons to players 3.0 level and under.

Interested in an individual lesson from Chase? Email him at [Chase.A.Blocker@gmail.com](mailto:Chase.A.Blocker@gmail.com).



## VOLUNTEERS

### Thank you Cathy St. George!

Cathy has volunteered at Pictona for many years. You'll see her cheerfully welcoming players at tournament check-in. Cathy also enjoys volunteering as a court coordinator!

Read more [HERE](#).



**Congratulations  
Cathy**

### Join the Pictona Success Team

If you'd like to volunteer for a Pictona event, like Cathy, please consider joining the Pictona Success Team of Volunteers. Click [here](#) and explore the many opportunities to help us continue to make Pictona the best pickleball facility in the U.S.!



## THE KITCHEN AT PICTONA





## Next Week's Special - "The Blue Bird"

"The Blue Bird"... grilled chicken breast, topped with, bacon, blue cheese crumble and sweet and sour slaw served on toasted rye with choice of side.

Delicious!



**TOURNAMENTS**



## Sundown Showdown! - August 12th

Mark your calendars for our fun **evening** tournament, the Sundown Showdown! - on **Saturday, August 12th**.

The Sundown Showdown Team Tournament is a 4-person team pickleball tournament.

- 7 pm - 11 pm
- Skill Levels: 3.0, 3.5, 4.0, 4.5+
- Age categories: Under 50, Over 50
- Round Robin Format

More details including a link to register coming soon!

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## **Humana Pictona Open - October 19-22**

Join us to participate in Pictona's annual fall tournament on October 19-22, 2023.

We were flattered to be called the "best pickleball facility in the world" after USAP held its Diamond Amateur Championship at Pictona, followed by the APP, PPA, and Major League Pickleball hosting their tournaments at Pictona. We'll seek to match that by providing you with exceptional service provided by our staff and member volunteers.

Sign up at the button below.

[Click HERE for Register for the Humana Pictona Open](#)





## BRAGGING RIGHTS



### **Pictona was well represented at the U.S. Open!**

We had MANY Pictona members who played in the U.S. Open in Naples. We'd like to recognize the following members who medaled.

**Kathy Wartenby & Cindy Brackett**

Age 60 + 3.5 women's GOLD medal winners

**Steve Ross & Sylvia Whitehouse**

Age 60+ 4.5/5.0+ mixed SILVER medal winners

**Bob Traul**

Age 80+ 4.0 men's single GOLD medal winner

*We apologize if we missed your name and you medaled in the tournament. If you win a medal in a non-Pictona tournament and would like to be recognized, please complete the information in the Bragging Rights Form [HERE](#) and submit it along with a photo to be included in the Weekly Bulletin.*

Email the completed form along with photos to [marketing@pictona.org](mailto:marketing@pictona.org).



**PICKLEBALL PLAY**



## Check out POP! - Pictona Organized Pickleball

Our new PLUS MEMBERSHIP option now includes unlimited access to POP activities. Click [HERE](#) to see all the FUN, NEW activities Hali created for you!

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**REGISTER YOUR 3.0-3.49 Skill Level MEN or WOMEN QUAD SQUAD NOW, before SUMMER TEAM LEAGUES FILL UP !**

Each league will be limited to SIX TEAMS. Players get to form their own team of 4 MEN or 4 WOMEN. Come up with a FUN Team Name!

This event is included in your **PLUS MEMBERSHIP!**  
*(Otherwise, each team member will be required to pay \$25 fee when they register.)*

**[Sign up for the Quad Squad Team League HERE !!](#)**



## INSTRUCTIONAL PROGRAMS



### Education Corner - ***PB 201***

Pictona Certified Instructor Lu Kandt offers a "PB 201" class on **June 6 & 8**, with a second offering on **June 27 & 29**.

Our PB 201 course focuses on the skills and in game strategies needed for the advance level pickleball player to improve their game. This course is best for players who have good knowledge of how to serve, keep score and can do the basic pickleball shots.

Sign up [HERE](#) and learn to hit the drop shot and win more games!

## JUNE - INSTRUCTIONAL CALENDAR

(386) 310-7067  
**JOIN TODAY!**  
www.pictona.org

5/26/23

Prices indicated are for Pictona Members.  
Non-Members will have to pay an additional day rate or use a Pic 10 Punch Card.

**PB 101** For the beginner player FREE

Instructor: Lu

Monday, June 5, 12, 19, 26	4:00 - 5:30 pm
Tuesday, June 6, 13, 20, 27	1:00 - 2:30 pm
Wednesday, June 7, 14, 21, 28	6:00 - 7:30 pm
Thursday, June 8, 15, 22, 29	5:00 - 6:30 pm
Saturday, June 10, 17, 24	1:00 - 2:30 pm

The courses below are taught in sequential format that introduce new skills each week. Courses may be taken more than once in order to learn and master the skill presented.

View criteria needed for these courses at [www.pictona.org](http://www.pictona.org)

**Novice Play: Next Steps** 90 Min.

Instructor: Paul

June 12, 19, 26	6:30 - 8:00 pm
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Course includes three classes for a TOTAL cost of \$35  
Class will consist of fun drills, basic strategies and of course... games!

**Learn While You Play \*\*** 90 Min.

Instructor: Lu

Thursday, June 1	Noon - 1:30 pm
Tuesday, June 20	1:30 - 3:00 pm

\*\* You can schedule this class at a time convenient to you and your friends. Email Lu at [Lu@pictona.org](mailto:Lu@pictona.org) for more info.

**PB 102** 2 Hours

Instructor: Lu

Course #1	Monday, June 5 & Thursday, June 8	11:30 - 1:30 pm
Course #2	Tuesday, June 20 & Thursday, June 22	11:30 - 1:30 pm

(Each Course includes 2 classes for a TOTAL cost of \$100)  
Max 3 / Max 8

**Pickleball Made Easy** 90 Min.

Instructor: Sylvia

Friday, June 2	3:30 - 5:00 pm
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Teacher the value of hitting unreturnable shots at your opponent, how paddle position will make or break the shot outcome, and why you should rock and follow each shot.

**How to Beat the Bangers** 90 Min.

Instructor: Sylvia

Tuesday, June 6	6:00 - 7:30 pm
Thursday, June 8	6:00 - 7:30 pm
Friday, June 16	3:30 - 5:00 pm

Players will participate in drills to build understanding importance of hitting net or below shots.

**Shot of the Month: Blocking** 90 Min.

Instructor: Sylvia

Friday, June 23	5:00 - 6:30 pm
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2.5 - 3.0 Level

**Learn How NOT to Hit Out Balls** 90 Min.

Instructor: Sylvia

Friday, June 16	5:00 - 6:30 pm
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2.5 - 3.0 Level

**How to Keep the Ball Low and Pace Slow** 90 Min.

Instructor: Sylvia

Friday, June 2	5:00 - 6:30 pm
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2.5 - 3.0 Level

**PB 3.5+** 2 Hours

Instructor: Dave

Tuesday, June 27 & Thursday, June 29	Noon - 2 pm
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(Course includes 2 classes for a TOTAL cost of \$100)  
Max 3 / Max 8

**Drill with Dave** 90 Min.

Instructor: Dave

Tuesday, June 6	Noon - 1:30 pm
Thursday, June 15	1:30 - 3 pm
Thursday, June 22	Noon - 1:30 pm
Thursday, June 29	2 - 3:30 pm

Working hard on your needs with rigorous, unique drills designed to put you in game like situations.

**Change It Up** 12:00 - 1

Instructor: Dave

Tuesday, June 13	12:00 - 1
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**Handling the 4th Shot** 12:00 -

Instructor: Dave

Thursday, June 8	12:00 -
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**Avoiding Unforced Errors** 2:00 - 3:3

Instructor: Dave

Tuesday, June 20	2:00 - 3:3
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This class looks at player's habits and at ways to reduce unforced errors.

**Mastering the Drop Shot** 5:00 - 6:3

Instructor: Sylvia

Tuesday, June 27	5:00 - 6:3
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3.0 - 3.5 Level

**Speedball!** 1:30 - 3:00

Instructor: Dave

Thursday, June 22	1:30 - 3:00
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Speedball involves all the skills of pickleball in an active, fast-paced game. This is the class for you if you like to be active, fast-paced!

**Drill the Drop and "Stop"** 60 Min.

Instructor: Lu

Thursday, June 22	2:00 - 3:00 pm
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Max 24

**Blocking & Attacking Strategy** 6:00 - 7:30 p

Instructor: Sylvia

Tuesday, June 20	6:00 - 7:30 p
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(Levels 3.0 - 3.5) Min 3 / Max 8

**Partnership Tactics & Set Plays** 90 Min.

Instructor: Sylvia

Thursday, June 22	6:00 - 7:30 pm
Thursday, June 29	6:00 - 7:30 pm

(Levels 3.0 - 3.5) Min 3 / Max 6

**Drop, Drive or Lob** 6:00 - 7:30

Instructor: Sylvia

Thursday, June 1	6:00 - 7:30
Tuesday, June 13	6:00 - 7:30
Friday, June 23	3:30 - 5:00

(Levels 3.0 - 3.5) Min 3 / Max 8

**Round Robin** Instruction provided during Round Robin

New to Pickleball (Less than one year)  
"Not Ready for Primetime Pla"

Thursday, June 1	1:30 - 3:00PM
Tuesday, June 29	3:30 - 5:00PM

"Primed and Ready" for 3.0-3.5 L

Tuesday, June 20	2:00 - 3:30 pm
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(386) 310-7067  
www.pictona.org

Prices indicated are for Pictona Members.  
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## June Instruction Calendar

Our June Instruction Calendar is available, and we have class offerings for ALL levels of play. Pick up your copy at one of the Pictona Welcome Desks.

An Independent Licensee of the Blue Cross and Blue Shield Association

## SENIOR ACTIVITY CENTER





## Schedule of Events in the Senior Activity Center

Do to the holiday next week all MONDAY classes are cancelled.

- 10:00 am - Stretch and Flex
- 11:15 am Tai Chi Fusion
- 5:00 pm Beginner Line Dance
- 6:30 pm Intermediate Line Dance

There is plenty of activity in the FHCP Senior Activity Center. Click [HERE](#) to download a copy of our new brochure.

Go to [THIS LINK](#) for the weekly schedule of events.