

# MAY PICKLEBALL OUTDOOR COURT SCHEDULE

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 am	OPEN PLAY	OPEN PLAY	OPEN PLAY	OPEN PLAY	OPEN PLAY	CLOSED	CLOSED
7-8:30 am	BOOK A COURT 1-6	BOOK A COURT 1-6	BOOK A COURT 1-6	BOOK A COURT 1-6	BOOK A COURT 1-6	BOOK A COURT 1-6	BOOK A COURT 1-6
8:30-10 am	INTERMEDIATE RR COURTS 1,2,3	INTERMEDIATE RR COURTS 1,2,3	INTERMEDIATE RR COURTS 1,2,3	INTERMEDIATE RR COURTS 1,2,3	INTERMEDIATE RR COURTS 1,2,3	INTERMEDIATE RR COURTS 1,2,3	INTERMEDIATE RR COURTS 1,2,3
	SOCIAL RR COURTS 4,5,6	SOCIAL RR COURTS 4,5,6	SOCIAL RR COURTS 4,5,6	SOCIAL RR COURTS 4,5,6	SOCIAL RR COURTS 4,5,6	SOCIAL RR COURTS 4,5,6	SOCIAL RR COURTS 4,5,6
10-5:30 pm	BOOK A COURT	BOOK A COURT	BOOK A COURT	BOOK A COURT	BOOK A COURT	BOOK A COURT	BOOK A COURT
5:30-7 pm	ADVANCED RR COURTS 1,2,3	ADVANCED RR COURTS 1,2,3	ADVANCED RR COURTS 1,2,3	ADVANCED RR COURTS 1,2,3	ADVANCED RR COURTS 1,2,3	ADVANCED RR COURTS 1,2,3	ADVANCED RR COURTS 1,2,3
	BOOK A COURT 4,5,6	BOOK A COURT 4,5,6	BOOK A COURT 4,5,6	BOOK A COURT 4,5,6	BOOK A COURT 4,5,6	BOOK A COURT 4,5,6	BOOK A COURT 4,5,6
7-10 pm*	BOOK A COURT 1-6	BOOK A COURT 1-6	BOOK A COURT 1-6	BOOK A COURT 1-6	BOOK A COURT 1-6	*8:00 PM CLOSURE	*8:00 PM CLOSURE

- **NO OUTDOOR SHOES ALLOWED ON COURTS. Change shoes by the lockers.**
- Must cancel at least 1.5 hours prior to reserved session through peak app.
- Be courteous...If you will be late or need to cancel, it's your responsibility to cancel the reservation in the app to allow others to play.
- Space is limited and subject to change.

Round Robin may be listed as RR

**SIGN UP FOR PICKLEBALL ON OUR APP: Peak Health & Wellness MSLA**



First Time Sign Up Use Your Email and Temporary Password: abcd1234  
**IMPORTANT:** The login email will be the email associated with your PEAK account.  
 To check your email on file or add/update your email please call service desk: 406 251-3344 ext. 401.



Use QR Code to download the app or go to [peakmissoula.com/amenities/pickleball](https://peakmissoula.com/amenities/pickleball)

Google Play

App Store



406.251.3344 ext. 401 | [peakmissoula.com](https://peakmissoula.com)

**Pickleball Court Hours:** M-TH 6am-10pm, Fri. 6am-8:30pm, Sat.-Sun. 7am-8pm

# Pickleball Programs

## **Drill Session \$ Duration: 90 min**

Improve your skills with instructions and directions provided by a Pickleball Professional

### **Class benefits/features:**

- Agility
- Balance
- Develop core strength

**Pre-Registration:** \$10 for members, \$20 for nonmembers, payment is due upon arrival.

All participants must sign up in the App/Blue Mountain/Pickleball

**Difficulty Level:** All Levels

**Equipment needed and Class etiquette:** Pickleball paddle, good attitude and respect for the game and each other.

## **Intro To Pickleball Duration: 90 min**

Held Once a Month. Designed to introduce or acquaint players to fundamentals of Pickleball. Clinic includes grips, preparation, swing paths, contact points, strike zone, movement, & patterns dead and live ball drills.

Followed by games at the end, if there is time.

### **Class benefits/features:**

- Interval
- Low Impact
- Total Body Workout

**Pre Registration:** Cost: \$10 Members \$15 Non-Members First class Free for New members.

All participants must sign up in the App/Blue Mountain/Pickleball . Please check in at the front desk upon arrival.

**Difficulty Level:** Beginner

### **Equipment needed and Class etiquette:**

Equipment provided. Water bottle recommended. Come with an open mind, a desire to learn, and good energy.

## **Round Robin Indoor/Outdoor Duration: 90 min**

Players pair up with different partners to compete against others in a match play scenario. Indoor

Round Robin Open Play for all levels. Total number of players is capped at 28. Sign up on the Peak App for a spot. There is a White Board that we will use to sign up teams of 4. When a game is completed, the next group of 4 will go to that court.

### **Class benefits/features:**

- Agility
- Balance
- Cardio

**Pre-Registration:** All participants must sign up in the App/Blue Mountain/Pickleball . Please check in at the front desk upon arrival.

**Difficulty Level:** All Levels

### **Equipment needed and Class etiquette:**

All equipment provided. Please bring a good attitude, and generous calls.

## **Open/Social/Ladder Play Duration: 180 min**

This Session is for all players of all skill and age levels. Come in and meet new players and make new friends!

Open/Social/ Ladder Play. Players will start off on a court and play the first game. Winners SPLIT and advance to the next court. The players who did not win will stay on the court and SPLIT. The winning team from Court 6 will come off the court if there are any players sitting, and will cycle in on court 4. All players will split. If there are no extra players, the winners from court 6 will go to court 4, SPLIT, and repeat the process. This is an INCLUSIVE session that will allow ALL skill levels to play together.

### **Class benefits/features:**

- Agility
- Balance
- Stamina

**Difficulty Level:** All Levels

### **Equipment needed and Class etiquette:**

Bring proper court shoes, a paddle and an **OUTDOOR BALL** or three.

**Questions? Email [Pickleball@peakmissoula.com](mailto:Pickleball@peakmissoula.com)**

**Instructor, Wally Brakefield: [wally@peakmissoula.com](mailto:wally@peakmissoula.com)**

**Instructor, Devon Sikora: [devon@peakmissoula.com](mailto:devon@peakmissoula.com)**

***For questions or comments please contact our service desk | 406.251.3344 ext. 401***