



Bruce Lacroix, Certified Instructor

Pickleball: weird name, fun game. Easy to learn, easy to get better at.

Balfour Rec. Pickleball ADULT CLINICS (BALFOUR)

BEGINNERS: Have never played or maybe only a few times. We start with very basics: paddle grip, positions, paddle and ball control, easy back and forth hitting drills, working as a 2 person team, basic serving and returning, how to score, and playing a real game. Participants will have the basics of how to play pickleball. Includes handouts.

2 Sessions of 1.5 hour each.

**DATES: Tuesday, May 20 and
Thursday, May 22, 5:30 – 7:00**

Package cost for both sessions
(includes use of paddles):

BRC members: \$60

Non-members: \$70 + \$10 PB Canada
membership

INTERMEDIATES

SESSION 1: 1.5 hours

Drills in: consistent serves; good returns;
No-Volley Zone play including dinking;
doubles strategy. Game play.

BRC members: \$40

Non-members: \$50 + \$10 PB Canada
membership

Saturday, May 24 from 1:00 – 2:30

SESSION 2: 1.5 hours

Drills in: consistent backhands; volleys;
lobs; using various spins on serves and
groundstrokes. More advanced doubles
strategy. Game play.

**NB: Must have taken Session 1 prior to
Session 2.**

Saturday, May 31 from 1:00 – 2:30

BRC members: \$40 Non-members: \$50

**For more information,
or to register,
contact Bruce at brucejlacroix@gmail.com**