



**BANCROFT  
CURLING CLUB**  
• Since 1957 •



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[www.bancroftcurlingclub.ca](http://www.bancroftcurlingclub.ca)

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## Welcome to the fun sport of Pickleball. A sport for all ages!

Our Pickleball schedule for the 2025 season (May 12 to Sept 26, 2025 ) is as follows:

- Mondays 6 PM to 9 PM
- Tuesdays 9 AM to 12 noon
- Wednesdays 6 PM to 9 PM
- Thursdays 9 AM to 12 noon

# Clinics

## Saturday, May 10, 2025

**Learn to Play/Beginner Pickleball: \$180 – 9:00 AM – 11:00 AM**

- 2 hour Beginner/Learn to Play Clinic: includes a Professional instructor and membership for the 2025 season at the Bancroft Curling Club (Pickleball season runs from May to September)
- *The Learn to Play Pickleball Clinic is required in order to play in tournaments*
- During this session, you will learn the rules of play, and basic terminology while practicing skills like serving, return, and volleying of the ball
- This course will use a mix of practical and theoretical concepts, and by the end of the lesson, you will have played a minimum of 1.5 hours of pickleball to fully grasp scoring, court terminology, basic skills, and strategies
- Beginner's: Serve/Return, Dinking, Shot Accuracy, Getting to Kitchen, Volleys/Drives, Three Pillars of Performance: Athletics, Strategy, Mechanics
- Play, Practice play format
- Throughout the morning/afternoon you will 'try before you buy' various paddles and balls to better understand the equipment needed for getting active and staying safe as you explore the exciting sport of Pickleball

**Intermediate: \$65 – 11:30 AM – 1:00 PM**

- 1 1/2 hour Intermediate Clinic: Third Shot Drops, Deep Return & Serves
- Dinking with Purpose, Blocks, Strategic Tips, Mindfulness -slowing down/speeding up
- Play. Play, Practice play format

**Advanced: \$75 – 2:00 PM – 3:30 PM**

- Advanced -Competitive Clinic or Tournament Prep
- Review strategies of Serve vs. Return sides of the court
- Continue to develop 3rd shot drops with consistency, begin to develop ATP & Erne skills
- Play a mini tournament (king of the court), and get personal feedback to improve your game
- Court positioning, mindfulness during tournaments, reading your opponents, what to pack etc....

**About your Instructor:**

- Kelli McRobert is certified with the Professional Pickleball Registry (PPR-USA) and National Coaching Certification Program Level 2 (NCCP-Canada)
- While she does not play for money on a professional level, she has competed and won the Canadian National Championships for Age/Skill 5 times -2 silver (2022 and 2024), and 3 bronze (2019, 2022 and 2024)
- She is a paid instructor, having trained over 500 students, is a certified Level 2 Canadian Referee and was a Board Director for Pickleball Canada. She continues to advocate for the sport in rural communities with her team -White Lake Pickleball
- She has her Bachelor of Education specializing in Adult Education and is a Certified Mixed Ability Sports Coach in Canada
- She has been playing for 8 years and competing for the past 7 years with over 60 medals won