



Peak Pickleball Instruction

Brock Belcher
Pickleball Director/Instructor
Register@thePeakID.com

Kendall Laidlaw *PPR Certified*
Pickleball Instructor
Register@thePeakID.com

The Midcourt Makeover

Does your movement through the midcourt (transition zone) need a makeover?

- **Makeover your movement forward** - Increase understanding on how to move through the transition zone with purpose instead of rushing or getting stuck.
- **Improve your shot selection under pressure** – Develop confidence choosing the right ball (reset, roll, or attack) when you're not fully set at the kitchen.
- **Improve the reset shot** – Build the soft game needed to neutralize hard shots and safely work your way to the net.
- **Gain better court positioning and balance** – Understand where to stop, when to split step, and how to stay controlled instead of off-balance.

3.0 Skill Level

May 4 & 5th

10:30am-12:00

3.5+ Skill Level

May 11 & 12th

10:30am-12:00



Cost \$60.00 Members, \$75 Non-Members

No refunds after registration is billed

To Register hit the link or scan the QR code
<https://forms.cloud.microsoft/r/JGPjYpJ6zC>

** Members will be billed to payment on file or linked member payment on file. Non-Members will pay 1st day of instruction. See instructor to obtain your payment invoice.

This Pickleball programming is sponsored by Selkirk Sport!



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