



RACQUETBALL

RANDOM COURT TIME Center Court Fitness Club has 3 racquetball courts. Courts can be reserved for random play except during racquetball or wallyball leagues, tournaments, and special events. Reservations are limited to 1 hour and can be reserved in person or by phone at the customer service desk up to 1 week in advance.

Court Rates: Member - Free
Non-member - \$10.00 + tax

FREE INTRODUCTORY RACQUETBALL LESSONS We offer one free introductory racquetball lessons to any member 16 years of age and older at the times listed below. The lesson will last approximately 45 minutes. Bring your tennis shoes and we'll supply the racquets and eyewear. Sign-up at the service desk.

Thursday (7:30 PM)

<u>2011</u>	<u>2012 (cont.)</u>
Sept. 1, 15	Mar. 1, 15
Oct. 6, 20	Apr. 5, 19
Nov. 3, 17	May 3, 17
Dec. 1, 15	June 7, 21
<u>2012</u>	
Jan. 5, 19	July 5, 19
Feb. 2, 16	Aug. 2, 16

RACQUETBALL 101 This 4-week lesson series for the new or inexperienced player emphasizes the basic fundamentals of racquetball. We'll get your game headed in the right direction with easy-to-learn drills and quality instruction. Sign-up at the service desk.

Cost: \$24 per person
Day/Time: Tuesday 7:30 - 8:30 PM
Dates: Sept. 12 - Oct. 3, Nov. 7 - 28
Info: Contact Mike Orr, Sports Manager

RACQUETBALL TOURNAMENTS

Dec. 2-4, 2011 USAR Happy Joe's Open
Feb. 17-19, 2012 USAR Deek's Open

PRIVATE LESSONS Are you stuck at a certain level and can't seem to improve, struggling with certain shots, or playing someone regularly but can't seem to beat them? If so, consider a private, semi-private, or group lesson with an AmPro Certified Instructor.

<u>Lesson Rates</u>	<u>1 Hour</u>	<u>1/2 Hour</u>
Private:	\$40	\$25
Semi-private:	\$24 each	\$15 each
Group of 3:	\$18 each	\$11 each
Group of 4+:	\$15 each	\$9 each

Note: Non-members add \$5 to the prices listed above.

JUNIOR ROLLOUTS (Youth Racquetball Lessons)

This program is designed to introduce youth to the fast and fun sport of racquetball. It's easy and inexpensive to get started. Racquets and eyewear will be provided if you don't have them.

Age: 5-7	Mon. 4:15 - 5:00 PM	\$45.00
Age: 8-10	Mon. & Wed. 5:00 - 6:00 PM	\$90.00
Age: 11-13:	Tue. & Thu. 4:30 - 5:30 PM	\$90.00

Session Start Dates: Sept. 12, Dec. 5, 2011, Mar. 5, 2011

(Each session is ten weeks)

CHALLENGE COURTS A great way to meet other players and enjoy some friendly competition. Just show up to play. Challenge court rules will be posted outside the court.

Day / Time: Monday - Wednesday - Friday 12:00 - 1:00 PM
Saturday 9:00 - 10:30 AM
Sunday 6:00 - 7:30 PM

Cost: Members - Free
Non-Members - \$10.00 + tax

RACQUETBALL LEAGUES Racquetball Leagues are limited to Center Court Fitness Club / GF Y Family Center members only.

Fees: Members - \$12 + tax
Dates: Aug. 22 - Oct. 17, 2011
Oct. 20 - Dec. 15
Jan. 9 - Mar. 1, 2012
Mar. 12 - May 3
June 4 - Aug 2

When: Mon. C-D / 6 PM, B-C / 7 PM
Tue. A-B / 5:30 PM, Open-A / 6:30 PM
Wed. C-D / 6 PM, B-C / 7 PM, Women's B-C / 8 PM
Thu. Open-A Db. / 5:30 PM, B-C Dbl. / 6:30 PM