



# **KIDS' RACQUETBALL LEAGUE**

Open to Suburban Members and the General Public\*

Girls and boys (ages 8-16) can challenge themselves to the physical sport of racquetball. League consists of six sessions where kids will learn the basic skills and rules of the game and progress into matches. Racquets and eyeguards will be provided to those who do not have equipment. Please bring court shoes (no black soles).

Dates: Saturdays, March 6-April 10, 2010

Time: 10:00-11:15AM

Cost: Free to Members, \$25 Non-Members

Location: Suburban Health Club

Instructor: Pat Decker

Pre-Registration Required – Sign Up at the Front Desk



# **KID FIT PROGRAM Returns for Fall**

This exciting and energetic class designed for kids ages 6 to 12, makes getting fit fun with a variety of activities, from games and relays to balance and coordination drills. Lead by a certified instructor, your child will be encouraged in a non-competitive, safe and friendly atmosphere. Class will include use of jump ropes, exercise balls, steps, balance beam, hand weights and more!

Dates: Saturdays, Sept. 17, 24, Oct. 1, 8, 15, 22.

Time: 10:15-11:15AM

Location: Suburban Health Club

Fee: Free to Suburban Members/\$24.00 for Non-Members

Pre-registration is requested.

\*Details at Front Desk