

JUNIOR

at Lakeforest
Sport & Health

RACQUETBALL CLINICS



Racquetball is great for fun and fitness and is exploding at the junior level! Racquetball can help improve physical endurance, balance, coordination, body control, and is a great overall cardiovascular workout! Racquetball also provides ideal training for other sports. A lifetime sport, racquetball is a fun activity the whole family can participate in.

SCHEDULE:

DAY	TIME	LEVEL
Thursday	4:30 - 5:30pm	Beginners - Good Beginners ages 7-12 years
Saturday	1:30 - 2:30pm	Beginners ages 7-11 years
Saturday	2:30 - 3:30pm	Beginners ages 12 - 18 years
Saturday	3:30 - 4:30pm	Good Beginners - Intermediate
Saturday	4:30 - 5:30pm	Advanced

**10%
DISCOUNT**
If participating
in 2 clinics
per week!

SESSIONS: **Saturdays:** Sept. 20 - Dec. 6 (10 classes) Discount Deadline: Sept. 13
 Thursdays: Sept. 25 - Dec. 11 (Classes) Discount Deadline: Sept. 18

MEMBER COST:

Beginner: \$250 per session (if paid before deadline); \$275 per session (if paid after deadline)
Intermediate: \$280 per session (if paid before deadline); \$310 per session (if paid after deadline)
Advanced: \$320 per session (if paid before deadline); \$350 per session (if paid after deadline)

NONMEMBER COST:

Beginner: \$287.50 per session (if paid before deadline); \$300 per session (if paid after deadline)
Intermediate: \$325 per session (if paid before deadline); \$335 per session (if paid after deadline)
Advanced: \$370 per session (if paid before deadline); \$385 per session (if paid after deadline)

For more information please contact Bev Supanick at 301-445-2021 or email bsupanick@sportandhealth.com

JUNIOR RACQUETBALL CLINICS Registration Form

Junior's Name _____

Name _____

Address _____

Phone # (h) _____ (c) _____

E-mail address _____

Member# _____ Nonmember

Does your child have any health problems? _____

What day, time and level are you registering for?

Type of Payment: **Cash** **Check** **MasterCard**
 Visa **AMEX** **Discover**

Card #: _____ Exp Date: _____

Signature: _____ Date: _____

RELEASE: In consideration of making facilities and/or services available, I do hereby for and on behalf of myself and my heirs and legal representatives, release and forever discharge Sport & Health, its owners, manager and representatives from any and all claims and demands of every kind, nature and character which I may have or hereafter acquire for any and all damages or losses which may be suffered or sustained by me in connection with my activity and all such claims are hereby waived and released.

Signature: _____ Date: _____

sport & health

LAKEFOREST

sportandhealth.com

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