



# Racquetball

More info: [racquetball@CascadeAC.com](mailto:racquetball@CascadeAC.com)

**Get in the Game! Play Racquetball for fun & fitness.**

## Junior Beginner Clinics

Three week sessions filled with exercise, fun and learning.

Includes racquet/eye guards/can of balls

Mem: \$59/Non: \$69

Lesson only Mem: \$35/Non: \$45

Tues 6-7pm Age: 10-13

10/3-10/17, 10/24-11/11/7, 11/21-12/5

## Jr Racquetball Team Training

Ages: 10-17 FREE!

Work on strokes, basic strategy and play as well as prepare for tournaments.

No sign up required.

Sun 4-5pm w/rball staff begins 9/30

## Racquetball for "Dummies"

For adult beginners & those wanting basics

Weds 7pm 6wks beginning 10/11 \$35

Week 1-Intro: Rules, equipment, strokes

Week 2-Serve & return

Week 3-Court position & strategy

Weeks 4,5,6-Round robin play w/Brian

## Racquetball Leagues

### Singles & Doubles

Winter Leagues begin 9/18

New to leagues? Contact Brian, he'll put you in a league right for you!

Pre-Sign up on RBall League Application Form in the Racquetball hallway.

## FREE Beginner Clinic!

Tue Dec 12 7pm

Come join Brian & Dianna for a night of racquetball & FUN!

Any level welcome. Limited to 16 Sign up on Rball b.board by 12/11

Private Lessons are available

\$36/hr Contact Brian for avail. times/days

## FREE OPEN PLAY Challenge Court Play

Ct. 1 No sign up required

Mon-Thur 5-9pm

# Special Events

## Morning Zoo Doubles

Wednesday 11/15 9-11am

FREE!

Join the morning crew for some fun racquetball action. Bring goodies to share, drinks provided.

No sign up required

## Head Demo Night

Wednesday 9/27 6-8pm

### Racquetball-Snacks-Prizes

Come join Team Head for an evening of entertainment and racquetball!

Demo the new racquets. Members & Guests welcome

## OREGON HIGH SCHOOL RACQUETBALL LEAGUE

Over 400 kids compete each year. ALL levels welcome!

Cascade hosts: Barlow Centennial Gresham Reynolds Corbett

Volunteer coaches are needed too! Please Contact Brian if interested.

All levels of High School aged kids are welcome to participate in the Oregon High School Racquetball League Program. If you don't know how to play, we will teach you. League play is divided by levels, so everyone plays and everyone can be a winner.

Cascade Athletic Club will be the host club for the area high school teams including Barlow, Centennial, Gresham, Reynolds and Corbett.

The league runs November-February. Members and Non-Members are welcome to participate. Practices are held after school & weekends with league matches on Saturdays.

For more information, please contact Brian Ancheta at 503.665.4142 (ext 222) or at [Racquetball@CascadeAC.com](mailto:Racquetball@CascadeAC.com)



OREGON RACQUETBALL ASSOCIATION

FALL SCHEDULE

For more information on the Adult (ORA) and Junior Tours (OJRA) and tournament entry forms, please go to:

[www.OregonRacquetball.org](http://www.OregonRacquetball.org)

National Events at: [www.usra.org](http://www.usra.org)



Exciting NEW Head

Racquetball Products!

Racquets, gloves, shoes & accessories

Available in the Cascade Proshop