

RACQUETBALL

May-August 2012
(no class 5/28)

ADULT

Ages 18 and Older, Members Only

Racquetball is an exciting game that offers a great workout at any level of play. Come join the fun in one of our seven professional-grade racquetball courts, which are meticulously maintained and ready for play.

FREE CO-ED RACQUETBALL BEGINNER CLINIC COURTS 5, 6, 7

It's an easy game to learn and these clinics help players establish the basics. Stroke mechanics, fundamental skills, and rules of the game are introduced in this one-hour lesson. Offered quarterly.

BEGINNER Thursday 5:30-6:30 p.m. June 7

DISCOVER RACQUETBALL BEGINNER CLASS COURTS 4, 5, 6, 7

This is the best program for getting started. Includes a new racquet, eye guards, a can of balls, and a 60-minute lesson which covers the basics of racquetball.

BEGINNER Thursday 6-7 p.m. May 10 or June 14: \$80 (M)
Saturday 10-11 a.m. May 19 or June 23: \$80 (M)

FREE ROUND ROBIN

Informal competitive play where the courts are already reserved. Show up ready to play.

WOMEN Mondays 5:30-7:30 p.m. Courts 6, 7
MEN Wednesdays 5-8 p.m. Courts 1, 2, 4

JUNIOR

Ages 7-17

Younger players are invited to come and practice with Donna as she develops skills, improves abilities, and shows them how to have fun with racquetball.

DISCOVER RACQUETBALL CLASS COURTS 4, 5, 6, 7

This program includes everything you need to get started in a sport that is fun and provides great exercise: a new racquet, eye guards, a can of balls, and a sixty-minute lesson that will cover the basics of racquetball. All levels.

Saturday 11 a.m.-12 p.m. May 19: \$55 (M), \$66 (NMCM), \$73 (NM)
June 23: \$55 (M), \$66 (NMCM), \$73 (NM)

RACQUETBALL CLASSES COURTS 5, 6, 7

An opportunity for junior players of all abilities to improve their game, hone their skills, and meet other junior players for ongoing play. Drop-in play is available for \$16 per class. All levels.

Monday 4:30-5:30 p.m. May 7-21 (no class 5/28): \$36 (M), \$43 (NMCM), \$61 (NM)
June 4-25: \$48 (M), \$58 (NMCM), \$73 (NM)

RACQUETBALL SUMMER CAMP COURTS 4, 5, 6, 7

Whether you've played before, or never picked up a racquet, these camps will teach the basic techniques and strategy of racquetball, while having fun. All levels.

Monday-Tuesday 1:30-3 p.m. July 9-10: \$85 (M), \$102 (NMCM), \$121 (NM)
August 6-7: \$85 (M), \$102 (NMCM), \$121 (NM)

LESSONS

Learn racquetball or improve your game. Includes stroke mechanics, shot selection, and game strategy.

30 Minutes	Member	Non-Member
Private	\$34	\$39
Semi-Private	\$25 each	\$30 each

45 Minutes

Private	\$50	\$55
Semi-Private	\$33 each	\$38 each

60 Minutes

Private	\$60	\$65
Semi-Private	\$38 each	\$43 each

ABOUT OUR PRO



DONNA TRIEMSTRA

Instruction, league management, and coaching are provided by Racquetball Pro, Donna Triemstra. An outstanding player with 20 years of teaching experience, Donna loves sharing her passion for racquetball with others.

Donna has played racquetball for over 30 years – back in the days of screen ceilings and wooden racquets. Since moving to the Seattle area from Chicago, she has competed in the Open division since the early 1980's.

She is experienced in all facets of racquetball, including club management, activities programming, tournament coordination, racquet stringing, and instruction. Donna loves to work with players of all ages and skill levels.

For all free clinics, no shows and late cancels will be charged a \$10 fee.

Visit the Racquetball Ladder at proclub.com.

Sign up today at the concierge desk or call (425) 885-5566. For more information please contact: Donna Triemstra, (425) 861-6285, dtriemstra@proclub.com.

PRO
Sports Club
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