

# RECREATION ATL

## *Junior Racquetball Program*

- Ages 7—14
- A Monthly Program
- Two 60-minute sessions per week, Tuesday and Thursday
- 5:30 pm to 6:30 pm
- \$90.00 a Month with \$30.00 sign up fee

Promote Fitness, Cardio and general health with Full Body work-out

Promote Muscle Growth and reduce obesity

Promote Focus, develop Co-ordination, and improve Competitiveness

Build a solid foundation of Racquetball Skills



DAY	TIME
Tuesday	5:30pm—6:30pm
Thursday	5:30pm—6:30pm