

# WINTER

## Introductory Lessons

Courts Plus Fitness Center offers **FREE** introductory lessons throughout the day and evening hours to all members 16 years of age and older. Sign-up at the front desk or contact Wayne: 237-4805 or [wherrick@courtsplus.org](mailto:wherrick@courtsplus.org).

## Youth Racquetball

This is a 6-week lesson series open to youth of all ages and skill levels. The basic fundamentals of racquetball will be taught. Players will be grouped according to age and skill level. Sign-up at the front desk or contact Wayne: 237-4805 or [wherrick@courtsplus.org](mailto:wherrick@courtsplus.org).

**Days:** Tuesdays & Thursdays  
**January 31<sup>st</sup> - March 15<sup>th</sup>**  
**Time:** 4:15 - 5:00 pm  
**Level:** Advanced  
**Fees:** Members - \$10  
Non-Members - \$25

**Days:** Tuesdays & Thursdays  
**January 31<sup>st</sup> - March 15<sup>th</sup>**  
**Time:** 4:45 - 5:30 pm  
**Level:** Beginner  
**Fees:** Members - \$10  
Non-Members - \$25

## Junior Racquetball League

This is a 6-week league open to experienced youth racquetball players. Junior racquetball players will compete against each other in a league format. One match will be played each day of league. Sign-up at the front desk or contact Wayne: 237-4805 or [wherrick@courtsplus.org](mailto:wherrick@courtsplus.org).

**Days:** Mondays & Wednesdays  
**January 30<sup>th</sup> - March 14<sup>th</sup>**  
**Time:** 4:15-5:00 pm  
**Fees:** Members - \$10  
Non-Members - \$25

## Tournaments

Tournaments are offered monthly throughout the racquetball season. A variety of tournaments are offered for the beginner to the advanced player. Tournaments are open to club, Fargo/Moorhead and regional players.

If you have any questions contact Wayne: 237-4805 or [wherrick@courtsplus.org](mailto:wherrick@courtsplus.org).

**F/M All City**  
**Saturday, January 14<sup>th</sup>**  
**Division:** All Skill Levels  
**Entry Fee:** \$10

**Valentine Shootout**  
**Saturday, February 11<sup>th</sup>**  
**Division:** "B" & "C" Players  
**Entry Fee:** Members - \$10  
Non-Members - \$20

**March Madness**  
**March 9<sup>th</sup>-11<sup>th</sup>**  
**Division:** All Skill Levels  
**Entry Fee:** Variety

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



# YMCA & Courts Plus Fitness Center Exchange

Courts Plus racquetball players are welcome at the YMCA on Wednesdays, when accompanied by a YMCA member. YMCA players are welcome at Courts Plus on Saturdays with a Courts Plus member. **Membership cards must be shown to avoid paying a guest fee and all guests are required to sign the guest register before entering the club.** If you have any questions contact Wayne: 237-4805 or [wherrick@courtsplus.org](mailto:wherrick@courtsplus.org).

## Challenge Courts

Challenge Courts are open to all ages and skill levels. Courts are available on Tuesday nights 6:00pm-8:00pm and Saturday mornings 9:00am-11:00am. Come out and enjoy the fun!! If you have any questions contact Wayne: 237-4805 or [wherrick@courtsplus.org](mailto:wherrick@courtsplus.org).

## Random Court Time

Random court time can be reserved up to 6 days in advance. Reserve courts at the front desk or by calling 237-4805. **Note:** If you have not arrived 15 minutes after your scheduled time, your court reservation will be cancelled.

**COURT MEMBERS:  
FREE**

**FITNESS MEMBERS:  
FREE**

## Racquetball Leagues

Leagues are available for beginner to open level players. Leagues are open to men, women and players of all ages. Times are listed below. Any questions contact Wayne: 237-4805 or [wherrick@courtsplus.org](mailto:wherrick@courtsplus.org). Sign up at the front desk today!!!

Monday:	5:30 pm	A	Singles
	6:30 pm	B	Singles
	7:30 pm	B/C	Doubles
	8:30 pm	C	Singles
Tuesday:	Challenge Courts: 6:00pm-8:00pm (All Levels Welcome)		
Wednesday:	Noon	A/Open	Singles
	6:00 pm	A/B	Singles
	7:00 pm	A/B	Singles
	8:00 pm	B/C	Singles
Thursday:	5:30 pm	C	Singles
	6:30 pm	A	Singles
	7:30 pm	A/B	Doubles
	8:30 pm	B	Singles
Saturday:	Challenge Courts: 9:00am-11:00am (All Levels Welcome)		

**League Fees: Members- \$10 and \$5 additional league**

**League Dates: January 9<sup>th</sup>-March 8<sup>th</sup>**

**Deadline: Thursday, January 5<sup>th</sup>**

Sign-up at the front desk or contact Wayne Herrick  
237-4805 or [wherrick@courtsplus.org](mailto:wherrick@courtsplus.org)

**Scheels All Sport Gift Certificates will be awarded  
to first and second place finishers in each division.**



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