

WINTER

Introductory Lessons

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

Days: Tuesdays & Thursdays
January 26th - March 4th
Time: 4:15 - 5:00 pm
Level: Advanced
Fees: Members - \$10
Non-Members - \$25

Days: Tuesdays & Thursdays
January 26th - March 4th
Time: 4:45 - 5:30 pm
Level: Beginner
Fees: Members - \$10
Non-Members - \$25

Junior Racquetball League

This is a 6-week league is 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 at 237-4805 or wherrick@courtsplus.org.

Days: Mondays & Wednesdays
January 25th - March 3rd
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 at 237-4805 or wherrick@courtsplus.org.

F/M All City
Saturday, January 16th
Division: All Skill Levels
Entry Fee: \$10

Valentine Shootout
Saturday, February 6th
Division: "B" & "C" Players
Entry Fee: Members - \$10
Non-Members - \$20

March Madness
March 5th - 7th
Division: All Skill Levels
Entry Fee: Variety

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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.** If you have any questions contact Wayne at 237-4805 or wherrick@courtsplus.org.

Challenge Courts

Challenge Courts are open to all ages and skill levels. Courts are available on Tuesday nights 6-8 p.m. and Saturday mornings 9-11 a.m. Come out and enjoy the fun!! If you have any questions contact Wayne at 237-4805 or 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 at 237-4805 or 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 Only: \$10 and \$5 additional league

League Dates: January 11th - March 11th

Deadline: Thursday, January 7th

Sign-up at the front desk or contact Wayne Herrick

701-237-4805 or wherrick@courtsplus.org.

Scoring is based on total points.

Scheels All Sports Gift Certificates for first and second place in each league.



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