

Free Come & Try session dates:

3 week sessions

**Choose a day and your
preferred time and sign up**

Wednesday 6pm

27/4/22, 4/5/22, 11/5/22

Friday 11am

29/4/22, 6/5/22, 13/5/22

Friday 12pm

29/4/22, 6/5/22, 13/5/22

Friday 1pm

29/4/22, 6/5/22, 13/5/22



About the sport

Racquetball is an indoor sport played on squash courts.

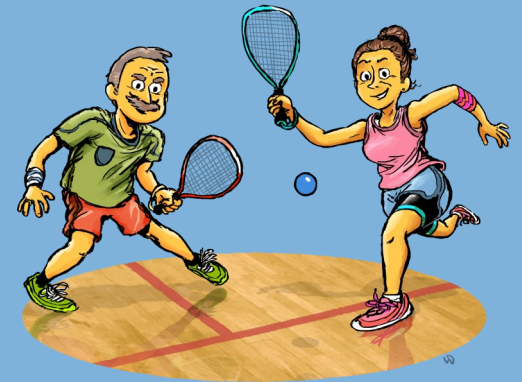
It is a cross between tennis & squash with it's own rules and equipment.

The ball is the size of a tennis ball but much slower which makes the sport very easy on your body.

Being inside, it's out of the sun, rain and can be played all year round.

Racquetball is also a very social way to
GET ACTIVE

Racquetball 50+



**The easiest
Racquet Sport for
people over 50**

**Join the FREE Come & Try
sessions at Adelaide Hills
Recreation Centre**



ADELAIDE HILLS
RECREATION CENTRE

What do I need to do to join in?

To sign up for the **FREE** Come & Try sessions either email our team at:

adelaidehillsrc@belgravialeisure.com.au

Or phone 8391 0222

Alternatively, drop in and speak to one of our friendly guest service officers at reception for more information



ADELAIDE HILLS
RECREATION CENTRE

Racquetball is the healthiest sport for people over 50!

- Avoid the sun's rays
- Stay out of the rain
- Gentle on the joints
 - Fun & Social
- No technique required
 - Easy rules
- Time efficient, the ball is contained in the court
- More hits per minute than any other racquet sport
- Gentle cardiovascular health
- A great standard equaliser



What should I to bring to the Come & Try sessions?

You need:

A drink bottle, sports clothes and shoes

We supply:

Hand sanitiser, racquet, ball, coach, court & fun

For more information contact

AHRC on 8391 0222

or

adelaidehillsrc@belgravialeisure.com.au

Adelaide Hills Recreation Centre
2 Howard Lane, Mount Barker



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