

**Session &  
Signup  
Dates**



Signup Starts	League Session
Aug 12	Sept 9-Oct 26
Oct 14	Nov 4-Dec 21
Holiday Break	
Dec 9	Jan 13-Mar 21
Mar 9	Mar 30-June 6
Summer Break	
May 18	June 15-Aug 22
Fall Doubles Tournament Coming Saturday, October 26th!	

Sign up for leagues at the front desk or email Julie. Questions? Contact Julie at 831-6500 or Julie@harborathletic.com

Men's C	
Mon	6:30 pm
Tues	6:00 am
Wed	7:30 pm
Weekly	Flexitime
Men's B/C	
Mon	12:00
Tues	6:30 pm
Thurs	Noon
Thurs	5:30 pm
Fri	5:30am
Sat	7:30 am
Men's B	
Mon	7:30 pm
Tues	5:30 pm
Wed	6:30 pm
Fri	6:00 am
Weekly	Flexitime
Men's A	
Mon	5:30 pm
Tues	7:30 pm
Thurs A/B	6:30 pm
Weekly	Flexitime
Men's B Doubles	
Sat	8:30 am(drop in)
Men's A Doubles	
Wed	5:30 pm
Sun	8:30 am(drop in)

Women's D (Beginners)	
Weekly	Flexitime
Women's C	
Sat	9:30 am
Weekly	Flexitime
Women's B/C	
Tues	9:00 am
Thurs	7:30 pm
Weekly	Flexitime
Women's A	
Weekly	Flexitime

[www.harborathletic.com](http://www.harborathletic.com)

Youth League (ages 10-13) Seasonal	
Tues/Wed	4:30 pm
Instructional League - Supervised Instruction and play. Starts end of October. Contact Julie@harborathletic.com	

**2020 Club Championships!**  
**Singles & Doubles events**  
**Feb-Date TBA**

**League Fees**  
**\$5 per league and must be paid at time of sign up.**  
(Automatic billing is available & recommended.  
Sign signature form at front desk)

# RACQUETBALL



is an excellent form of exercise,  
fun at all levels of play,  
and it's easy to learn!



## Racquetball has many health benefits..

- increases cardiovascular endurance, strength, and flexibility
- great stress reducer
- burn as many as 800 cal/hr
- social...you'll meet fun & active people

## Racquetball Lesson Program

**Instructor Julie Jacobson**

(25+ years of experience in racquetball instruction and competition)

**Free introductory lessons** are offered. All members are eligible and welcome.  
Email [julie@harborathletic.com](mailto:julie@harborathletic.com) to get started.

**For the more advanced player:** Private lessons are offered for 1 hour and 1/2 hour sessions to work on a certain aspect of your game with one-on-one attention.

One hour: \$35    1/2 hour: \$20

**Youth Racquetball:** Racquetball instructional workshops and leagues are available for kids 8-13 years of age as part of our Youth Fitness programs.  
Email [Julie@Harborathletic.com](mailto:Julie@Harborathletic.com) for more information.

[www.harborathletic.com](http://www.harborathletic.com)

*Pen  
ti*