

January 2012 Racquetball Clinic



Free to All Personnel
Sign up at the James Gym
256-4524



January 4th 1700 – 1800 Novice Racquetball I

Basics – Forehand and Backhand

January 11th 1700 – 1800 Novice Racquetball II

Basics – Serves, Pass shots, Ceiling shots

January 18th 1700 – 1800 Intermediate Singles

Court position, strategy, serves

January 25th 1700 – 1800 Doubles

Intermediate/Advanced – court position, strategy do's and don'ts



Instructors:
Jerry Turley & Yee Cheng