

# Racquet Sport FUNdamentals

Teaches 3-6 year olds FUNdamental movement skills while familiarizing them with racquets and the court

30 min classes maximize engagement!

Excellent stepping stone to classes for ANY racquet sport!

	<u>3 &amp; 4 yo</u>	<u>5 &amp; 6 yo</u>
Tuesday	9:30am	10:00am
Wednesday	9:30am; 6:30pm	10:00am; 7:00pm
Thursday	9:30am; 6:30pm	10:00am; 7:00pm
Saturday	9:30am	10:00am

Registration fees are \$20/session

Max of 10 kids/session

Please register by August 30th

# They will learn...

- FUNdamental movement skills such as running, jumping, throwing, catching, kicking, and striking
- Swing fundamentals
- Court & equipment familiarization
- Teamwork and consideration

# About the Instructor:

- Tim Landeryou is a former racquetball National Team athlete and 10-time international medalist
- NCCP certified coach & learning facilitator



Contact Tim:  
639-916-1848  
catalyst.rball@gmail.com

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Register Online:

<http://www.trackiereg.com/rbfun0922>



SCAN ME

## Important Notes:

- Classes are 30 min, please arrive a few mins before your start time
- Pick up & drop off at racquetball courts (beside gymnasium on main floor)
- Equipment needed: comfortable active clothing & non-marking indoor shoes
- Parental attendance is optional
- Register until August 30th; classes Sept 12 - Dec 4 with holiday weeks off (10 sessions total)
- Please advise of any allergies or medical conditions
- Sign up for multiple classes/week (additional registration fee applies)
- Racquetball Canada BRONZE membership required for participation (\$6/yr)
- Classes may be cancelled/combined based on registration