

TRY SQUASH

Women's Learn to Play Squash

All ages and levels of fitness are welcome

WHEN: Thursdays, 7:00pm to 8:30pm
Session 1: September 13 to October 18, 2018
Session 2: October 25 to November 29, 2018

WHERE: RA Centre, 2451 Riverside Drive Ottawa

COST: \$35 per person

INCLUDES:

- Use of equipment (racquet, balls, and glasses)
- Small group size – 6 people
- Group and individual coaching
- 45 min of skill based instruction, and
- 45 min of practice

WHAT TO BRING:

- Workout clothes
- Non-marking running/court shoes
- Water bottle
- Sense of humour

CONTACT US:

For more information or to register, contact us at:
Email: jpomeroy@racentre.com
Phone: (613) 733-5100
www.racentre.com/adult-clubs-programs/squash/



WHAT WOMEN ARE SAYING ABOUT PLAYING SQUASH...

"I've met the coolest women within Ottawa's squash community"

"It's a strategic game – smart strategy can trump brute force"

"I hate running, but I'm in love with squash"

"A night out with the girls"

"Try Squash – it doesn't feel like a workout. (But it is!)"

"Such a welcoming group – we have engineers and moms, high school students and retirees!"

Play your way to fitness!

*Squash is one of the most athletic sports in the world. Beyond just being great fun, new benefits of the game are discovered every day. Squash is affordable, easy to play, accessible, builds muscular strength and endurance, and is an excellent cardiovascular workout.**



*Excerpt taken from the Squash Canada website. www.squash.ca/en/game

RASQUASH CLUB