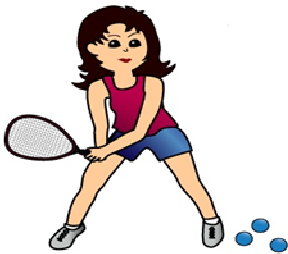


# LADIES

Get in shape for Summer!

Try something different!

## PLAY RACKETBALL!

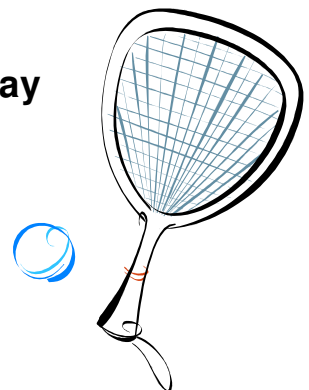


- Played on a squash court but with a larger ball and racket head so the ball is easier to strike
- Great calorie burner
- Fun way to work out

**Excellent value offer of 5 group sessions  
with a qualified coach for just £5**

So if you've never picked up a racket in your life or it's been a while since you did so, why not come along & give it a go?

- First session **Thursday 31<sup>st</sup> May** then each **Thursday** until **28<sup>th</sup> June**.
- Club will open from 9.30am for 10am start until 12 noon. **Stay for as long as you like.**
- Courts, balls and rackets provided. All you need is appropriate non-marking court shoes .



For more information, please call:

Sonia Bagley 07880 764219  
Steve Winterborne 07779 583363  
Robert Reid 07790 490031  
Or email: [racketball@hgsrc.co.uk](mailto:racketball@hgsrc.co.uk)

Holmer Green Squash & Racketball Club, Sports Pavilion,  
Watchet Lane, Holmer Green, Buckinghamshire, HP15 6UF  
[www.hgsrc.co.uk](http://www.hgsrc.co.uk)