

Recreation 108/Racquetball

Mondays and Wednesdays 9:00-10:30

Instructor: Linda Moore

Class Description

This class is designed for beginners and will go over the basics of racquetball. At the end of the class the goal is to know the rules and fundamentals of racquetball well enough to continue to play the sport as a recreational activity.

Class Requirements

1. Attendance is important! Two absences is maximum (excused or unexcused).
2. Eyeguards are required (Available for \$10).
3. Take home rules test (75% or better).
4. In-class matches completed.
5. Class tournament.

Racquetball Websites

1. usra.org (National Organization).
2. nebraskaracquetball.com (State Organization).

Class Outline

1st week	Forehand and backhand
2nd week	Serve and Rules
3rd week	In-class matches and take home rules quiz (due next class)
4th week	Back wall play/in-class matches
5th week	Strategy and in-class matches
6th week	Passing shots and in-class matches

Class Tournament (Sunday, Oct 31, 1:00-3:00pm)

7th week	Ceiling balls/in class matches
8th week	Doubles