

# WHAT'S YOUR RACQUET?

MAC has more ways to play ball than members can shake a racquet at. Figuring out which one is right for you is no small task. For those who don't have time to try every last one, the graphic below removes the guess work. Give it a glance, and get ready to make a racquet of your own.

## RACQUETBALL

### Why it's fun:

Racquetball is easy to learn, and even a beginner can hit the ball hard and get out their frustrations. It can be played at any age, and the ball always bounces back to you.

### Who it's for:

Anyone looking to improve hand-eye coordination or foot work, or cross-train for other sports. Plus, it burns 1,000 calories an hour. Families love it because they can play together. MAC is part of the Oregon High School Racquetball League, so teens will like it, too.



## PLAY NOW!

Beginners' Clinics start in October.

Pelham Memorial Tournament of Champions: Dec. 5-8.

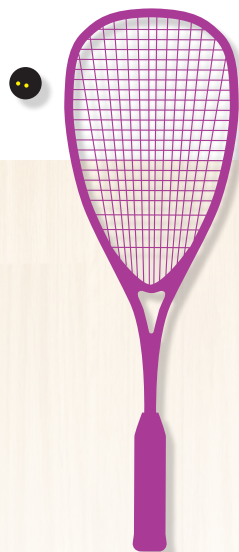
## SQUASH

### Why it's fun:

Enjoy strategy and athletics? Squash takes both fitness and cunning. Plus, it's a lifetime sport that can be played by ages 6 and older!

### Who it's for:

People committed to their physical and mental well-being. It was voted healthiest sport to play by *Forbes* magazine, and an hour of squash can burn up to 1,000 calories. Families and fans of doubles competition will find plenty to love.



## PLAY NOW!

Free Ninja Squash for ages 6-12: 9-10 a.m. Saturdays.

## PICKLEBALL

### Why it's fun:

There's a smile on the face of everyone who's playing it, and the rules are set up for a beginner to be able to take on an expert, with both of them having fun.

### Who it's for:

Most anyone who has played table tennis or other paddle sports, tennis, squash or racquetball in the past, regardless of level. Ever laced up sneakers? No matter the game, pickleball is calling!



## PLAY NOW!

Open Play: Noon-3 p.m. Monday-Friday and 6-9 p.m. Sunday, Main Gym; 5:30-7:30 a.m. Outdoor Court while weather holds.

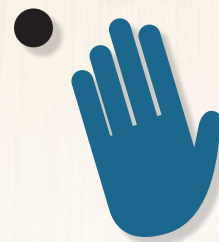
## HANDBALL

### Why it's fun:

Handball is a high-energy, fast-paced game. A tight-knit group of players and coaches are there to help. Like a good challenge? This one lasts a lifetime.

### Who it's for:

Any athlete seeking to improve strength, footwork, hand-eye coordination and mental toughness. Serves as excellent conditioning and cross-training for baseball, softball, lacrosse, hockey, basketball, racquetball, squash and tennis.



## PLAY NOW!

Open Challenge Court: 2-4 p.m. Monday, Wednesday, Friday. Email [blee@comcast.net](mailto:blee@comcast.net) to learn more.