



# TRY RACKETBALL...

## HAVE FUN AND GET FIT!

### **FREE! TASTER SESSIONS** DUMFRIES SQUASH CLUB SUNDAY 14 NOV 2pm - 5pm

- Suitable for all ages
- Find out why Edinburgh and Glasgow's professional rugby teams use it as part of their conditioning regime

Places are limited:

Call Dumfries Sports Club on **01387 252527** or e-mail:  
**squash@dumfriessportsclub.co.uk** to guarantee  
a place or just turn up on the day.

## THE UK'S FASTEST GROWING RACKET SPORT