

# Activate your cardio

**Racquetball Ontario**  
**is welcoming all women and girls**  
from age 8 to retiree

Join us for some laughter,  
movement and learning on the  
racquetball courts.

**Sunday, Apr 28, 2024**  
**2:00 pm-5:00 pm**

Chestnut Hill Developments  
Recreation Complex  
1867 Valley Farm Road  
Pickering, ON, L1V 6K7

**Registration is free!!**

Here is the link to register

<https://secure.racquetballcanada.ca/event/women-girls-racquetball-event/1000886/>

Contact us at  
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## Build new friendships

