



SQUASH

EVERGREEN JUNIOR PROGRAM

2010-2011



An hour sessions during the fall and winter months: Sept - March

Physical and skills development::

- Hand-eye coordination
- Muscle tone and huge strength (Legs, core, arms)
- Great speed, agility and balance
- Excellent cross-training for any other sports such as hockey, soccer, volley-ball rugby
- Learn strategy, critical thinking, setting up objectives by playing games
- Have fun and gain confidence

Squash offers unparalleled benefits: Opportunities to participate in tournaments, fun events, clinics, advance training, etc. Being part of a junior competitive team, etc.; a sport that can be enjoyed no matter what the weather, and a game where you don't always need a partner for practice. Plus: friendship, character building, university opportunities and a lifetime of health and optimum fitness.

Our objective is to promote this sport that has been an excellent source to keep kids healthy in body and minds as well as keeping them focus through college, work and their entire life.

FRIDAYS 5-9:30 and SUNDAYS 4:00 – 7:30 (Session time depending on the level)

Beginners	(55min)	5:15 Fri /4:00 Sun	First time players
Novice	(55min)	6:00 Fri / 4:00 Sun	Have played a racquet sport and can hit the ball
Intermediate	(55min)	6:45 Fri / 4:45 Sun	Can be able to rally and play game
Advance	(90min)	7:30 Fri / 5:30 Sun	Experienced player that can play with strategy

Cost for Fall / Winter Session twice a week is : \$250.00 including HST Sept.17 to March 6,2010

Optional drop in extra sessions on Tuesdays : 3:30-4:30 \$8.00 / player per session

