

Junior Squash—Fall 2012

Windsor Squash & Fitness Club

All programs start the week beginning 10th September for 12 weeks

Future Stars—Ages 6 - 10

The Future Stars Squad is designed to introduce basic Agility, Balance and Co-ordination skills to youngsters. These core skills will be taught in a squash setting along with simple tactics and modified games.

Saturday 9:15am - 10:00am Cost: \$100

Development Squad—Ages 10 - 18

These sessions will focus on skill development and the basic tactics. The aim is to create a platform to enable players to graduate into the Performance Squad. These Squads are aimed at players new to the game or with limited previous experience.

Monday 4:00pm - 5:30pm Cost: \$125 for 1 Weekly Session
Saturday 10:00am - 11:30am \$200 for 2 Weekly Sessions

Performance Squad—Ages 10-18

Aimed at players who compete at Regional and National Level. Sessions will be challenging and focus on developing advanced techniques and tactics based on the demands of the modern game.

Wednesday 6:15pm - 7:45pm* Cost: \$125 for 1 Weekly Session
Thursday 6:30am - 8am \$200 for 2 Weekly Sessions
Saturday 11:30am - 1pm \$250 for 3 Weekly Sessions

*The Wednesday performance session will have the option of attending a 30min movement based session with Colby at 5:45 till 6:15. The cost will be \$54.

For more information on any of the above or to enroll your child please email Graeme Williams: squash@windsorsquash.ca

Get Active—Play Sport—Live Healthy—Have Fun!

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