

Junior Pre-Season Camp

Dates & Times

August 27th to 31st
Monday to Friday
10AM to 4PM



Cost

Day Rate: \$45+hst
Week Rate: \$140+hst

Please **RSVP** your spot for individual days or full weeks by contacting Graeme.

WINDSOR SQUASH &
FITNESS CLUB

2475 McDougall Ave.
Windsor, ON, N8X 3N9

Phone: 519-966-2141

E-mail: squash@windsorsquash.ca

The Pre Season Training Camp is designed to get all junior players ready for the up coming season. The sessions will be both on and off court giving paying attention to all aspects of the needs of the game.

This Camp is aimed at **all juniors who are keen to get back on court** before school starts and ensure they are ready for the new squash season!

For More information, please contact Graeme at **519-966-2141** or **squash@windsorsquash.ca**

- *All Juniors welcome (ages 11-18)*
- *Track and Running Sessions*
- *Endurance based games*
- *Shot practicing*

