

SQUASH:ED



Fall 2020

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
START:ED							
7-11 years	4-5PM		4-5PM			11-12PM	
11-15 years		4-5PM					
PROGRESS:ED							
Ages 9 - 13		5-6PM	5-6PM		3:30-4:30PM		3.30-5pm (MATCHPLAY)
INSPIR:ED	5:30-7PM			5:30-7PM		9.30-11am (MATCHPLAY)	12-1:30PM
PARENT-CHILD						12-1:30PM	9.30-11AM
WOMAN'S		10-11:30AM		10-11:30AM			
ADULT	6:30-8 PM		CLUB NIGHT 6-7.30pm (FOC)				

START:ED- Those new to the sport, starting with drills and fundamentals of squash.

PROGRESS:ED- Still new to the sport but have hand-eye coordination and ready to learn more dynamic drills and technique.

INSPIR:ED- For tournament players who are developing their competitive game and are looking to play up to Gold tournaments.

WOMENS - Open to women of all levels - focused on drills, movement, and fitness with matches to finish.

ADULTS - Challenging clinic for adults wanting to enhance their singles game in a social yet competitive atmosphere.

CLUB NIGHT - Social play evening for members and guests to play socially, learn from the pros across both singles and doubles courts. Free of charge to SH members.