

# Adult Squash Program Information Winter Program, 2017.

## **House Leagues: \$45 plus tax**

Get a scheduled match every week, have fun and meet new people!

### **Monday Night House League**

**When:** Jan. 9<sup>th</sup> to March 6<sup>th</sup>

**Timing:** 5:50pm to 8:50 pm every Monday evening (Match times vary each week)

**Duration:** 8-weeks

Players will be placed in an appropriate group and will play a different player each week of their level. Beginner players welcome!

**Includes:** 8-weeks of matches, play-offs, dinner and prizes for event winners

### **Thursday Lunch House League**

**When:** Jan. 17<sup>th</sup> to March 7<sup>th</sup>

**Timing:** 11:30am to 1:30pm every Thursday (Match times vary each week)

**Duration:** 8-weeks

Players will be placed in a group, according to his/her level and play someone different each week. Beginner players welcome!

**Includes:** Matches, finals lunch and Prizes for winners

## **Squash Clinics: \$75 plus tax**

### **Learn to Play Squash**

Learn everything you need to become a squash player including strokes, basic footwork and strategy!

5-week Clinic designed to arm participants with skills required to play a match.

**When:** Thursdays beginning Jan. 12<sup>th</sup> to Feb. 9<sup>th</sup>

**Time:** 6:10 to 7:10 pm and 12:10 to 1:10 pm

**Number of students:** 4 to 8

### **Round Robins:**

Round robins are drop-in squash socials, which require no commitment. Expect to play a variety of players of all levels! These are free programs!

### **Friday Night Round Robin**

Drop-In between 6:30pm and 8:30pm on Fridays and pick up a game of squash with other members.

### **Thursdays - Under 40 Round Robin**

Drop in at 7:10pm, play squash and meet other young people!