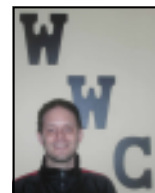


Squash



Head Professional: Trevor Borland tborland@winnipegwinterclub.com or call ext. 105

Assistants: Evan Mancer, Nichole Mailey, Tom Brown and Rachel Hinton

ADULT SQUASH PROGRAM

HOUSE LEAGUE

This is our most popular league! Players sign up individually and are placed in a group with people of similar level. They will have a match arranged by Trevor with someone from their group and a designated match time for the evening. Each week an email is sent out on the Friday to those in the league asking whether or not you are able to play on the upcoming Monday night. The line up of matches is then sent out on the Sunday evening so people are aware on Monday morning of whom and when they play. Matches start as early as 5:00 p.m, so please indicate if you have any time restrictions.

To sign up for the league please contact Trevor at ext. 105.

Players of all levels are welcome and needed.

When: Mondays 5:00 p.m.
Session starts: September 20, 2010
Cost: FREE

TECHNO SQUASH LEAGUE

The Techno League is great for playing at your own convenience. It's the perfect solution to finding that once per week squash match. Whether you're new to the Club or have been playing for years, chances are you'll find someone new to play. Our squash staff will email you and your opponent a suggested match with one another for the week. All you do is arrange your match time with your opponent and play. It is a great way to play competitive and fun matches at your own level.

Session starts: September 28, 2010
Register: Anytime, with Trevor
Cost: FREE

Please email all results to Trevor

NOVICE NIGHT SQUASH

Our Novice Night of squash takes place on Wednesday nights from 6:30 - 7:15 p.m. Our Novice Nights are designed for players either new to the game or for those playing at the beginner/novice level. Participants are taught the basics of the game in order to help prepare them for either league or just fun recreational play at the Club. Those who come out on a regular basis will work on a designated skill each week followed by game play. Equipment will be provided for those who need it. If you are new to the Club and would like to come out and give it a try please call Trevor at ext. 105 to register.

When: Wednesdays 6:30 - 7:15 p.m.
Session Starts: September 15, 2010
Cost: FREE

LADIES NIGHT

To help promote women's squash, we are offering our Women's Squash Nights approximately once per month on Friday evening from 5:45 - 6:45 p.m. The night will be a drill night for players of all levels. It is a chance to come out and improve your skills with only women in a fun and social environment. Cost is \$10 per night.

COMPETITIVE TRAINING PROGRAM

Our competitive training group is for players who compete at an A or B level. The group will focus on helping each participant to improve through drills, conditional games and match play. There will also be various fitness components including court movements and agility drills.

When: Saturdays 1:15 - 2:45 p.m.
Session starts: September 11, 2010
Cost: \$10/session

ADULT DRILL SESSION (C-E LEVEL PLAYERS)

The session will be designed for those players who play at the C through E level. If you are unsure if you fit in to this level, please ask one of our squash staff. The sessions will be drill based with the idea for participants to learn new drills they can use on their own or with a partner. Each night will have a theme to the drills.

When: Tuesdays 6:30 - 7:30 p.m.
Session: September 14, 2010
Cost: \$10 per session



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JUNIOR PROGRAMS

Please speak with Trevor to find out which program is right for your child.

MUNCHKIN PROGRAM

This program is designed for those children between the ages of 5-8 who want to learn how to play squash. The program will consist of an introduction to the basics of the game through a variety of skills, drills and games. Mini squash racquets are recommended for this program and glasses are needed.

Focus:

- ▶ Fun
- ▶ Eye/hand coordination
- ▶ The basics

When: Sundays 10:30 - 11:00 a.m.
 Session: September 19 - December 12, 2010
 Cost: \$85
 Min/Max: Min 3 Max 9

Cost 2x week: \$130

INTERMEDIATE PROGRAM

This program is designed for children approximately 10 years of age and older. The program is aimed towards those who want to have more fun as they strive to become their best. Players will learn the technical skills they need to advance and with a focus on game play. Please talk to Trevor to find out which program is best suited for your child.

Focus:

- ▶ Development of fundamental technical skills
- ▶ Development of court movements and footwork
- ▶ Introduction of tactics/games
- ▶ Fun

When: Sundays 11:00 a.m. - 12:00 p.m.
 Session: September 19 - December 12, 2010
 Cost: \$120
 Min/Max: Min 3 Max 9

TEEN SQUASH

This Program is designed for those teens approximately 13 - 17 years of age. The program will help teens learn a great life long sport through a combination of drills, conditional games and games. The program will help teens have fun while learning valuable skills they can use for years to come. The program is more geared towards the recreational player but will help all players become their best.

Focus:

- ▶ Game play
- ▶ Essential skills of the game
- ▶ Fun

When: Wednesdays 7:15 - 8:00 p.m.
 Session: September 22 - December 15, 2010
 Cost: \$105
 Min/Max: Min 3 Max 9

COMPETITIVE "A" PROGRAM

This program is designed for Juniors approximately 12 years of age and older who are looking to further develop all aspects of the game as they stride to become competitive players. The athletes will have fun while developing their skills and learning the game. Practices will primarily focus on drills and game play.

Focus on:

- ▶ Perfecting fundamental technical skills and developing advanced technical skills
- ▶ Introduction of fitness training
- ▶ Footwork and court movements
- ▶ Tactics

When: Tuesdays 5:00 - 6:30 p.m.
 Session: September 14 - December 14, 2010
 Cost: \$125
 Min/Max: Min 4 Max 9

When: Thursdays 5:00 - 6:30 p.m.
 Session: September 16 - December 16, 2010
 Cost: \$125
 Min/Max: Min 4 Max 9

Cost 2x week: \$200

COMPETITIVE "B" PROGRAM

This program is set up for those kids approximately 9 years of age and over who have been playing 1-3 years and are wanting to take part in a competitive program. The program will run once a week on its own and once a week combined with the intermediate group to give the kids more variety of games.

Focus on:

- ▶ Development of fundamental technical skills
- ▶ Introduction of footwork/movements
- ▶ Fun and games

When: Thursdays 6:30 - 7:30 p.m.
 Session: September 16 - December 16, 2010
 Cost: \$125
 Min/Max: Min 3 Max 9

When: Sundays 11:00 a.m. - 12:00 p.m.
 Session: September 19 - December 19, 2010
 Cost: \$125
 Min/Max: Min 3 Max 9

Cost 2x week: \$185

PRIVATE LESSONS:

Private Lessons can be arranged through Trevor, for the morning, afternoon, or evening.

- \$25 per 1/2 hr. private lesson
- \$33 per 45 min. private lesson
- \$40 per 1 hr. private lesson

SEMI PRIVATE LESSONS:

- \$18 each per 45 min. lesson
- \$23 each per 1 hr. lesson

If you're looking for a game with some helpful hints, but don't want it to be a lesson, play the pro for only \$20. Whether you want it to be a weekly game or just once in a while, contact Trevor to play.

* Lesson Cancellation Policy

Must be cancelled 24 hours in advance or client will be charged full session rate. (Please phone if you know you will have to cancel, exceptions can be made).