

BCWV Squash Club

2019 Spring Training Clinics
a 7 week athletic program for all abilities in Grades 4-8

Location: The Cynwyd Club
332 Trevor Lane, Bala Cynwyd, PA 19004

Dates: Sunday's starting February 24, 2019
March 3, 10, 17, 24, 31
April 7

Times: 2:15 to 3:15 pm or 3:15 to 4:45 pm
(see details below)

Costs: Checks made payable to BCWV Squash Club
Elementary Level: \$175; Middle School Level \$225

Questions: bcwvsquash@gmail.com

Elementary Squash Program for Grades 4 and 5

Sunday's 2:15 – 3:15 pm (all levels)

The sessions are designed for all levels of play, both beginner and more experienced. Those new to Squash will be given a comprehensive introduction and pushed to improve their skills over the 7 week period.

Upper elementary students will be introduced to squash as an option for middle school sports team participation starting in 6th grade.

Middle School Squash Program for Grades 6 to 8

Sunday's 3:15 – 4:45 pm

This program is designed for both those new to the sport of squash and more experienced players interested in squash as an athletic activity.

Past BCWV Players have an opportunity to improve their play before next season and try to advance their team standings.

Coaches will instruct players in drills and match play.

PLEASE BRING A RACQUET AND GOGGLES TO PRACTICE. WE HAVE A LIMITED NUMBER OF LOANERS IF YOUR CHILD IS NEW TO SQUASH

ALL WHITE CLOTHING AND NON MARKING FOOTWEAR ARE REQUIRED ON THE SQUASH COURTS AT ALL TIMES.