

SQUASH CLINICS

at Regency Sport&Health

Squash - one of the most dynamic and fastest growing sports - is exploding at the junior level. The Ivy League and other top colleges place a strong emphasis on their squash programs and often give consideration to applicants who play squash. Named by Forbes magazine as the top ranked healthiest sport, squash is a great cardio workout that also provides ideal training for other sports. A lifetime sport, squash is a fun activity the whole family can participate in.

DATES: December 13th - February 28th (8 weeks)

COST: \$200/members
\$250/nonmembers

SCHEDULE:

DAY	TIME	LEVEL
Saturday	2:00-3:00pm	Juniors: Ages 7-12 years
Saturday	3:00-4:00pm	Juniors: Ages 12-17 years



COACH: Jahangir Naseem
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REGENCY SQUASH CLINICS Registration Form

Name _____ Age _____

Phone # (h) _____ (w) _____

(c) _____ Member# _____

E-mail address _____

LEVEL: Beginner Intermediate Advanced

What day/time are you registering for: _____

Do you have any medical problems? _____

Type of Payment: Cash Check MasterCard
 Visa AMEX Discover

Card #: _____ Exp Date: _____

Signature: _____ Date: _____

RELEASE: In consideration of making facilities and/or services available, I do hereby for and on behalf of myself and my heirs and legal representatives, release and forever discharge Sport & Health, its owners, manager and representatives from any and all claims and demands of every kind, nature and character which I may have or hereafter acquire for any and all damages or losses which may be suffered or sustained by me in connection with my activity and all such claims are hereby waived and released.

Signature: _____ Date: _____

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REGENCY

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