

ADULT & JUNIOR SQUASH CLINICS

at **Bethesda Sport&Health**

Squash - one of the most dynamic and fastest growing sports. 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.



Date	Session	Times	Level	Member	Nonmember
Fri. 7/24	1	5:00-7:00pm	Adult: Beginner-Low Intermediate	\$40	\$48
Fri. 7/24	2	7:00-9:00pm	Adult: Intermediate-Advanced Junior: Advanced	\$40	\$48
Sat. 7/25	3	9:00am-12:00pm	Adult: Beginner-Low Intermediate	\$50	\$60
Sat. 7/25	4	1:00-4:00pm	Adult: Intermediate-Advanced Junior: Advanced	\$50	\$60
Sun. 7/26	5	9:00am-12:00pm	Adult: Beginner-Low Intermediate	\$50	\$60
Sun. 7/26	6	1:00-4:00pm	Adult: Intermediate-Advanced Junior: Advanced	\$50	\$60

COACH: Jahangir Naseem at 410-905-6317 | Email: jnaseem@sportandhealth.com

BETHESDA ADULT SQUASH CLINICS Registration Form

Name _____ Age _____

Phone # (h) _____ (w) _____

(c) _____ Member# _____

E-mail address _____

LEVEL: Beginner Intermediate Advanced

Please CIRCLE SESSION: 1 2 3 4 5 6

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: _____

sport&health

BETHESDA

sportandhealth.com

4400 Montgomery Ave. Bethesda, MD 20814

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