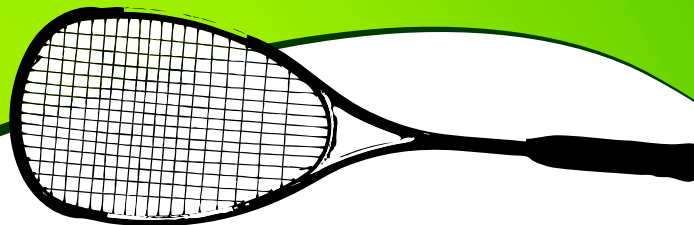


Spring SQUASH clinics

with Doug Baumgarten,
Squash Pro



**ARE YOU READY TO IMPROVE YOUR SQUASH GAME?
WONDERING HOW TO GET TO THE "NEXT LEVEL"?
JOIN OUR SQUASH CLINIC: SPRING-EARLY SUMMER EDITION!**

Saturdays: 5/31, 6/7, 6/14, 6/21

10-11am

Beginners - Good Beginners

- Proper warm-up, rules, review and basic stroke production
- Basic strategy, tactics and how to practice
- FREE copy of Doug's Squash Technique Manual

11am-12noon

Squash Conditioning Clinic

- Test your squash fitness
- Training: cardio fitness, strength, flexibility, nutrition
- Avoiding (and caring for) common injuries

Location: Worldgate Sport&Health:
13037 Worldgate Drive, Herndon, VA 20170

Minimum of 3 players required for each clinic. Maximum of 5 players.

Cost: \$140 per member for all 4 sessions
24-hour notice of cancellation is required.

For more information or to register please contact Doug
at 301-448-5499 or email dbaumgarten@sportandhealth.com

TESTIMONIAL:

"I just completed Doug's Saturday morning clinic. I'm thrilled I participated in the clinic. Doug knows the game but perhaps the best part is that he can explain the proper techniques to a guy like me who has years of bad habits. My game has noticeably improved. I'm beating a few guys who I was never able to." - M.G.



Doug Baumgarten

Spring Squash Clinics with Doug Baumgarten Registration Form

Name _____

Address _____

Phone # (h) _____ (w) _____

(c) _____ Member# _____

E-mail address _____

Please check which clinic you are registering for:

10-11am Beginners - Good Beginners

11am-12noon Squash Conditioning

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.

sport&health

WORLDGATE

sportandhealth.com

Payment must accompany registration form.

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