

# JUNIOR 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:** Starts April 18th (8 week session)

**LEVEL:** Beginners - Good Beginners

**AGES:** 7-14 years

**DAY/TIME:** Saturdays, 2:00pm-3:00pm

**COST:** \$200/members  
\$240/nonmembers

**COACH:** Jahangir Naseem at 410-905-6317  
Email: [jnaseem@sportandhealth.com](mailto:jnaseem@sportandhealth.com)



## REGENCY JUNIOR SQUASH CLINICS Registration Form

Name \_\_\_\_\_ Age \_\_\_\_\_

Phone # (h) \_\_\_\_\_ (w) \_\_\_\_\_

(c) \_\_\_\_\_ Member# \_\_\_\_\_

E-mail address \_\_\_\_\_

LEVEL:  Beginner  Intermediate  Advanced

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

REGENCY

[sportandhealth.com](http://sportandhealth.com)

1800 Old Meadow Rd. • McLean, VA 22102

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