

# ADULT SQUASH CLINICS

at Tenley 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.



- DATES:** OPEN: Any Saturday you are available
- LEVEL:** All Levels Welcome
- DAY/TIME:** OPEN: Contact Coach to schedule a time
- COST:** Member: \$30/per person (4 players) | \$35/per person (3 players)  
Nonmember: \$36/per person (4 players) | \$42/per person (3 players)
- COACH:** Jahangir Naseem at 410-905-6317  
Email: jnaseem@sportandhealth.com

## TENLEY ADULT 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

TENLEY

sportandhealth.com

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