Development Squad

Intro to Competitive Squash

Ages 8 -10

****Assessment Required****

The Game Plan

Program Overview

3:45 - 4:30 PM

45 min (session length)

3 Sessions

(Tues, Wed & Thur)
offered per week

2 sessions min

weekly commitment

Commitment Options:

Option 1: 2 clinics per week

OR

Option 2: 1 clinic + 1 private lesson per week

The First Serve

Foundations for success

Designed for motivated junior players ready to take the next step towards competitive squash. This program introduces the essential skills, tactics, and habits needed to train, compete, and succeed with confidence.