



YOUTH SQUASH SKILLS WORKSHOP

GRADES K-4 / AGES 6-10

TUESDAY, JAN. 21 / 9:30 AM - 12 NOON

TUESDAY, FEB. 18 / 9:30 AM - 12 NOON

PLANNING NOTES | LOCATION: 412 EAST 90TH STREET

- **SQUASH RACKETS:** WE WILL HAVE LOANER RACKETS ON HAND FOR ANY STUDENT IN NEED.
- **EYEWEAR:** ALL STUDENTS REGARDLESS OF AGE ARE REQUIRED TO WEAR PROTECTIVE EYEWEAR WHEN ON A SQUASH COURT. WE WILL HAVE LOANER EYEWEAR FOR STUDENTS TO WEAR.
- **SHOES:** NON-MARKING SHOES OR SHOES WITH A LIGHT-COLORED RUBBER SOLE. NO RUNNING SHOES OR SHOES WITH A DARK RUBBER SOLE ARE PERMITTED.
- **WATER BOTTLE:** EACH STUDENT SHOULD BRING THEIR OWN WATER BOTTLE AS WATER STATIONS ARE NEAR THE SQUASH COURTS.
- **MID MORNING SNACK:** A GLUTEN & NUT FREE SNACK WILL BE AVAILABLE FOR ATTENDING STUDENTS. PARENTS MAY SEND ALONG A PREFERRED SNACK WITH THEIR CHILD AS LONG AS IT IS NUT FREE.

**\$175 NON MEMBER / \$140 MEMBER
PER WORKSHOP**

REGISTER TODAY ON THE 412 SQUASH APP

INFO@412SQUASH.ORG

