

# Team Play Squash

---

---

## **The Richmond Hill Country Club offers a first rate family facility**

Enjoy and discover the country club difference on 4 newly renovated air conditioned squash courts with access to “Kinesis” - sports specific fitness and conditioning making our facility is the perfect place to learn the game of squash! Enjoy our comfortable country club atmosphere with a beautiful patio, full service restaurant, and more!

## **SIX-SIX SQUASH PROGRAM**

You will have six cycles of a six-week program of Team Play Squash Coaching. Teams will be formed based on levels of play and maximum of 4 players per team and 2 players to a court, so that the coach is able to focus on the coaching and training. All classes are 40 minutes in length and will meet twice per week for six weeks.

## **TEAM UP**

The TEAM PLAY Squash Program is designed for the convenience of people who are new to the club, need new partners, have desire to play/learn or have busy schedules. The program is an annual plan for Squash activity and begins with squash assessment and a session for discovering your needs, which maybe social, instructional or competitive.

## **PROGRAM HIGHLIGHTS**

Our approach to your squash is simple—we believe that to be healthy, active and vibrant you have to address all aspects of your lifestyle. All the members may begin with a health and squash assessment to address your overall needs and long-term enjoyment.

## **COACH SUPERVISION**

We will provide you with unparalleled service. Our program for you will be supervised by one of our Squash Coaches, and will include pro lead social squash activities, technical-tactical development classes that will unlock your potential to maximize your fun—“all part of our approach to build your squash world”.

At the Richmond Hill Country Club, we understand the obstacles of a new member joining a club. We offer a streamlined approach to a unique squash experience, helping you invest your time wisely today so that you can maximize your enjoyment. The Richmond Hill Country Club Team Play Squash program provides you with first-class squash facilities, programs, coaches and information about maintaining a healthy squash lifestyle.

## **YOUR TEAM PLAY HEAD COACH**

The Team Play Squash Coach will be there to help create a team environment for playing and learning the game of squash. Team members will be made to feel connected to their teammates and other members. Your coach will help game arrange outside of team play training times to enhance your sense of belonging and connection to groups of friends. Members will be assisted to navigate “what the club has to offer”. The coach will take a keen interest to know the members’ needs, schedule, and level of squash interest.

