

START ON SQUASH

ONLY \$99 PER SESSION!

This Start on Squash program is an exclusive Mayfair Clubs squash program, tailored for non-members and beginners, who are interested in learning the game of squash. No experience is necessary, as our pros ensure that you will have a great time, while enjoying this lifetime sport without a large investment. Players will have the opportunity to experience the sport, the Club and the community, that makes Mayfair Clubs unique.

Each session includes four group lessons (1 hour, 20 minutes each), that will get you ready for playing squash and House League. After two weeks, players will have learnt the basic strokes, such as forehand, backhand, serve and return as well as how to play the game. In addition to learning squash, practice courts are included before or after each session.

WHAT YOU WILL LEARN

Lesson 1: Forehand, serve and play a game.

Lesson 2: Review forehand and learn the backhand as well as how to return a serve.

Lesson 3: Review the game. Learn to volley and basic tactics.

Lesson 4: Review lessons 1 through 3. Players will learn boast and drop shots.

WHAT YOU WILL NEED

- Eye guards
- Comfortable clothing
- Non-marking shoes
- Water bottle (optional)
- Squash Racquet* (optional)

**We can provide you with a loaner racquet.*



START ON SQUASH (FOR BEGINNER ADULTS)

MAYFAIR LAKESHORE



mayfairclubs.com

REGISTRATION FORM

GENERAL INFORMATION

Non-member Member Member # _____

PARTICIPANT INFORMATION

PARTICIPANT LAST NAME FIRST NAME

DATE OF BIRTH GENDER

ADDRESS

CITY POSTAL CODE

HOME PHONE BUSINESS PHONE

CELL PHONE E-MAIL

METHOD OF PAYMENT

Charge my Member Account # _____

Visa Master Card Amex

Cheque (Payable to 'Mayfair Tennis Courts Limited')

Credit Card information

NAME ON CREDIT CARD

CREDIT CARD NUMBER EXPIRY DATE

(SHRED AFTER USE)

By use of club facilities, I expressly agree that Mayfair Clubs, its officers, directors, employees, servants or agents, shall not be liable in any manner whatsoever for any damages of any nature or kind whatsoever arising from any injuries sustained by my child while in or about the premises of said facilities; nor shall Mayfair Clubs, its officers, directors, employees, servants or agents, be held liable for any loss or theft, however caused, whether such injury, loss or damage is caused by an act of negligence or omission of staff, management or any other person.

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SIGNATURE

PLEASE SUBMIT FORM TO:

Mayfair Lakeshore

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