

# & SQUASH

## VOTED #1 HEALTHIEST SPORT BY FORBES MAGAZINE!

- Safe, fun, fit and played all year around
- Full-body workout burning up to 1000 calories per hour
- USA has the fastest growing participation worldwide

### WHY SQUASH?

- Over 20 million squash players participate regularly world-wide in over 185 countries.
- The No. 1 ranked male player is from Egypt. The no. 1 ranked female player is from Malaysia, giving the sport a truly global presence.
- Squash players are highly educated, of which 98% are college graduates and 57% having further graduate degrees.
- Over 150 middle and high school teams & over 130 college, university and Ivy League teams.
- More than 200 Colleges, Universities, and Ivy leagues have courts, including 23 of the top 25 institutes
- Top-ranked juniors in 2013 went to Yale, Princeton, Harvard, GWU, UVA and other top colleges and universities around the country.

### CLINICS

- Junior & Adult Clinics are limited to 6 to 8 players. Each session will begin with technical/movement aspects, followed by tactical drills, match play and fitness.

### LEAGUE

- Join one of our league teams and compete against players from various clubs.

### LESSONS

- Regular weekly lessons are key for improvement. Book your time slot this season with one of our Pros by emailing [info@squashrev.com](mailto:info@squashrev.com)

### LADDER

- Squash ladder is a great and convenient way to get match play for juniors & adults. Ladder is free to Sport&Health members! The sign-up sheet is posted at the courts or simply send us your name, level, phone number and email.

### CAMPS

We offer a variety of summer, holiday, and Thanksgiving weekend camps for juniors and adults. Camps are an effective and fun way for players to improve their game.

### TOURNAMENTS

Squash Revolution offers a number of US Squash sanctioned tournaments. Tournaments are a great way to play fun competitive matches while accumulating national ranking points.

*Squash can play a key role in a healthy life-style and educational excellence. Let us provide you with more information on the sport, school, varsity and our facility programming.*

**Please contact us at [info@squashrev.com](mailto:info@squashrev.com)**

## CLINIC HOURS

## LESSONS & SQUASH PROS

