



**FEB 26 - JUNE 9, 2024**

# **SPRING TRAINING**

**WE'LL MAKE THE PLAN TO MASTER YOUR GAME**

# 40+ CLINICS EACH WEEK

## MASTER YOUR SKILLS AT ANY LEVEL & AGE



### KNOW YOUR RATING, FIND YOUR TRAINING GROUP AND OUR RECOMMENDATIONS

Knowing which and how much training to do to keep on getting better is important. Our training recommendations give you these insights, match them with the clinics which are offered 7 days a week in both campuses and start planning your week.

Group / Level	US Squash Rating	Age	Recommended training per week			
			Clinics	Matchplay	Lessons	S & C
<b>Starter Players</b>	-1.5	Age 4-10	1-2		0-1	0
<b>Advanced Starter Squash</b>	1.5-2.5	Age 6-12	1-2		1	0
<b>Bronze Silver Players</b>	-2.5	Age 6-16	1-2	1	1-2	1
<b>Future High Performance</b>	2.5-3.5	Age 9-19	2	1	2	1-2
<b>Junior HP Gold JCT</b>	3.5-4.5	Age 9-19	3	1	2	2-3
<b>Junior HP+ / Elite</b>	+4.5	Age 11-19	3-5	1-2	2-4	2-3
<b>Adults</b>	all levels		1-2		1	

### PORT CHESTER CAMPUS

Group / Level	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Starter Players</b>		4-5pm				9-10am	9-10am
<b>Advanced Starter Squash</b>				4-5pm		11am-12pm	
<b>Bronze Silver Players</b>		5-6:30pm	4:30-6pm Girls Clinic	5-6:30pm			1:30-3pm
<b>Future High Performance</b>		5-6:30pm	4:30-6pm Girls Clinic	5-6:30pm			1:30-3pm
<b>Junior HP Gold JCT</b>	4:30-6pm		6-7:30pm				3-4:30pm
<b>Junior HP+ / Elite</b>	6-7:30pm		6-7:30pm		5-6:30pm		3-4:30pm
<b>Adults</b>	7:30-9pm			7:30-9pm		Social Squash 10-11am	Social Squash 10-11am

### SONO CAMPUS

Group / Level	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Starter Players</b>		4:30-5:30pm				9-10am	9-10am
<b>Advanced Starter Squash</b>		4:30-5:30pm				9-10am	9-10am
<b>Bronze Silver Players</b>	5:30-7pm		5:30-7pm		4-5:30pm		2:30-4pm
<b>Future High Performance</b>	5:30-7pm		5:30-7pm		5-6:30pm Girls Clinic		2:30-4pm
<b>Junior HP Gold JCT</b>		6:30-8pm		6:30-8pm		2:30-4pm	
<b>Junior HP+ / Elite</b>		6:30-8pm		6:30-8pm		2:30-4pm	
<b>Adults</b>	7:30-9pm		7:30-9pm			Social Squash 9-11am	Social Squash 9-11am

#### Lessons & Clinics Cancellation Policy

Lesson and or Fitness sessions need to be cancelled at least 48 hours in advance otherwise will be charged. Clinics need to be cancelled at least 24 hours in advance to use the clinic credit for another session within the 3-month season.

# SIGN UP FOR CLINICS, COMBO PACKAGES & PLANS



## MASTER YOUR SKILLS WITH CLINICS THAT ALIGN WITH YOUR RATING

Get 13 clinics in 1 package. To sign up, scan the QR code or contact the front desk. Your package will be valid for 3 months, you can swap a clinic day within the season if you cannot make your scheduled day.

## GET A 2 CLINICS + 1 LESSON PACKAGE AND PLAY SUNDAY MATCHPLAY FOR FREE

Choose for a package of 2 clinics and 1 lesson per week and get one FREE Sunday matchplay per week. The more hours you spend on court, the better you will get. We are here to make that happen.

## LET US CUSTOMIZE A PLAN TO OPTIMIZE YOUR DEVELOPMENT

Every athlete needs a plan. Players and coaches commit to a recommended holistic program of lessons, clinics, conditioning, physical therapy, and tournament coaching in one master plan that takes all the guesswork away. Talk to the front desk or email us to get started: [info@msquash.com](mailto:info@msquash.com)



### SPRING PACKAGE PRICING - 13 WEEKS OF TRAINING FOR ALL

Feb 26 - June 9, 2024 - All packages take into account 2 weeks of break for all players

	MEMBER RATES		NON-MEMBER
	1-3 sessions/wk 10% off	+4 sessions/wk 20% off	13 sessions 10% off
<b>Starter Clinics 60'</b>	\$585	\$520	\$784
<b>Junior Clinics and Matchplay 90'</b>	\$1,229	\$1,092	\$1,521
<b>Private Lessons Program Directors 60'</b>	\$2,691	\$2,392	NA
<b>2-on-1 Lessons Program Directors (per player) 60'</b>	\$1,872	\$1,664	NA
<b>Private Lessons 1-on-1 Coaches 60'</b>	\$2,165	\$1,924	\$2,457
<b>2-on-1 Lessons Coaches (per player) 60'</b>	\$1,521	\$1,352	\$1,814
<b>2 Clinics + 1 Standard Lesson + 1 Sun Matchplay for free :</b>	\$4,622		NA

TO SIGN UP, SCAN THIS QR CODE,  
EMAIL US [INFO@MSQUASH.COM](mailto:info@msquash.com)  
OR SPEAK TO THE FRONT DESK



# THERE'S MORE ... SPRING & SUMMER CAMPS

## SPRING BREAK CAMPS

March 11-14 and March 18-21 from 10am-12:30pm

Join us for spring break training with camps and 1-on-1 training - get ready for Nationals at MSquash. Each 2.5hrs comprises of technical drills, condition games, match strategy insights, video analysis and physical training focused on speed, agility and balance.

## SUMMER CAMPS

June 3 - August 30

13 weeks of summer camps to change your game forever. An unmatched line-up of guest coaches and 3 brand new boot camp training experiences. Train with Harvard's Luke Hammond, UPenn's Stuart Crawford, Yale's Campbell Grayson. Be inspired by Drexel's Luke Forster, Pro Players Joel Makin and Ng Eain Yow. Don't miss the unique female guest coach weeks with Harvard players Lucie Stefanoni and Marina Stefanoni.

## TRY A LESSON AND MEMBERSHIP FOR \$45

Discover our courts, our program, our coaches and our community for only \$45.

Get unlimited court time and a 30-minute introductory lesson with one of our coaches. We'll help identify your strengths and weaknesses, and recommend a training plan to match your goals and level. If group instruction is more your style, join us for a starter, junior, or adult clinic at member prices.

## ANNUAL MEMBERSHIP - PAY LESS , PLAY MORE

Love to play as much as you can with our annual membership

Join MSquash today to experience our unique squash infrastructure and community. Become a MSquash member and enjoy all the benefits: free squash courts booking, access to glass court booking, lesson & clinics at member price (Saving \$25 Per Activity), complimentary adult clinics, pro shop 10% discount, and more.

## CONTACT US FOR TO MAKE YOUR SQUASH DREAMS COME TRUE

PORT CHESTER CAMPUS | 23 Waterfront Pl, Port Chester, NY  
info@msquash.com

WWW.MSQUASH.COM  
844) 677-8274

SONO CAMPUS | 85 Water St., South Norwalk, CT  
infosono@msquash.com



**UNLIMITED SUMMER PASS**  
Get 13 camp weeks in 1 package.  
**60% discount + a free Dunlop racket** for the first 30 sign ups.



**30 DAY SUMMER PASS**  
Play as much as you want in a 30 day period. **25% discount**. Play for 4 weeks, pay for 3 weeks.



**WEEKLY SUMMER PASS**  
Choose your camp weeks.  
**10% discount** with promo code: EARLYBIRD until Feb 29.



**SIGN UP TODAY**

