



# NORTHFIELD CLUB ADULT SQUASH PATHWAY

## Squash Orientation

A 30 minute complimentary session in which the Head Pro will assess your skill level and show you which programs and leagues are suitable for you.

**Fundamental Program**  
Beg/Low Int.

**Fundamental Clinic & Drills**

**Fundamental Round Robin**

**Learn to Train Program**  
Int/Low Adv.

**Int/Adv Drill Group**

**Round Robin Level 1**

**Round Robin Level 2**

**Train to Compete Program**  
Advanced

**Int/Adv Drill Group**

**Round Robin Level 1**

**Round Robin Level 2**

**Multi-Level Leagues**

**Thunder Thursday**

**Flex League**

# N ADULT SQUASH PROGRAMS

## Fundamental Program - Beginner/Low Intermediate

The Fundamental Program is for those who are beginners to the game of squash or have some experience, and want to develop fundamental skills. The focus is on building a solid technical foundation, with some attention to the basic tactics of the game.

*Classes available in this program:*

**Fundamental Clinic & Drills** - Sunday 10 - 11 am

A weekly program for those new to squash or those with some experience who want to develop their skills. The main focus of this clinic is skill development. The supervising pro will help you develop the correct swing path for backhand and forehand, as well as basic shot selection through drills.

**Fundamental Round Robin** - Sunday 11 am - 12 pm

A weekly program where you will have the chance to play with others at your level in a Round Robin format. Please sign up in advance, otherwise a drop-in fee applies.

## Learn to Train Program - Intermediate/Low Advanced

The Learn to Train Program is for players who are experienced squash players and are looking to improve their level of play even further. Technical skills are a focus, with stronger emphasis on tactical skills and movement. These players are at a level where they are able to compete in club tournaments.

*Classes available in this program:*

**Int/Adv Drill Group** - Saturday 10 - 11:30 am

A weekly class for intermediate and advanced squash players where the focus is on the technical and tactical skills of the game and movement on court through a series of drills.

**Level 1 Round Robin** - Tuesday 5:30 - 7 pm

*This Round Robin is best suited to intermediate level players.* Play matches against other players at your level in a Round Robin format. Please sign up for Round Robins in advance, otherwise a drop-in fee applies.

**Level 2 Round Robin** - Monday 5:30 - 7 pm, Saturday 3 - 5 pm

*This Round Robin is best suited to high intermediate to more advanced players.* Play matches against other players at your level in a Round Robin format. Please sign up for Round Robins in advance, otherwise a drop-in fee applies.

## Train to Compete Program - Advanced

The Train to Compete Program is for advanced squash players who are focused on honing their skills and want to play against others at their level. These players are at a level where they are able to compete in club tournaments.

*Classes available in this program:*

**Int/Adv Drill Group** - Saturday 10 - 11:30 am

A weekly class for intermediate and advanced squash players where the focus is on the technical and tactical skills of the game and movement on court through a series of drills.

**Level 2 Round Robin** - Monday 5:30 - 7 pm, Saturday 3 - 5 pm

*This Round Robin is best suited to high intermediate to more advanced players.* Play matches against other players at your level in a Round Robin format. Please sign up for Round Robins in advance, otherwise a drop-in fee applies.

## Multi-Level Leagues

**Flex League:** Self-scheduled matches against level-appropriate players. You will be placed in a box according to your level, and are responsible for setting matches with the other players in your box. Write your score on the squash board after each match. At the end of each round the boxes will be adjusted based on final scores.

**Thunder Thursday:** Northfield's squash house league. All levels are welcome for singles or doubles. Over the course of 8 weeks the squash pro will set you up with level-appropriate matches, keeping in mind what times work best for your schedule. Thunder Thursday is a great way to meet other squash players.

If you have any questions about squash programs please contact:

Jamie Hickox, Squash Pro  
squash@northfieldclub.com