



junior squash  
for children between 5 – 10 years

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Centurion Junior Squash specialise in a mini squash program specifically designed to expose the sport of squash to children between the ages of 5 and 10 years and to introduce them to the skills and concepts of these games in a fun safe environment.

#### Coaching sessions

CJS utilises modified equipment, games and rules to ensure that all players can participate successfully. Each session comprises a broad range of activities aims at developing co-ordination (particularly “hand eye”), fundamental and perceptual motor skills etc, which all focus on the central theme – FUN !!!! (Equipment will be provided)

#### Quality guarantee

Only affiliated and appropriately trained instructors may present the program. Instructors are provided with updates on a regular basis so as to keep up with the latest skills, games and activities and teaching/coaching techniques.

#### Benefits of Junior Squash

A segment of each session is dedicated to “squash specific” skills and activities. Not only will your child experience a sound introduction to this sport, but will also learn skills which are transferable across to other sports that they may attempt.

Due to the nature of these activities being mainly group oriented, your child should gain confidence while interacting with children of the same age in a fun and non-threatening environment.

#### Where is a Junior Squash class

Sessions will be presented at the Midstream Squash Courts next to the swimming pool on Midstream College grounds and new Midstream Ridge courts opposite school. You are welcome to read more about us at [www.cjsquash.co.za](http://www.cjsquash.co.za) or visit our facebook page [Centurion Junior Squash Group](#)

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