

Centurion Junior Squash
Training sessions for 2017

Squash Coaching for Juniors

Uitsig Squash Courts

DAY	TIME	GROUP/AGE	MAX players
Monday	14h15 to 15h15	Open group	15
	15h15 to 16h15	Open group	15
	16h15 to 17h15	Pre School- Gr 3 (Big Ball)	12
Tuesday	13h15 to 14h15	Pre School- Gr 3 (Big Ball)	8
	14h15 to 15h15	Open Group	15
	15h15 to 16h15	Open Group	15
	16h15 to 17h15	High School Group Gr 8-12	12
Wednesday	06h00 to 07h00	Open Group (Tentative)	12
	14h15 to 15h45	CJS Young Guns Inv Group	16
	15h45 to 17h15	CJS Elite Invitation Group	16
Thursday	15h45 to 17h15	CJS Top 12	12

PRE SCHOOL - GR 3 PLAYERS

Players who are used to play matches and tournaments with the small double dot ball are welcome to attend any open class

HIGH SCHOOL PLAYERS

Beginner High school players are welcome to attend any open class

INVITATION GROUPS - WEDNESDAY /THURSDAY AFTERNOON

These groups are for players already on the provincial ladder and who is showing exceptional dedication and talent. Invitation only.