



Centurion Junior Squash Training sessions for 2018



Squash Coaching for Juniors at Midstream Squash Courts/Ridge Courts

DAY	TIME	GROUP/AGE	MAX players
Tuesday	06h00 - 07h00	College open group	12
	06h00 - 07h00	Ridge open group	15
Midstream College High	14h15 - 15h45	Midstream College High	12
	15h45 - 17h15	Midstream College High	12
Thursday MIDSTREAM RIDGE DAY	06h00 - 07h30	Elite group (by invitation) Ridge players - Ridge Courts	15
	13h15 - 14h00	Midstream Ridge Gr 1-2 Ridge Courts	15
	14h00 - 15h00	Midstream Ridge Gr 3-7 Ridge Courts	15
	15h00 - 16h00	Midstream Ridge Gr 3-7 Ridge Courts	15
Friday MIDSTREAM COLLEGE DAY	06h00 - 07h30	Elite group (by invitation) College players College Courts	12
	13h15 - 14h00	Gr 1-2 group MPC College Courts	12
	14h00 - 15h00	Gr 1-3 group MPC College courts	12
	15h00 - 16h00	Gr 4-7 group MPC College courts	12
	16h00 - 17h00	Gr 4-7 group MPC College Courts	12