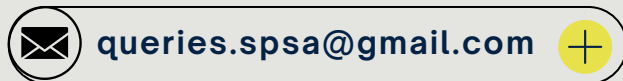
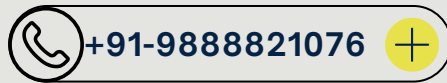




ENROLL NOW



Squash Training, now in your city!

AT ST. JOHN'S HIGH SCHOOL, CHANDIGARH.

What's In Store?

- 2 Best in class Squash courts with ASB flooring
- Air conditioned hall.
- Structured training program by WSF certified coaches
- Gym area available for training
- Coaching available from beginners to advanced level players
- Pay & Play facility available





FOUNDATION GROUP

Age group: 9 yrs +

LTAD Stage: Learn to Train

Learning objective: Introduction to Squash

Recommended Training time: 2-3 days per week/1 hour per session

Training Outcome: Learning basics of Squash in a fun and engaging way.

DEVELOPMENT GROUP

Age group: 11 yrs +

LTAD Stage: Train to Train

Learning objective: Enhancement of Squash specific Skills + conditioning + Competition support

Recommended Training time: 3-4 days per week/1.5 hours per session

Training outcome: Podium in State level competitions and pathway to National level competitions.

PERFORMANCE GROUP

Age group: 13 yrs +

LTAD Stage: Train to Compete

Learning objective: Refining of Squash specific Skills + S&C + Competition Support

Recommended Training time: 5-6 days per week/2 hours per session

Training Outcome: Podium in National competitions and pathway to International competitions.

ENROLL NOW



**SIDDHARTH PHUTEA
SQUASH ACADEMY**



St. John's High School, Chandigarh



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