

JUNIOR SQUASH

2025 FALL PROGRAM

BEGINS SEPT 8 (12 WEEKS)



PROGRAM OVERVIEW:

The White Oaks Junior Squash Program is one of the most successful in Ontario. As a result of our Junior Development Program over the past 30 years, the quality of our staff and commitment to development of the sport, we have successfully trained many of the top junior players in Ontario and Canada.

Our certified staff provide a fun yet productive atmosphere and offer instruction for players ranging from 4 to 18 years old. Juniors have the option of one to three times per week, all at a very affordable price. Our game based approach to teaching provides our students with the tools to enjoy playing matches whether it be in The Club or Squash Ontario circuit environment. Twice a week enrollment includes a walk-on membership. Children can book a court 1 hour in advance except weekdays 4-7pm + Saturdays 9-12pm

COACHING IN ACTION:

MATT EASINGWOOD - *Level 3 NCCP Squash Coach*

CINDY SACHVIE - *Level 2 Coach & Referee Certification*

NICK SACHVIE - *2 x Canadian Men's Squash Champion / Provincial Coach*

JIM BOYCHUCK - *Level 2 Squash Coach*

TOM POWERS - *30 years Squash Instruction Experience*

ZOE ABRAHAM - *Trained Club Coach & Referee Certification*

CHARLES EASINGWOOD - *Trained Club Coach & Referee Certification*

CONTACT INFORMATION

For any questions regarding our Junior Squash programs, please contact our Squash Director Matt Easingwood:

- measingwood@whiteoaksresort.com
- 905-688-2032 ext 5255

KID START

ACTIVE START (ages 4-7)

Children will develop motor skills and improve confidence while learning squash fundamentals and having fun. White Oaks supplies all equipment and professional support.

LEARN TO TRAIN

DEVELOPMENTAL (ages 8-16)

Recreational players with minimal skills will be trained to improve their technique, tactics, movement and fitness level so that they may play and compete through match play.

TRAIN TO TRAIN

DEVELOPMENTAL (ages 9-17)

Geared towards players with the goal to play competitive squash, players in this program would already have been taught technical and tactical skills. The aim would be to improve their skills so that they are able to drill and play matches. It is our expectation that these players compete in Squash Ontario tournaments.

TRAIN TO COMPETE

COMPETITIVE (ages 12-18) Invitation only program for players with complex drill skills who play squash as their main sport. Players in this program will work on mastering all aspects of the game and should compete in Squash Ontario, Provincial and National tournaments. Players may be asked to complete a skill test or try-out for entrance.

2025 FALL JUNIOR SQUASH PROGRAM REGISTRATION FORM

CONTACT INFORMATION: (must be filled out in full)

NAME		GENDER	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>
EMAIL		BIRTH DATE (Age)	()
ADDRESS		HEALTH CARD #	
CITY		POSTAL CODE	
PHONE (Home)		PHONE (Other)	

PROGRAM INFORMATION & PRICING (please check appropriate boxes)	DATE	TIME	PRICE
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FUNDAMENTALS PROGRAM (12 WEEKS / BEGINS Sept 8, 2025)

KID START (4 to 7) – 40 minute class <ul style="list-style-type: none"> Focus on developing movement skills with and emphasis on fun Coaches will focus on ball striking skills Children play modified games 	<input type="checkbox"/> Saturday (9:30 – 10:10 am)	<input type="checkbox"/> \$363 (1 day/wk)
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DEVELOPMENTAL PROGRAMS (12 WEEKS / BEGINS Sept 8, 2025)

LEARN TO TRAIN (8 to 16) – 60 minute class <ul style="list-style-type: none"> Emphasis on key squash specific fundamentals and learning to play & compete through match play Coaches will focus on skill development through game based situations Players in this program should participate in one day match play events 	<input type="checkbox"/> Tuesday (4:10 – 5:10 pm) 12 weeks <input type="checkbox"/> Thursday (4:10 – 5:10 pm) 12 weeks <input type="checkbox"/> Saturday (10:10 – 11:10 am) 12 weeks	<input type="checkbox"/> \$363 (1 day/wk) <input type="checkbox"/> \$528 (2 days/wk)
	TRAIN TO TRAIN (9 to 17) – 60 minute class <ul style="list-style-type: none"> Emphasis on developing squash specific skills with increased emphasis on court movement and fundamentals with much more exposure to competition Players in this program should start to participate in the Squash Ontario Junior Silver circuit 	<input type="checkbox"/> Tuesday (5:10 – 6:10 pm) 12 weeks <input type="checkbox"/> Thursday (5:10 – 6:10 pm) 12 weeks <input type="checkbox"/> Saturday (11:10 – 12:10 am) 12 weeks

COMPETITIVE PROGRAM | INVITATION ONLY (12 WEEKS / BEGINS Sept 8, 2025)

TRAINING TO COMPETE (12 to 18) – 80 minute class <ul style="list-style-type: none"> For athletes who have chosen Squash as their sport and now must concentrate on and optimize their athletic capacities: technical, tactical, physical, mental, emotional and more Players in this program must commit to playing in the Squash Ontario Junior Silver and Gold circuit events, play Provincial and National championships and Adult tournaments with a minimum of 6 exposures. Players are encouraged to take a private or semi-private lesson once every two weeks 	<input type="checkbox"/> Monday (4:50 – 6:10 pm) 12 weeks <input type="checkbox"/> Wednesday (4:30 – 6:10 pm) 12 weeks <input type="checkbox"/> Saturday (12:10 – 1:30 pm) 12 weeks	<input type="checkbox"/> \$678 (2 days/wk) <input type="checkbox"/> \$780 (3 days/wk)
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PLEASE NOTE: ✦ All programs are subject to tax ✦ 5% discount for 2 or more children in same family ✦ Walk-on membership is included for the duration of session for children training (2x) per week ✦ Classes cancelled are stated and will be made up as per the brochure
REFUND POLICY (on junior program only): ✦ Up to 2 weeks – 75% + \$20 admin fee ✦ After 2 weeks – no refunds

I agree to hold harmless White Oaks Tennis World Incorporated, its principle representatives and employees, from all claims for any and all injuries sustained while participating in sporting or in other activities on the club premises. I understand the rules which I have read and by signing this application I agree to abide by the said rules. All of the official rules of White Oaks Fitness & Racquets Club are available in the Membership Services Office (Parent or Legal guardian must sign for children U18)

Photos and videos may be taken during the program for marketing and promotional purposes.
 If you prefer that participants not be included, please let us know at the time of registration or beforehand

SIGNATURE: _____