

“Learn Squash Academy at Berwyn”

Information/Pricing

Technical Director – Dominic Hughes

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Learn Squash Academy Schedule								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
					Fitness Session	12.00 - 12.45pm	L1	
		L2 6.15-7.15pm	L1 5.30-6.15pm	L2 6.15-7.15pm	L2+L3 6.15 - 7.45pm	12.45-1.45 pm	L2	
		L3 7.15-8.30pm		L3 7.15-8.30pm		1.45-2.45pm	L3	

Level	Daily Fee
Level One Squashers	\$35.00 BSFC Member
Level Two Boasters	\$40.00 BSFC Member
Level Three Nicksters	\$40.00 BSFC Member

Berwyn’s “Learn Squash Academy” focuses on the basics of good squash

Focus on the fundamentals!!

A solid technique enables players to execute shots accurately and with consistency. It allows players to generate power, control the ball, and vary their shots effectively. Without proper technique, players may struggle to hit accurate shots, lose control over the ball, and face difficulties in adapting to different game situations. Investing time and effort in developing and refining technique is crucial to improve your overall game and reach your full potential.

Level One Clinic/Future Stars

Description - Starter/Beginner Level for those just starting out or with very little racket sports experience.

Level One is for those with limited exposure to squash. Each Class is 45 minutes in duration

Level Two Clinic/Boasters

Description - Advanced Beginner Level is for those with more experience who can serve and hold a basic rally of several shots. Each Class is 60 minutes in duration

Level Three Clinic/Nicksters

Description - Intermediate Level is for those players that have a good understanding of the game and may have just begun playing tournaments or on their school team but still need more work on certain areas of the game such as "taking the ball off the back wall". Most of the players at this level have already begun playing Bronze/Silver tournaments. Each Class is 60 minutes in duration