



Cascades Club Squash Program

The Cascades Club boasts;

- 2 international size courts
- 2 competitive ODSA City League teams
- An easy online court booking system
- An active ladder and online ranking system
- Inexpensive squash membership fees.
- Top ranked coaching/lessons for all ages.
- Tuck shop with balls, racquets, grips, and goggles and everything else you need to stay on your game.
- We host 2 Annual Tournaments March/May
- Junior lessons for ages 8-18.
- We also have a bar, for the post game pint!

Lessons and Skill Improvement:

Drill Sessions with **Lars Roberts** (Club Champion) or **Calvin Wren** (Number 1 in Ottawa) can be arranged. These are offered to beginner, intermediate and advanced levels and are a great opportunity to work on your technique and fitness. Coaching and Drills are \$20 for each 45 minute session.



Get in touch:

The Squash Guy- Lars Roberts, larsroberts@gmail.com or 819-456-4567

Monday nights are busy from 630-830pm with Round Robin, squash drop in for all levels.

Wednesday nights are hopping with City League matches from 630-830pm.

Thursday night is Ladies Night 630-830pm

Upcoming Events !

December 2nd-4th. Barrhaven Open

December 14th. Last week of City League for this session

December 21st. Cascades vs NDHQ Friendly match up.

January 8th-February 12th Junior lessons-Calvin Wren

January 11th. City League resumes.

January 13th-15th : Smith's Falls B-C-D Open

Links:

www.ods.ca

Watch Squash Online-
www.psasquashtv.com

Squash Player-
www.squashplayer.co.uk

YOU TUBE Link from CASCADES TOURNEY 2010:

<http://www.youtube.com/watch?v=UL-kPz2L9JA>