

AT ANY LEVEL, EVEN BEGINNER, A GAME OF SQUASH CAN IMPROVE YOUR CARDIOVASCULAR HEALTH AND FLEXIBILITY

YOU WILL FIND THAT THESE COME NATURALLY AND YOU WILL NOT EVEN NOTICE THE EFFORT WHILE CONCENTRATING ON THE BALL

- Enjoy the <u>fun amenities</u>: ping pong, pool, cornhole toss
- Relax with a minimal purchase of a <u>beer or a</u> glass of wine
- Meet some of our younger members and our well loved <u>pro, Thomas</u> (proof by the lipstick kiss from our summer doubles tourney)
- FREE!!: No cost to you!

CONTACT:

manager@evergreensquash. com for more information

> SEPTEMBER 21ST 6-8 PM



EVERGREEN SQUASH CLUB

FRIENDS OND FOMILY EVENING

- Try <u>SINGLES</u> squash with aid of a club member and club equipment
- Try <u>DOUBLES</u> squash, a social game
- Make it easy, try low impactSQUASH 57





315 KLAHANIE COURT (WEST OFF CAPILANO RD.)