

REACH OUT on World Squash Day



Try out squash!

During the month of October is the World Squash Promotion. For that occasion, the Castle Club would like to offer you 1 hour of free squash (court and equipment included) during the month of October 2013.

Don't miss this unique opportunity to try this fantastic sport! Squash is a great activity for all to learn and the best fitness aerobic sport around, combining aerobic fitness, muscular endurance, strength, speed, flexibility and agility, and it builds character not only physically but also mentally for all ages.

Practical details

Castle Club – Sports Valley

Houtsniplaan -16 - Avenue de la Bécasse
1970 Wezembeek-Oppem

tel.: 02/731.68.20 - fax.: 02/731.24.68

e-mail: castle@sports-valley.be

Book at the Castle Club 1 hour of free squash during the month of October

- Weekdays: anytime before 18h00 or after 21h00
- Week end: anytime