

WORLD SQUASH DAY

SAT OCT 9, 2021
20TH ANNIVERSARY



mauri tū, mauri ora
Mental Health Foundation
OF NEW ZEALAND

Coffee
on site

REGISTER HERE

SUPPORTING NZ MENTAL HEALTH FOUNDATION

Gold Coin
Donation to
attend

TAP THE TARGET

YOGA SESSIONS
9.30 AM / 12.30 PM

Register here

ZUMBA
10.30 AM / 1.30 PM

Register here

VOY - VOICE OF YOUTH
1.30 PM - 4.30 PM

Register here

WOMEN & WINE
2.30 PM - 4.30 PM

Register here

FAST 8 RACKETBALL
9.30 AM - 12.30 PM

Register here

FAST 8 DOUBLES
9.30 AM - 11.30 PM

Register here

HAVE A GO - SQUASH /
RACKETBALL - ALL DAY

Turn up whenever
you want (Kids, parents)



ZUMBA



WHERE: HAMILTON SQUASH & TENNIS CLUB
8.00 AM - 5.00 PM - SATURDAY 9TH OF OCTOBER

SQUASH BREAKFAST

- SUPPORTING MENTAL HEALTH FOUNDATION -

8.00 AM - 9.30 AM

Pre-Purchase TICKETS ONLY

<https://www.trybooking.co.nz/IOG>

ALL PROFITS
to MENTAL
HEALTH



\$12 Continental including either coffee / juice
\$15 Full Cooked Breakfast either coffee / juice