



MetroSquash Mission

Our mission is to engage underserved Chicago youth through academic support, squash and wellness, mentoring, enrichment, and community service to develop high school ready middle schoolers, college ready high schoolers, and career ready adults.



History of MetroSquash

MetroSquash is a nonprofit organization founded in 2005 with one group of 10 fifth grade students. Originally operating out of space rented from the University of Chicago's Crown Field House in Hyde Park, MetroSquash opened a new 21,000sq/ft building in April 2015 that has allowed us to greatly expand our services. This new facility has allowed MetroSquash to serve over 400 students per year in our summer, after school and weekend programming.

Students spend on average, 10 hours a week at the center dividing their time equally between academics and squash. We have three main outcomes that we focus on year-round: Increasing Academic Achievement, Improving Health and Wellness, and Providing Career and Life Skills for all of our students. Our ultimate goal is to serve our students and families in our community through holistic, pathway programming to empower them to reach their full potential.

Squash Volunteer Hours

Monday Middle School 3-4:30pm, 4:30-5:45pm
High School 4:30-5:40pm, 5:40-6:45pm

Tuesday Middle School 4-5:30pm, 5:30-6:45pm
High School 4:30-5:40pm, 5:40-6:45pm

Wednesday Middle School 3-4:30pm, 4:30-5:45pm
High School 4:30-5:40pm, 5:40-6:45pm

Thursday Middle School 4-5:30pm, 5:30-6:45pm
High School 4:30-5:40pm, 5:40-6:45pm

Friday Middle School 3-6pm

Saturday Coaching all ages 9-10am
Open court all ages 10-12pm

Middle School Academics Volunteer Hours

Monday 3:00 pm - 6:00 pm

Tuesday 4:00 pm - 7:00 pm

Wednesday 3:00 pm - 6:00 pm

Thursday 4:00 pm - 7:00 pm

High School Academics Volunteer Hours

Monday -Thursday 4:30 pm - 7:00 pm homework help

Friday 4:00 pm - 6:00 pm homework help

If you have any questions regarding mentoring at MetroSquash, please contact Vethina Tercias at vethina@metrosquash.org or at (872) 731-2315.