Squash

Level: Beginners
Location: Squash courts (3, 4 & 5)
Price: 10 euro
Number of lessons: 8-10
Period: Every Quartile
Day & time: Monday, Tuesday and Wednesday, between 17h15-19h30
Sports equipment: Sports clothes and indoor shoes
(rackets are provided by SSC)

Squash is a fun, intensive and challenging racket sport. You learn the basic technique of squashing, such as the forehand, backhand, service, drop and volley, and the right racket and running techniques for your first match. In all training sessions, attention will be paid to both technique and tactics.

ADVANCED
If you already have experience with squash and want to play matches or join a competition team? Then you can contact our association E.S.S.R.V. Quatsh (bestuur@quatsh.nl) for more information.