

# INTRO TO

# Squash!

## > **FREE SQUASH LESSONS!**

Come on out and learn to play squash! We are offering a free lesson for our non-squash playing members. Racquets, balls and eyewear are provided!

## > **LEARN THE BASICS**

- How to hold the racquet
- Strokes
- Rules
- How to keep score

## > **WHEN**

Book one of the following time slots at the front desk:

- July 14th – 10:30-11:30am
- July 15th – 6:45-7:45pm
- August 18th – 10:30-11:30am
- August 19th – 6:45-7:45pm