

# YOUR SQUASH COURT NEEDS YOU!



Mini Rugby, Senior Rugby, Ladies Rugby, Ladies Hockey, Men's Hockey, GAA Players, Club Members

## Is Squash For You?

- . Squash is an exclusively indoor sport - our weather won't matter!
- . You need a partner - if you're a loner it's not for you! --- Seriously we will get you a playing partner.
- . Its fast and furious - you need to have some level of fitness before you play.
- . It's cheap to play - only a ball, racket, non marking shoes + £1.00 per 30 minutes play - for juniors we recommend protective glasses.

## Benefits Of Squash

- . Gets your body fit and healthy - a fast paced, exhilarating racket sport.
- . Burns off calories.
- . Boosts flexibility and sprint speed.
- . Improves hand eye co-ordination.
- . Develops the strength and power of muscles - notably leg and arms.
- . Furthers concentration and mental strength.
- . Boosts cardiovascular fitness and endurance - heart and lungs.
- . Improves aerobic fitness - more oxygen circulated around the body to improve muscular endurance.
- . Stress release, it beats having to go to anger management classes, think of the money you're saving!
- . It's fun - remember to warm up before and cool down afterwards to help avoid unnecessary injury.

Coaching is available-For beginners or those who wish to improve and develop their skills. Booking is advisable; a time sheet is on the squash door.

Everyone is welcome.

***For more information ring Alistair on 07702494663 or email [alistairlatimer@btinternet.com](mailto:alistairlatimer@btinternet.com)***