

**season 2019-2020**

# **Squash coaching**

## **for adults**

ESRC offers in season 2019-2020 squash training by professional squash coaches in several adult coaching groups of different levels at Esport Center and Kivenlahti Squash. You are welcome to join!

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|---------------------------|---|
| <b>Tuesday Training 1</b> | at Kivenlahti Squash on Tuesdays from 6.30 to 8 pm, coached by Kim Korhonen, level "experienced/experienced plus", fall season 385€, spring season 385€             |
| <b>Tuesday Training 2</b> | at Esport Center on Tuesdays from 8.15 to 9.15 pm, coached by Tommi Lind, level "startplus/experienced", fall season 305€, spring season 305€                       |
| <b>Sunday Training 1</b>  | at Esport Center on Sundays from 4.15 to 5.45 pm, coached by Matias Tuomi/ Kim Korhonen, level "start/startplus", fall season 305€, spring season 305€              |
| <b>Sunday Training 2</b>  | at Esport Center on Sundays from 5.15 to 6.45 pm, coached by Matias Tuomi/ Kim Korhonen, level "experienced/experienced plus", fall season 385€, spring season 385€ |
| <b>Sunday Training 3</b>  | at Esport Center on Sundays from 6.15 to 7.45 pm, coached by Matias Tuomi/ Kim Korhonen, level "experienced/experienced plus", fall season 385€, spring season 385€ |

If you are interested please be in touch with Tommi Lind: [aikuisvalmennus@esrc.fi](mailto:aikuisvalmennus@esrc.fi) phone 045-7873 4080.

You are welcome for one trial session without obligations or fees if there's room in the group. ESRC will suggest a suitable group for you. If timings don't fit your schedule contact us for other options. Group size max 6 or 9 participants. Please note: 60 minute sessions, coach present 60 minutes, 90 min sessions, coach present first 60 minutes, last 30 minutes match play between group members. You can join a group mid-season as well.

Prerequisites for joining a coaching group:

- ESRC membership, ([www.esrc.fi](http://www.esrc.fi)) and commitment to the group for at least a season, seasons: 12.8.-20.12.2019 & 7.1.-29.5.2020
- If you are not interested in joining ESRC then 50 € will be added to your season invoice and ESRC membership benefits are not at your disposal.



Photos: Petteri Repo ja ESRC

**Squash in great company, join us!**