

season 2020-2021

Squash coaching

for adults

ESRC offers in season 2020-2021 squash training by professional squash coaches in several adult coaching groups of different levels at Espoort Center and Kivenlahti Squash. You are welcome to join!

Tuesday Training 1	at Kivenlahti Squash on Tuesdays from 6.30 to 8 pm, coached by Kim Korhonen, level "experienced/experienced plus", fall season 415€, spring season 415€
Tuesday Training 2	at Kivenlahti Squash on Tuesdays from 7.30 to 9 pm, coached by Kim Korhonen, level "startplus/experienced", fall season 415€, spring season 415€ (juniors 320 €)
Tuesday Training 3	at Espoort Center on Tuesdays from 8.15 to 9.15 pm, coached by Tommi Lind, level "startplus/experienced", fall season 330€, spring season 330€
Sunday Training 1	at Espoort Center on Sundays from 4.15 to 5.45 pm, coached by Matias Tuomi/ Kim Korhonen, level "start/startplus", fall season 330€, spring season 330€
Sunday Training 2	at Espoort Center on Sundays from 5.15 to 6.45 pm, coached by Matias Tuomi/ Kim Korhonen, level "experienced/experienced plus", fall season 415€, spring season 415€
Sunday Training 3	at Espoort Center on Sundays from 5.15 to 6.45 pm, coached by Matias Tuomi/ Kim Korhonen, level "experienced/experienced plus", fall season 415€, spring season 415€

If you are interested please be in touch with Tommi Lind: tommi@esrc.fi, phone 045-7873 4080.

You are welcome to 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. We have morning training on Tuesdays at Espoort available as well. Group size max 9 participants. Please note: 60 min sessions, coach present 60 minutes, 90 min sessions, coach present first 60 minutes, last 30 minutes match play between group members.

As a member of a coaching group you are welcome to attend ESRC fitness training at Espoort on Mon 6.15-7.15 pm or Tue 5.15-6.15 pm without extra charge.

ESRC will send invoices for coaching in both fall and spring seasons in five instalments by email or as an e-invoice.

Prerequisites for joining a coaching group:

- ESRC membership, (www.esrc.fi) and commitment to the group for at least a season, seasons: 17.8.-20.12.2020 & 7.1.-4.6.2021
- If you are not interested in joining ESRC then 50 € will be added to your invoice / season and ESRC membership benefits are not at your disposal.



Photos: Petteri Repo ja ESRC

Squash in great company, join us!