



WELCOME TO ESPOO SQUASH RACKETS CLUB!

Espoo Squash Rackets Club ry is the biggest squash club in Finland with over 300 members. We organize activities for junior, adult & senior players, from total beginners to competitive players.

ESRC's squash venues in Espoo are: Esport Center, www.esport.fi and Kivenlahti Squash, www.kivenlahtisquash.fi.

You can find additional info on our website: www.esrc.fi:
*coaching for juniors and adults * competitive squash and other activities for members
member benefits * prices for members * contact info*

Beginner's courses for juniors & adults

- more info and entries: www.esrc.fi/startti

Squash Coaching for juniors

- Squash School and Squash Academy, several groups: for 4 to 9-year-olds, contact: squashkoulu@esrc.fi for 9 to 19-year-olds: squashakatemia@esrc.fi
- You can also start in the middle of the season. Please check our junior coaching brochure: www.esrc.fi.

Squash Camps for juniors

- Camps for beginners and more advanced players during school holidays. More info: www.esrc.fi

Squash Coaching for adults

- At Esport and Kivenlahti Squash, contact: Head Coach Tommi Lind, tommi@esrc.fi, p. 045 7873 4080
- private coaching, more info: Head Coach Tommi Lind, tommi@esrc.fi, p. 045 7873 4080

National Squash League

- ESRC participates in the Finnish Squash League with several women's and men's teams: www.esrc.fi → Squashliiga. More info also: www.squash.fi → Squashliiga

National competitions

- Entries to national competitions: www.squash.fi → Tapahtumakalenteri

Prices for ESRC members at Esport Center

- Esport Center, squash, weekdays before 4.15 pm, Sat whole day & Sun before 6.15 pm: 8 € / h
- squash summer card: juniors 20 €, adults 40 €

Esport Center club nights: Saturdays, courts 6-10:

- 2.45-4.45 pm for competitive/ league players
- 4.45-6.45 pm for all members
- "Kuukausiskabat" appr. six times / season

Kivenlahti Squash club nights: Fridays, courts 1-4:

- 5-7 pm for all members
- all club nights are free of charge for ESRC members, no pre-bookings of courts

ESRC ranking matches

- You can add your name on ESRC ranking list at Esport Center ESRC notice board and ask someone above you to play with you. Your ranking changes according to the match results.

ESRC Club competitions:

- Tonttucup (the sport has been padel in recent years) for adults and "pikkujoulut" in Nov or Dec
- Tonttucup for juniors in Dec
- Club championships for adults & juniors + season finale in Apr or May
- Golf championships in Aug

Member discounts at Esport Center

- Esport Shop: regular prices -15 %, squash rackets and squash balls -20 %
- Esport Fitness Card for 12 months -15 %, 15-19 year-olds: -50 %
- Esport Arena Card for 6 months -15 %, 15-19 year-olds: -50 %

Member discounts at Kivenlahti Squash

- squash products, regular prices -10 %



Main info channels for club activities: MyClub, emails, web pages, facebook

Update your own contact at: <https://esrc.myclub.fi/>