

# SQUASH!

**Espoo Squash Rackets Club, ESRC, finalist in Sport Club of the Year competition by Finnish Olympic Committee and biggest squash club in Finland** is active in Espoo, at Esport Center and Kivenlahti Squash. Our junior activities are versatile and fun. Nobody is dropped from our coaching groups.

***Come and join us in playing the most fun racket sport in the world, squash!***



## Squash School (4-9 y)

In Squash School we practice the basics of squash and sports in general with lots of fun and games.

With higher skill levels we provide more challenging sessions but we don't forget the elements of fun and play.

**Groups in season 2021-2022 on Tuesdays at Esport Center:**

more info: [www.esrc.fi](http://www.esrc.fi) → Start squash, Head Coach

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## Squash Academy (9-19 y)

- for 9 to 19 years old, from total beginners to advanced juniors
- you can join our existing coaching groups (also mid-season)
- four or more juniors can start their own squash training group

**Groups in season 2021-2022:**

- *appr. 30 groups from beginners to elite juniors*
- **training at Esport Center in Tapiola or Kivenlahti Squash**
- timings: Mon-Fri from 2 to 9 pm
- in addition to technique practice sessions you can choose to attend the game practice sessions 1 to 3 times a week and fitness sessions once a week. Fitness sessions are included in regular coaching fee.
- coaching by professional squash coaches
- beginner courses and coaching for adults as well
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***Squash in great company***

# www.esrc.fi

