

season 2021-2022

Squash coaching

for adults

ESRC offers in season 2021-2022 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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| Monday Training 1 | at Kivenlahti Squash on Mondays from 5.30 to 6.30 pm, coached by Tommi Lind, level "start/startplus", fall season 345€, spring season 345€ |
| Tuesday Training 1 | at Kivenlahti Squash on Tuesdays from 6.30 to 8 pm, coached by Kim Korhonen / Elias Korhonen, level "experienced/experienced plus", fall season 435€, spring season 435€ |
| Tuesday Training 2 | at Esport Center on Tuesdays from 8.15 to 9.15 pm, coached by Tommi Lind, level "startplus/experienced", fall season 345€, spring season 345€ |
| Sunday Training 1 | at Esport Center on Sundays from 4.15 to 5.45 pm, coached by Matias Tuomi / Kim Korhonen, level "start/startplus", fall season 345€, spring season 345€ |
| Sunday Training 2 | at Esport Center on Sundays from 5.15 to 6.45 pm, coached by Matias Tuomi / Kim Korhonen, level "experienced/experienced plus", fall season 435€, spring season 435€ |

If you are interested please be in touch with Tommi Lind: tommi.lind@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. 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 Esport 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 two to 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.



Valokuvat: Petteri Repo ja ESRC

Squash in great company, join us!