



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, Kivenlahti Squash, www.kivenlahtisquash.fi and Targa Arena www.targaarena.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 19-year-olds. info@esrc.fi p. 045 7873 4080
- You can also start in the middle of the season. Please check our junior coaching brochure: www.esrc.fi/in-english.

Squash Camps for juniors

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

Squash Coaching for adults

- Groups and private coaching at Esport and Kivenlahti Squash, contact: info@esrc.fi p. 045 7873 4080

National Squash League

- ESRC participates in the Finnish Squash League with several women's and men's teams. Ask info@esrc.fi for a place in one of the teams.

National competitions

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

Prices for ESRC members at our squash venues

- Esport Center, squash, weekdays before 3.15 pm and after 9.15 pm, Sat whole day & Sun before 6.15 pm: 8 € / 60min
- Kivenlahti Squash & Targa Arena, 8 € / 60min: weekdays before 4 pm, Sat & Sun whole. In Kivenlahti also weekdays after 9 pm.

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

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

- 4.30-7.00 pm for all members
- Enter the facility with a PIN code
- Club nights are for ESRC members, no pre-bookings of courts
- 5€ for adult members

ESRC ranking matches @ Sportsnetwork.fi

- You can register to the ESRC ranking list at sportsnetwork.fi and find new playing partners

ESRC Club competitions:

- Club championships for adults & juniors in May
- Espoo Box League: a monthly squash series for our members where you play in groups of 3.
- Golf championships, „pikkujoulut“ etc.

Member discounts at Esport Center

- Esport Shop: regular prices –15 %, squash rackets and squash balls –20 %
- Esport Fitness Card for 12 months –15 %, 14-19 year-olds: –50 %
- Esport Arena Card for 6 months –15 %, 14-19 year-olds: –50 %

Member discount at 86sport.fi webstore

- Squash equipment from Karakal and Harrow, also other racket sports
- –10 % off everything at www.86sport.fi

The club's clothing store

- Find the jerseys, hoodies, jogging pants, beanies etc. with personalized prints at www.tiimikauppa.fi/esrc

Updated members' benefits: www.esrc.fi/in-english
Youtube: www.esrc.fi

Facebook:  **ESRC** Twitter:  **ESRC Squash** YouTube  **esrcfinland** www.esrc.fi

Main info channels for club activities: MyClub, emails, web pages, facebook
Update your own contact at: <https://esrc.myclub.fi/>