

# Squash course

**Location:** SSC Eindhoven, Squash courts

**Level:** Beginners

**Price:** 15 Euros

**Period:** Every Quartile

**Day & Time:** Look in the sports schedule on the SSC website

**Equipment:** Sports clothes

**Instructor:** SSC instructor



## WHAT YOU CAN EXPECT

Squash is a fun, intensive and challenging racket sport. In this beginners course, you learn the basics of squash. The rules, equipment and all the types of shots are covered such as the forehand, backhand, service, boast, drop and volley, and the right racket and running techniques for your first match. Each session covers a different topic to give you the very basics you need to learn how to play squash. This basic course is intended for participants without any experience.

## REGISTRATION

Signing up is possible via [our website](#). Log in on your personal page, go to 'Shop' and then click on 'View all courses'.