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’.