The reasons I love squash are for the awesome places to play, and the awesome people to meet.

I love squash because you just can’t master it. There is always going to be a different challenge every day.

I love squash because it beats working.

Why wouldn’t you love squash? It is a game you can play for life. You can play it when you’re old or young and fit.

I love squash because the grading system means you are all equal and you can have a celebratory drink afterwards.

My whole family plays squash so there is always fun times to be had!

Every young person should take it up and enjoy it for the rest of your life!

I still feel like I’m learning and that’s the beauty of squash.

It doesn’t matter how good you are, you can have a hit and some fun with your mates. It’s a great social game.

I love squash because chasing that little black ball around the court helps me keep the body nice and trim.

Image(s)

Image(s)

[Website]

Visit our website for timetables, programme information, news stories, training videos and much more.

For club news, opening hours and member offers, follow our Facebook page, and sign up for emails to get expert advice and offers direct to your inbox.

 [Club link]

[Club]

[Physical address]

[Phone number]

[Email address]

Club opening hours

Monday xx - xx

Tuesday xx - xx

Wednesday xx - xx

Thursday xx - xx

Friday xx - xx

Saturday xx - xx

Sunday xx - xx

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[Club Name / Logo]

[Club Name / Logo]

*‘THE WORLD’S HEALTHIEST SPORT’*

Benefits of playing squash

Research has indicated that playing an average of 30 minutes of squash is the equivalent of burning 517 calories. The National Heart Foundation recommends at least 30 minutes of continuous physical activity per day for adults and at least 60 minutes for children. Therefore, Squash is the perfect vehicle to achieve this and receive the following health benefits:

* Lower your blood pressure
* Improve your cholesterol levels
* Control your blood sugar levels
* Reduce your risk of developing type 2 diabetes
* Help you maintain a healthy weight
* Help you sleep better and feel better
* And it's fun!

Image(s)

Group Programmes and Events

Our group coaching programmes and range of events are a powerful way to get the skills and interaction you’re after. With world-class equipment and resources, inspiring coaches who understand what you need and a full calendar of tournaments to help you participate, enjoy and achieve we’ll get you going and keep you coming back for more – like the thousands of people throughout New Zealand who play squash every week.

* Kiwi Squash
* Squash Ignite
* Social Slam
* Squash Mates
* Women’s Squash
* SquashFit
* Interclub competitions
* Open nights

[Club] offers more than [x] opportunities a week across [x] courts. To find out more, visit our website or chat to one of our friendly club members who are always on hand to help.

Coaches

[Club] coaches are squash experts. Whether you want to lose weight, improve your skills, relieve stress or become the next champion, a coach will work with you to help you get results. No matter your level of experience!

Facilities

* [X] Courts
* Gym
* Treadmills
* Outdoor area
* [List]

We also have stylish changing suites featuring:

* Lockers
* Hairdryers
* [List]

Parking

Get an unreserved car park for free! There are [x] parking spaces in the [Streets] between [days / times].

Kids Club

Our kids club caters for children aged from [ages]. Kids love it! During the holidays there are popular holiday programmes too!

Other services

* Café / Kitchen
* Pro shop
* [List]

Hi, welcome to [Squash Club].

Whether you are five, thirty five or sixty five, squash is the sport for you and better still, it is a sport for life.

Squash is a safe non-contact sport that does not need expensive equipment. It can be practised alone or played with 2, 3 or 4 people and is one of the easiest sports to participate in.

Squash is the perfect sport for a healthy body and a healthy mind. Voted by Forbes Magazine as the world’s healthiest sport across a broad range of criteria, squash is a fun, fast and exciting sport that is easy to learn and can be played all year-round - no matter your age, gender or skill level.

You’ve got fitness and health goals, and social enjoyment needs. We’ve got the programmes, the events, the people, the facilities and the attitude to help you get there!

Go on… Try it. Play it. Love it.

Image(s)