



SQUASH LESSONS

Squash is a game of grace, stamina, and athletic ability, described as ***Chess at 150 MPH***. The preferred game of Wall Street has convenience on its side as only 30 minutes of Squash provides an impressive cardio workout. Extended rallies and constant running builds muscular strength and endurance in the lower body, lunges and twists increase flexibility in the back and abdomen.

Squash Lessons

Private, Semi private and groups lessons for beginners and advanced players, tailored to develop basic techniques, or to improve and strengthen specific aspects of the game: Racquet control, straight and cross-court drives, boasts, volleys, lobs, drop-shots, and serves. Court movement, defensive and offensive strategies, solo practice and fitness routines are also addressed.

Drill Groups

Small group, early morning and lunch time sessions--two or three players, to develop and improve quality stroke production, court movement and aerobic fitness.

Open Squash Challenge

Round-Robin format, with helpful tips, discussions and feedback from the pro to improve your game.

Mon & Thur 6pm-9pm

Free Squash Skill Assessment

One free half-hour squash skill assessment for new members, or members wishing to take up and learn this exiting game.

For more information, contact:

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SQUASH RATES & FEES



*Most fees listed, are based on 60 minute sessions, and are pro-rated, when changed.

PRIVATE LESSON		
60 min	Member \$77	Guest \$87
SEMI PRIVATE LESSON (2 PLAYERS)		
60 min	\$80	
GROUP LESSON (3 PLAYERS)		
60 min	Member \$25	Guest \$35
DRILL GROUPS (PER PLAYER)		
60 min	Member \$25	Guest \$35
CLINICS (PER PLAYER)		
90 min	Member \$37.50	Guest \$48
10 WEEK SQUASH WORKSHOP		
60 min sessions	Member \$770	Guest \$870
OPEN SQUASH CHALLENGE (PER NIGHT)		
Mon & Thur 6-9pm	Member \$9	Guest \$25
COURT RENTAL		
60 min	\$10	
RACQUET RENTAL		
	\$5	