

# 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 control, straight and cross-court drives, boasts, volleys, lobs, drop-shots, and serves. Court movement, defensive and offensive strategies, solo practice and fitness routine are also addressed.

## 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.

## 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.

Mondays & Thursdays..... 5pm-8pm

**For more information, and to sign up**  
**[LPSquash@LakeshoreSF.com](mailto:LPSquash@LakeshoreSF.com)**  
**773.770.2470**

# SQUASH RATES & FEES



PRIVATE LESSON	
60-min	<b>Member</b> \$97
SEMI PRIVATE LESSON (2 PLAYERS)	
60-min	\$56/person
GROUP LESSON (3 PLAYERS)	
60-min	<b>Member</b> \$35
DRILL GROUPS (PER PLAYER)	
60-min	<b>Member</b> \$30
COURT RENTAL	
60-min	\$15
RACQUET RENTAL	
	\$10

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