

# WORLD-CLASS SQUASH PROGRAMMES WITH SOMETHING FOR EVERYONE



**Kiwi Squash**



**Squash Ignite**



**Social Slam**



**Squash Mates**



**Women's Squash**



**SquashFit**



**Squash 57**

Using games rather than formal routines, Kiwi Squash is the national starter squash programme for New Zealand primary and intermediate school-aged children (5-12 years).

Kiwi Squash offers a fun holistic experience for children wanting to get involved in squash and develops fundamental movement skills, improves speed and agility, progresses general movement, squash coordination, technique and strategy.

Squash Ignite is an easy way for teenagers (13-18 years) to be introduced to the game of squash in a fun, social group programme that can be tailored for boys or girls only.

Squash Ignite teaches players how to serve, rally and play from their very first session; and helps them form connections with others so they have a group of people at the same level with whom to play.

Social Slam is an easy way for beginner adults (18-35 years) to be introduced to the game of squash in a fun, social group programme.

Social Slam teaches players how to serve, rally and play from their very first session; and helps them form connections with others so they have a group of people at the same level with whom to play.

Squash Mates is an extremely fun way to play squash with family members, friends and colleagues over the course of 4-8 weeks.

It offers an active and entertaining social squash league in groups, whilst at the same time offering sufficient on court time to allow players to achieve success and receive the many benefits playing squash offers.

Women's Squash is an easy way for females of all ages and abilities to be introduced to the game of squash in a fun, social group programme with their peers.

Women's Squash provides an active and fun introduction to playing squash in groups, whilst at the same time offering sufficient learning and practice time in each session to allow players to achieve success and receive the many benefits playing squash offers.

SquashFit takes place on squash courts and is a fun, social, group squash-fitness programme for people of all ages and abilities.

It is a high energy fitness activity that combines the best features of the sport of squash with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. You will feel better and your hand-eye coordination, squash skills and health and fitness levels will also increase.

Squash 57 (formerly Racketball) uses a slightly larger racket and a bigger bouncer ball.

This encourages an easy to adopt form of squash, and allows longer rallies at a slower pace. Although it may be considered a lighter version of the game, it is great fun, offers a great workout and is ideal for beginners, those advancing in years or anyone wanting something a little different.



TO SEE THE PROGRAMMES IN ACTION, VISIT OUR WEBSITE AT [SQUASHNZ.CO.NZ/PLAY-SQUASH/WAYS-TO-PLAY](https://www.squashnz.co.nz/play-squash/ways-to-play)

TENS OF THOUSANDS OF PEOPLE EVERY WEEK, IN MORE THAN 190 CLUBS THROUGHOUT NEW ZEALAND, WILL PUT ASIDE WHATEVER ELSE IS HAPPENING IN THEIR LIVES AND WILL LOSE THEMSELVES ON COURT IN THE PURE EXHILARATION OF PLAYING SQUASH.

THEY'LL LUNGE, THEY'LL SWEAT AND THEY'LL LEAVE FEELING ABSOLUTELY INCREDIBLE.

**AND NEXT WEEK THEY'LL COME BACK FOR MORE...**

SQUASH PROGRAMMES ARE AN EXCELLENT WAY TO SOCIALISE WITH FRIENDS, DEVELOP NEW SKILLS AND HELP YOU COMPETE TO YOUR HIGHEST LEVEL.

OFFER THE PERFECT ACTIVITIES FOR YOUR MEMBERS' SQUASH GOALS.