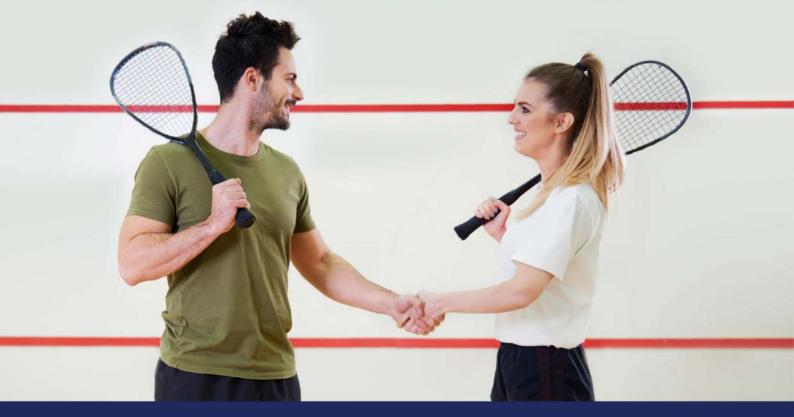
SQUASII PRIVATE LESSONS

Private Coach	Rate
Robino	\$89
Jaedan	\$101
Jamie	\$101
Tim	\$129
Elvinn	\$129
Zainal	\$129

For more information, please call 6739-4312 or email sportscounter@amclub.org.sg









JUNIOR SQUASH GROUP CLASS

Spring Term: January 14 - April 6, 2025

\$45 per class

Date	Time
Tuesdays	4:00 p.m 5:00 p.m. (Novice) 5:00 p.m 6:00 p.m. (Novice)
Thursdays	4:00 p.m 5:00 p.m. (Beginner) 5:00 p.m 6:00 p.m. (Beginner)
Sundays	3:30 p.m 4:30 p.m. (Intermediate) 4:30 p.m 5:30 p.m. (Beginner)

Group Levels

Beginner (12 Sessions) –

Areas to be taught:

- Hand, Eye and Leg Coordination
 - Grip and Safety
- Forehand Swing (Stationary & Moving)
- Backhand Swing (Stationary & Moving)
 - Service (Lob)

Assessment:

- Basic Footwork
- Forehand Drives (Stationary & Moving)
- · Backhand Drives (Stationary & Moving)

- Novice (12 Sessions) -

Areas to be taught:

- Footwork
- Stationary Volley Straight (Backhand & Forehand)
- Stationary Volley Cross (Backhand & Forehand)
 - Boast Forehand
 - Service Return

Assessment:

- Service Return
- Forehand Straight and Cross Volley
 Backhand Straight and Cross Volley
 - Boast Forehand

- Intermediate (12 Sessions) -

Areas to be taught:

- Service (Hard)
- Lobs (Forehand & Backhand)
- Drops (Forehand & Backhand)
 - Boast Backhand
- Introduction to % Court Shots (Returning Shots from behind the service box)

Assessment:

- Forehand & Backhand Drops
 - Boast Backhand
- Ability to hit 4 out of 5 % Court Shots consistently (Returning shots from the back of the service box)

Advance (14 Sessions)

Areas to be taught:

- Attacking & Defensive Boast
 Drives off the Back Wall
 - Simple Close Drills
- (Boast Drive/Drop, Drive & Boast)
 Straight and Cross Kills
 - Straight and Cross Drops
 Straight and Cross Drops

Assessment:

- Drives off the Back Wall (Forehand & Backhand)
- Straight and Cross Kills
- Straight and Cross Drops
 - Close Drills

(Boast Drive/Drop, Drive & Boast)



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Register via the TAC Book app:

Log into the TAC Book app

- > Squash > Group > Sessions
- > To book for all sessions until end of the term







