SQUASH
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 ¾ Court Shots (Returning Shots from behind the service box)

Assessment:
- Forehand & Backhand Drops
- Boast – Backhand
- Ability to hit 4 out of 5 ¾ 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

Assessment:
- Drives off the Back Wall (Forehand & Backhand)
- Straight and Cross Kills
- Straight and Cross Drops
- Close Drills (Boast Drive/Drop, Drive & Boast)

Scan to view the full terms and conditions

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