



Introductory Program – Fact Sheet

What is Aero Squash

Aero Squash is a modified Squash game designed to provide a great aerobic workout. In general, you and a partner or competitor will have longer rallies at a slightly slower pace. More rallies = more fun!

We use a slightly shorter racket and a slightly bigger and bouncier ball which means that the ball can't be hit quite as hard and the ball has more "hang time" giving you a greater chance to get to the next shot.

How Will the Intro Program Work?

- Each hour session will be divided up into three segments
- 15 mins warm up and tips on playing and scoring
- 15 mins practicing some skills
- 30 mins playing and or scoring
 - 3 players per court
 - 2 players play a game - 3rd player scores
 - 10 mins per game

What You Will Need To Bring

- Wear non-slip, non-marking sport shoes
- A towel
- A water bottle

What We Will Supply

- Rackets and balls
- Protective eyewear (optional)

More Details

Time: 6.30 – 7.30pm, Wednesdays March 2, 9, 16, 23

Cost: Nil to HCHB members

Max intake: 12 participants

Contact: Ray on 0411 757 732 or www.herveybaysquash.asn.au

