

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

April 13 – June 15, 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)
Sundays	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 $\frac{3}{4}$ Court Shots (Returning Shots from behind the service box)

Assessment:

- Forehand & Backhand Drops
 - Boast – Backhand
- Ability to hit 4 out of 5 $\frac{3}{4}$ 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)

Terms and Conditions:

- All fees are inclusive of GST
- Class sign-ups are on a first-come, first-served basis
- Min. 2 pax for the class to start; max 4 pax per class
- Group lessons are on a term-based format. In the event of late cancellations, a medical certificate is required to waive the class fee.
- Permanent cancellation for the whole term must be made 2 weeks in advance with no charges incurred in the weeks after
- Parents are required to notify the Sports Counter in advance if their child will be traveling or absent during the term, including the duration of the absence and the expected return date to the class
- Each term consists of 12 sessions (11 classes + 1 assessment). Upon completion of these sessions, the coach will evaluate the child's progress and determine whether they are ready to advance to the next level



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