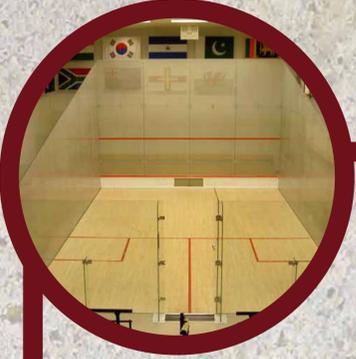


# TOP REASONS TO

# PLAY SQUASH



## Play it anytime of the year

Squash is an indoor sport that is typically played on a 21 x 32 Feet covered court. Because it's an indoor sport it can be played anytime of the year.

Spring

Summer

Winter

Fall



## Good for your health

Squash is a fast paced game. Depending on how competitive you are, you will be forcing your body to move in different ways because you need to react. If you don't react, your opponent will take advantage everytime you slow down.

Build muscles

Burn calories

Improve flexibility

Improve endurance

Improve body coordination

Improve reflexes



## It's for everyone

It can be played by young and old at any skill level. Squash can be played in a doubles match with your team against another pair, a singles match against an opponent or just you going in the courts to practice.

Doubles

Singles

Alone



## Minimal Equipment

There is not much equipment needed to play squash. All you need is a pair of **non-marking shoes**, a **racquet** and a ball.

Did you know that **squash balls have different color dots**? The reason behind this is that the balls are classified at a certain level the player is playing at. A blue dot ball stands for beginner players, a red dot for progress players, yellow dot as the regular ball and the double yellow dot as the competition ball.

What's more is that there are modified versions of the game that matches the skill level for the people playing it.

Racquet

Shoes

Ball

## Connect with everyone with the sport

Squash is a social game built on local players competing on the same courts. It's easy to interact with people playing the same game as everyone tries their best to improve their skills.

