

SQUASH & BADMINTON

Squash Lessons - Private & Semi-Private

14 years and up

Beginners get comfortable with a racquet in your hand. Experienced players improve your squash skills and fitness.

Instructor: Sue Tompkins

30 min Private Lesson

\$25 + gst

45 min Semi-Private Lesson

(2-4 people)

\$20 + gst per person

Spring Squash League

16 years and up

If you love playing squash and having fun in a recreational league, join Comox Rec's mixed squash league.

Tuesdays

Apr 4 - Jun 6 #1363

5:30 - 9:00 pm Courts

\$54 + gst

Drop-In Squash

14 years and up

Thursdays

Apr 6 - Jun 8 #1358

10:00 am - 12:00 pm

\$32 + gst; Drop-in \$4

Beginner Squash Lessons

16 years and up

Helping develop agility, flexibility, strength and cardiovascular health, this great sport is also fun. Learn how to get started with 4 introductory lessons. Equipment included.

Instructor: Sue Tompkins

Thursdays

Apr 13 - May 4 #1361

5:15 - 6:30 pm Courts

\$39 + gst; Drop-in \$11

Intermediate/Advanced Squash Lessons

16 years and up

Develop your skills and build confidence on the court through specialized instruction and drills.

Instructor: Sue Tompkins

Thursdays

Apr 13 - May 4 #1359

6:30 - 7:45 pm Courts

\$39 + gst; Drop-in \$11

Badminton Drop-In

16 years and up

Ready, set, serve! Badminton for all levels. Please wear non-marking court shoes and bring your own racquet.

Wednesdays

Mar 29 - Jun 28 #1440

9:30 am - 12:00 pm Gym B

Drop-in \$3.25