



## SQUASH COACHING & LESSONS

### **WANT TO GET MORE OUT OF YOUR GAME? NO PROBLEM!**

Our squash coach, Liz Irving, is world-famous. This Australian squash champion conducts clinics and coaching sessions with various world-class players, and is the permanent coach of the present world number 1, Nicol David. Nicol is a three-time world champion and trains with us, using Squash City as her home base.

Liz is former number 2 of the world and former world doubles champion. Liz was also the Dutch national coach. Her passion is introducing the game of squash to people who are not familiar with the sport. Liz particularly enjoys working with beginners. Liz is also available for training at all other levels, as well as for private clinics, team training sessions and group lessons.

Liz is available for lessons during the following times:

**Mondays through Wednesdays from 4:15 PM onwards and on Fridays from 1:00 PM onwards.**

Assistant Coach Aisling Blake (number 2 of Ireland and number 31 of the world) is available on **Thursdays from 4:15 PM onwards.**