

# **SQUASH AN ALTERNATIVE TO** **VIDEO GAMES**

Is your Mackay child looking for a sport that is easy to learn, fast-paced, exciting, challenging and competitive? Does your child want to build stamina, speed, agility and endurance in a sport that is every bit as exhilarating and engaging as the latest high-speed video games? Get them off the couch and onto the court with squash!

**Mackay Leisure Centre has learn to play squash lessons:**

- **Monday 4pm**
- **Saturday 11am**

## **WOMEN IN SQUASH - HITS AND GIGGLES**

### **MAKING IT EASY TO GET STARTED**

**Want to learn a new sport in a supportive and judgement free Environment!**

Hits and Giggles are for women who are looking to get fit, be healthy and try something new. Squash Australia's innovative female only learn to play program, affectionately known as "Hits and Giggles" is coming to Mackay Leisure Centre in February, it is a **six week program** of 1 hour sessions.

**Starting:**

- **Saturday 17<sup>th</sup> February 11.00 am**
- **Monday 19<sup>th</sup> February 9.30 am**

**For more details contact Susan Palmer on 0423 200 348**

