



## Fact Sheet

### What is Aero Squash

Aero Squash is a modified Squash game designed to provide a great aerobic workout.

In general, you and a partner or competitor will have longer rallies at a slightly slower pace. More rallies = more fun!

We use a slightly shorter racket and a slightly bigger and bouncier ball which means that the ball can't be hit quite as hard and the ball has more "hang time" giving you a greater chance and more time to get to the next shot.

### What You Will Need To Bring

- Wear non-slip, non-marking sport shoes
- A towel
- A water bottle
- Grab a racket and ball from the **Health Club** counter

### Basic Rules

- Serve from the service box on either side of the court (alternately)
  - That's the small box near each side wall. (about 1m x 1m)
- Serve into the large box at the back and on the opposite side of the court
  - Your serve must hit the front wall below the top outline and above the service line across the middle
- Winner of a rally starts the next rally with a serve from either side
- Take alternate hits (one bounce maximum) within the court outlines and above the tin at the bottom of the front wall (must hit the front wall – can hit the side or back wall first)
- One point per rally to 15 points
  - At 14 all play to an advantage of 2
  - Best of three games
- Play a let (replay the rally) if the opponent gets in the way of the hitter

Visit [www.herveybaysquash.asn.au](http://www.herveybaysquash.asn.au) for more info or to contact us.

