



Squash Levels

- Open to all This offering does not require a specific level of ability and is open to all Unisport participants. Previous experience of racket sports is recommended.
- N1 Players have previous experience of racket sports or can start a rally and maintain it for a few shots.
- N2 Players have successfully completed at least one N1 course and/or play squash regularly. Players can play the longline, cross, and boast shots. Players know the rules of the game.