

WWW.HITSNGIGGLES.COM.AU

# WOMEN IN SQUASH

## MAKING IT EASY TO GET STARTED

Michelle Martin won two gold medals at the 1998 Commonwealth Games

Sarah Fitz-Gerald who won 1 silver and 1 bronze medal and the 1998 Commonwealth Games

Heather McKay was possibly the most dominant sports woman in history. She only lost two matches in her career and was unbeaten from 1962 to 1981.

Women who are looking to get fit, be healthy and try something new will love Squash Australia's innovative female-only learn to play program, affectionately known as 'Hits & Giggles'.

## HITS & GIGGLES

SESSION AT YOUR LOCAL CLUB:

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HITS & GIGGLES  
**SQUASH**

