

# Squash Tiggers

**What - Squash for autistic children and young adults**

<b>Where</b>	<b>Fleetwood Cricket Club</b>	<b>Blackpool Cricket Club</b>
<b>When</b>	<b>Alternate Sats, 12-1</b>	<b>First Sat monthly, 2-4</b>

**Cost - £3 for each session**

To book a place call squash coach Andy on

**07931 765425**

or visit [www.blackpooltiggers.co.uk](http://www.blackpooltiggers.co.uk)

Squash improves hand/eye co-ordination, balance, builds strength and stamina and gives powerful proprioceptive feedback, releasing stress and anxiety.

Blackpool Cricket Club

Blackpool Tiggers

Facilitated by Blackpool Cricket Club Squash Tiggers is an initiative of Blackpool Tiggers, the sports social and leisure club for children on the autistic spectrum..

Charity No 1120836