
Suggested social media posts for SquashGirlsCan

To help raise the profile of #SquashGirlsCan, we've put together suggested posts to help you spread the word. Just change the purple text, add your booking link (website or email address) and a poster or image (check out our images and editable posters in our downloads and resources). **Don't forget to tag England Squash on your posts so we can share them and spread the word!**

Suggested tweets

- Ladies - join over 30,000 women who play #squash every week. Join #SquashGirlsCan [on this day and time at facilityname](#). How to book: [link or contact details](#)
- #Bolton ladies - round up the girls and get fit together with #SquashGirlsCan [on this day and time at facilityname](#). How to book: [link or contact details](#)
- Ladies in #nameoftown! Want to meet new friends and get fit? Join #SquashGirlsCan [on this day and time at facilityname](#). How to book: [link or contact details](#)
- Hey #nameoftown... tired of the treadmill? Get fit through #squash! Join #SquashGirlsCan [on this day and time at facilityname](#). How to book: [link or contact details](#)
- Want to get back on court? Join #SquashGirlsCan [on this day and time at facilityname](#). How to book: [link or contact details](#)
- Ladies in #nameoftown, grasp the basics of #squash with #SquashGirlsCan [on this day and time at facilityname](#). How to book: [link or contact details](#)
- "I've made some great friends from playing!" – Michelle, #SquashGirlsCan participant. You can too [on this day and time at facilityname](#). How to book: [link or contact details](#)
- Ladies in #nameoftown– get in shape and burn up to 1000 calories per hour with #squash. Join #SquashGirlsCan [on this day and time at facilityname](#). How to book: [link or contact details](#)
- Fed up of exercising on your own? Meet friends and get fit with #SquashGirlsCan [on this day and time at facilityname](#). How to book: [link or contact details](#)
- Hey ladies in #nameoftown - want to get back on court? Join #SquashGirlsCan and hone your skills [on this day and time at facilityname](#). How to book: [link or contact details](#)
- Want some quality mother/daughter time? Join #SquashGirlsCan in [on this day and time at facilityname](#). How to book: [link or contact details](#)
- Ladies in #nameoftown, have fun and join #SquashGirlsCan in [on this day and time at facilityname](#). How to book: [link or contact details](#)

Suggested posts

- Ladies - join over 30,000 women who play squash every week. Join SquashGirlsCan [on this day and time at facilityname](#). How to book: [link or contact details](#)
- Bolton ladies - round up the girls and get fit together with Squash Girls Can [on this day and time at facilityname](#). How to book: [link or contact details](#)
- Ladies in Bath! Want to meet new friends and get fit? Join Squash Girls Can [on name of day at time at facilityname](#). How to book: [link or contact details](#)
- Tired of the treadmill? Get fit through squash! Join our Squash Girls Can session [on this day and time at facilityname](#). How to book: [link or contact details](#)
- Want to get back on court? Join Squash Girls Can [on this day and time at facilityname](#). How to book: [link or contact details](#)
- "I've made some great friends from playing!" – Michelle, #SquashGirlsCan participant. You can too [on this day and time at facilityname](#). How to book: [link or contact details](#)
- Ladies in Stafford – get in shape and burn up to 1000 calories per hour with #squash. Join #SquashGirlsCan [on this day and time at facilityname](#). How to book: [link or contact details](#)