The purpose of this study was to determine the extent to which the sport of squash can be a means of recreation for visitors squash courts Gelora Bung Karno Senayan. This research was conducted during November-December 2015 on the squash court Gelora Bung Karno Senayan. The method used is non test a survey method. Squash court visitors Gelora Bung Karno Senayan who come to play squash and then asked to fill out questionnaires, with a sample of 30 visitors.

The results showed that the sport of squash can be a means of recreation. It can be seen from the time dimension that aims to see the routine activities that are most widely category was 80% (24 people), the dimensions of the types of activities that aim to develop their potential most widely categorized as high as 60% (18 people) and the dimension of functionality aims to see the benefits of squash in the lives of most category was at 57% (17 people). Moreover, it can also be seen from the data your overall dimensions of the lower categories that make squash as recreational facilities amounted to 0%, the moderate category that makes squash as
recreational facilities by 67% (20 people), and high categories that make squash as recreational facilities by 33% (10 people).

Based on analysis of these data, it can be concluded that the sport of squash can be a means of recreation for the visitors squash Bung Karno Senayan as a fun and healthy recreation.