

Contact Sports Manager Tom Perkins on 07852261593 or email tennis@beechdown.co.uk
Children may **not** pre book Squash, Tennis and Badminton Courts during peak times: after 5.20pm weekdays or before 1.20pm weekends, but may check for last minute availability with Reception.
All sessions in this programme are included in membership.

Beechdown Squash Programme

Adult's Squash Programme

Squash courts may be booked up to one week in advance.
Courts are released at 10.00am and 3.00pm. Court sessions are 40 minutes.
No booking is required, just come along with non-marking shoes.

Tuesdays - Coaching

6.40pm - 8.00pm (Bookable)	Beginners/Improver
8.00pm - 9.20pm	Int/Advanced

Thursdays - Mix-in (#1)

9.10am - 10.40am

Sundays

6.00pm - 7.20pm	Improvers Mix-in
7.20pm - 9.00pm	Int/Advanced Mix-in

Adult's Racketball Programme

Fridays - Mix-in (#1)

6.00pm - 7.20pm

#1 Everyone is invited to Mix-ins. Come when you can...leave when you have had enough or stay till the end. You'll play a series of short games against different opponents. All organised for you.

Children's Squash Programme

No booking is required, just come along with non-marking shoes.

Tuesdays

Junior Starters	4.00pm-4.30pm (#2)
Coaching for 5 & 6 yr olds	4.40pm-5.20pm (#3)
Coaching for 7-9 yr olds	5.20pm-6.00pm
Coaching for 10+ yr olds	6.00pm-6.40pm

#2 A special session for 4 & 5 yr olds in Level One working on hand/eye co-ordination. Also on Thursdays at the same time. Attendance at both will speed progression through to the next stage.

#3 Minimum ability for this session is to be able to hit a ball consistently.

Beechdown Badminton Programme

Adult's Badminton Programme

Badminton courts may be booked up to one week in advance.
Court sessions are for half or one hour.

Mondays

10am-12.00	Open Morning. All standards of player welcome.
7.30pm-10.30pm	Open Club Night. All Standards of player welcome.

Thursdays

7.30pm-10.30pm	Team Club Night. For all Team players.
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Fridays

8.00pm-10.00pm	Open Club Night. All standards of player welcome.
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Sundays

7.30pm-9.30pm	Team Practise. Invitation Only
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Children's Badminton Programme

Mondays

6.30pm - 7.30pm	Junior Badminton for 8 to 15 year olds.
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email timandreafefferies@gmail.com

Beechdown Tennis Programme

Adult's Tennis Programme

Tennis courts may be booked up to one week in advance. Court sessions are one hour.

Mondays	5.30pm - 6.45pm	Beginners Coaching	#3
	6.45pm - 8.00pm	Intermediate Coaching/Drills	#1
	8.00pm - 9.15pm	Advanced Coaching/Drills	#2
Tuesdays	5.30pm – 6.30pm	Cardio Tennis	#5
Thursdays	10.30am – 11.30am	Rusty Rackets	
	6.30pm - 7.30pm	Beginners Coaching	#3
	7.30pm - 9.00pm	Int/Advanced Coaching	#4
Fridays	9.15am - 10.15am	Cardio Tennis	#5
Saturdays	9.30am - 11.00am	Team Players Mix-in	
	11.00am - 12noon	Intermediates Mix-in	

Children's Tennis Programme

Thursdays	4.00pm - 4.30pm	Junior Starters	#6
	4.30pm - 5.00pm	Coaching for 6 & 7 yr olds approx	#7
	5.00pm - 5.45pm	Coaching for 8 & 9 yr olds approx	#8
	5.45pm - 6.30pm	Coaching for 10+ yr olds approx	#9
Saturdays	11.00am - 11.30am	Coaching for 5, 6 & 7 yr olds	
	11.30am - 12.00	Coaching for 8+ yrs	

- #1 Drills/Technique/Coaching for Improvers and Intermediate players followed by short games.
- #2 Drills/Cardio/Tactical Points for Advanced players, followed by match play. Learning correct technique, movement and easy match play.
- #3 Learning all aspects of tennis/grips/technique/rallying.
- #4 All good players invited. Working on tactics/drills and match play.
- #5 High energy fitness activity that combines Tennis with cardiovascular exercise. *Bookable at Reception, spaces limited.*
- #6 A special session for 4 & 5 yr olds in Level One working on hand/eye co-ordination. Also on Tuesdays at the same time. Attendance at both will speed progression through to the next stage.
- #7 Using low compression starter balls, working on hand/eye co-ordination/movement and making tennis fun.
- #8 Using low compression balls, working on technique, rallying, fun games.
- #9 Technique/movement and more match play. Progressing to regular tennis balls.