

# Beechdown 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.

## Adult's Squash Programme

Members are invited to come along to the following sessions which are ENTIRELY FREE.  
No booking is required. We organise short matches for you....there's no need to bring a partner, or even a ball. You can even borrow a racket from Reception!

**Mondays - Club Night**  
**5.20pm - 6.40pm**  
**All Standards**

**Tuesdays - Coaching**  
**8.00pm – 9.20pm**  
**Advanced / Improvers**

**Thursdays - Coaching**  
**9.10am - 10.40am**  
**All Standards**

**Sundays - Club Night**  
**6.00pm - 7.20pm**  
**Beginners/Improvers**  
**7.20pm - 9.00pm**  
**Intermediate/Advanced**

Call or text Squash Coach Simon Retter on 07850032081 or email [squash@beechdown.co.uk](mailto:squash@beechdown.co.uk) for further information on this programme or Private Lessons

## Adult's Racketball Programme

**Fridays - Club Night**  
**6.00 - 7.20pm**  
**All Standards**

## Children's Squash Programme

Members are invited to come along to the following sessions which are ENTIRELY FREE.  
No booking is required, just come along.

### **Tuesdays**

**Absolute Beginners 4.00pm-4.30pm**  
(Youngsters who can't yet hit a ball)  
**Beginners 4.30pm-5.00pm**  
(Youngsters who can just about hit a ball)  
**Improvers 5.10pm-5.50pm**  
(6+ years who can hit a ball confidently)  
**Advanced 5.50pm-6.40pm**  
(8+ years who are confident in match play)

## 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.

These sessions are included in membership.

#### **Mondays**

7.30pm – 10.30pm

**Open Club Night.** All standards of player are welcome to come along and play. Organised by Tim & Andrea

#### **Thursdays**

7.30pm – 10.30pm

**Team Club Night.** For all Team players

#### **Sundays**

7.00pm – 9.30pm

**Team Club Night.** For all Team players

### Children's Badminton Programme

#### **Mondays**

6.30pm – 7.30pm

**Junior Badminton** for 8 to 15 year olds with B.A. of E. coaches Tim and Andrea

email Andrea at [andrea@urbislighting.com](mailto:andrea@urbislighting.com)

# **Beechdown Tennis Programme**

## **Adult's Tennis Programme**

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

**These sessions are included in membership unless otherwise stated.**

### **Mondays**

1.30pm – 2.30pm  
6.30pm - 8.00pm  
8.00pm - 9.30pm

**Tennis Afternoon for all  
Beginner/ Improver Coaching  
Intermediate/ Advanced  
Drills, Tactics & Match Play**

### **Thursdays**

7.00pm - 8.30pm

**Intermediate/ Advanced  
Drills, Tactics & Match Play**

### **Sundays**

11.00am - 12.00

**Beginner/ Improver Coaching**

## **Children's Tennis Programme**

### **Thursdays**

5.30pm - 6.15pm  
6.15pm - 7.00pm

**Junior Coaching** for 5, 6 & 7 year olds  
**Junior Coaching** for over 8 year olds

### **Sundays**

12.00 – 1.00pm

**Junior Coaching** for 5 years and older

Contact Head Tennis Coach Jonathan Clarke on 07528 019005 or  
email [tennis@beechdown.co.uk](mailto:tennis@beechdown.co.uk)

## **Court bookings by children**

Children may not pre book Squash, Tennis and Badminton Courts during peak times:  
after 5pm weekdays and all weekend.  
However, children may check for last minute availability at these times with Reception.