

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, just come along with non-marking shoes.

Mondays - Club Night

5.20pm - 6.40pm

All Standards welcome

Tuesdays - Coaching

8.00pm – 9.20pm

Advanced / Improvers

Thursdays - Coaching

9.10am - 10.40am

All Standards welcome

Sundays - Club Night

6.00pm - 7.20pm

Beginners/Improvers

7.20pm - 9.00pm

Intermediate/Advanced

Contact Squash Coach Simon Walker on 07702200863 or
email squash@beechdown.co.uk. for further information on this
programme or Private Lessons.

Adult's Racketball Programme

Fridays – Beginners/Improvers

6.00 - 7.20pm

Routines, Coaching & Games

All Standards welcome

Children's Squash & Mini Squash Programme

Members are invited to come along to the following sessions which are ENTIRELY FREE.
No booking is required, just come along with non-marking shoes.

Tuesdays

Absolute Beginners 4.00pm-4.30pm

(Youngsters who can't yet hit a ball)

Beginners Mini Squash 4.30pm-5.00pm

Improvers Mini Squash 5.10pm-5.50pm

Advanced Squash Players 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

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

6.30pm - 8.00pm

Beginner/ Improver Coaching

8.00pm - 9.30pm

Intermediate/ Advanced

Drills, Tactics & Match Play

Thursdays

10.45am - 11.45am

Tennis Morning for all

6.30pm - 7.30pm

Absolute Beginners and Beginners

7.30pm - 9.00pm

Intermediate/ Advanced

Drills, Tactics & Match Play

Children's Tennis Programme

Thursdays

4.30pm - 5.00pm

Junior Coaching for 5 year olds

(4yr olds may be accepted by prior assessment of ability)

5.00pm - 5.45pm

Junior Coaching for 6 & 7 year olds

5.45pm - 6.30pm

Junior Coaching for 8 + years

Contact Tennis Coach Bruce McKenzie on 07715380260 or
email 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.