

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.

Mondays

5.20pm – 6.40pm **Club Afternoon.** Just come along and Gary will organise the games. Adults Only. **FREE**

Tuesdays

8.00pm – 9.20pm **Squash Training**
Group coaching for Improvers and Advanced level players.
Organised by Gary Hales. **FREE**

Thursdays

9.20am – 10.00am **Squash Morning for All Standards**
Beginners are especially welcome.
Group Coaching involving fun practice routines to improve technique & tactics, plus conditioned games.
Organised by Gary Hales. **FREE**

Sundays

10.00am – 11.20am **Squash Morning** Group Coaching for Improvers to Advanced.
Practice routines to improve technique & tactics, plus conditioned games. Organised by Gary Hales. **£3.00 per person.**

5.20pm – 7.20pm **Beginners/Improvers Club Night**
7.20pm – 9.00pm **Intermediates/Advanced Club Night**
Just come along and you will be organised to play against others of a similar standard. **FREE**

Children's Squash Programme

Tuesdays

4.00pm – 6.40pm **Mini Squash & Junior Group Coaching** with Gary Hales. "Foundation Level" (4.00pm – 4.30pm), "Foundation Level 2" (4.30pm – 5.10pm). "Improver" (5.10pm – 5.50pm). Pro & Advanced Level (5.50pm – 6.40pm). **FREE**

Sundays

1.00pm – 3.00pm **Mini Squash & Junior Group Coaching** with Gary Hales. "Foundation" (1.00pm – 1.40pm), "Improver" (1.40pm – 2.20pm). "Pro" (2.20pm – 3.00pm). **£3.00 per session**

Key to Levels:

- "Foundation"** Absolute beginners. Generally for 5, 6 or 7 year olds who cannot yet hit a ball with a racket. Development of ball rolling, catching and throwing skills.
- "Improver"** Beginners. Generally for 6, 7 or 8 year olds who can hit a ball with a racket. Development of racket control to be able to hit several controlled volleys or drives
- "Pro"** Generally for 8, 9, 10 or 11 year olds who can hit controlled volleys and drives. Development of hitting accurate shots and moving correctly. Introduction to boasts and drop shots.
- "Advanced"** Generally for juniors aged 12 years and over. Development of technique, tactics and movement

Private Squash Coaching

Coaching to suit All Levels, including Complete Beginners!!!
Lessons 7 Days a Week, subject to availability.

An individual lesson with **England Squash Level 2 Coach Gary Hales** costs **£17 per 40 minute session.** **Discounts** are often available if you buy a **block of lessons.** To arrange a lesson or for further details contact Gary Hales directly on: m: **07854 519797** or E-Mail on **gary@thesquashcoach.co.uk**
The Beechdown member must book the court.

Beechdown Badminton Programme

Adult's Badminton Programme

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

Mondays

7.30pm – 10.30pm **Open Club Night.** All standards of player are welcome to come along and play organised by Tim Jefferies & Andrea Hill **FREE**

Tuesdays

7.30pm – 10.30pm **Team Club Night.** A club night for all team players. **FREE**

Children's Badminton Programme

Mondays

6.30pm – 7.30pm **Junior Badminton** for 8 to 15 year olds with B.A. of E. coaches Tim Jefferies & Andrea Hill **FREE**

Beechdown Tennis Programme

Adult's Tennis Programme

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

Mondays

6.45pm – 8.00pm

Beginners/ Improvers CLUB NIGHT FREE

8.00pm – 9.30pm

Intermediate/ Advanced CLUB NIGHT FREE

Tuesdays

7.00pm-9pm

Adults Advanced Training

Saturdays

9.30am – 11.00am

Intermediate/ Advanced Team Practice. £3 per session

2.30pm-4.30pm

Club Afternoon. All standards welcome. FREE

Sundays

10.00am-11 am

Beginners/ Improvers Training.

Children's Tennis Programme

Mondays

5.15pm-6.00pm

Junior Coaching for 5, 6 & 7 year olds. FREE

6.00pm-6.45pm

Junior Coaching for over 8 year olds. FREE

Thursdays

5.00pm – 5.30pm

Junior Coaching for 5, 6 & 7 year olds. FREE

5.30pm – 6.15pm

Junior Coaching for 8, 9 & 10 year olds. FREE

6.15pm-7.00pm

Junior Coaching for over 11 year olds. FREE

Saturdays

11.00am – 12.00noon

Junior Morning for 5, 6 & 7 year olds. FREE

Private Tennis Coaching

Brush up your game with a private lesson alongside **LTA Coach Simon James**.

Call Simon direct on 07854175325 or email simonj14@hotmail.com.

£20 per hour lesson.

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.