

SQUASH:ED

LEVEL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
START:ED							
5-8 years	4 - 5pm		4 - 5pm				
8-11 years	4 - 5pm	4 - 5pm	4 - 5pm				
11-15 years		4 - 5pm					
PROGRESS:ED							
Under 11s		5 - 6pm			3.30 - 4.30pm		
Over 11s	5 - 6pm		5-6pm	5-6pm			
INSPIR:ED	5:30-7pm			5:30-7pm			12 -1.30pm
ADVANC:ED							
WOMENS				10 - 11.30am			
ADULT	6-7:30pm		6-7:30pm				

START:ED- Those new to the sport, starting with drills and fundamentals of squash.

PROGRESS:ED- Still new to the sport but have hand-eye coordination and ready to learn more dynamic drills and technique.

INSPIR:ED- For tournament players who are developing their competitive game and are looking to play up to Gold tournaments.

ADVANC:ED- Gold Tournament players who have a strong understanding of technique and want to focus on the finer tactical elements of the game.

WOMENS - Open to women of all levels - focused on drills, movement, and fitness with matches to finish.

ADULTS - Challenging clinic for adults wanting to enhance their singles game in a social atmosphere. Expect hard work, banter and potentially a beer.