

# SQUASH:ED

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
START:ED							
7-11 years	4.30-5.30pm		4.15-5.15pm				12-1pm
11-15 years		4-5pm					
PROGRESS:ED							
Ages 9 - 13		5-6pm	5.15-6.15pm		3:30-4:30pm		12-1pm Matchplay (FOC)
INSPIR:ED	5:30-7pm			5:30-7pm		9.30-11am Matchplay (FOC)	
PLAYERS CLUB	4.00-5.30pm			4-5.30pm			
WOMAN'S		10-11:30AM		10-11:30AM			
ADULT	7-8 PM		CLUB NIGHT 6-7.30pm (FOC)		6-7pm		
DOUBLES PRO-AM		6-7pm (Beginner)		6.30-7.30pm (Advanced)		10-11am (Intermediate)	

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

**PROGRESS:ED**- For players wanting to take the sport more seriously - focus on tactics and will be challenging for bronze/silver level players U11/13.

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

**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 or doubles game in a social yet competitive atmosphere.

**PLAYERS CLUB** - Elite juniors & adults training and playing like professional players

**CLUB NIGHT** - Social play evening for members and guests to play socially, learn from the pros across both singles and doubles courts. Free of charge to SH member

**DOUBLES PRO-AM** - New for 2021 - Three weekly matches which members can opt into with a pro to learn the game, or challenge themselves out of their comfort zone