

ADULT SQUASH

SPRING 2025



ST GEORGE'S HILL
LAWN TENNIS CLUB

ADULT COACHING PROGRAMME

Commencing - Monday 6th January to Sunday 6th April 2025

Session	Day	Gender	Time	Coach/Organiser	No of Sessions	Price
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BEGINNER & INTERMEDIATE

Beginners	Wednesday	Female	10:45-11:45am	Miles Jenkins	12	£12
Beginners	Saturday	Male & Female	11:00am-12:00pm	Dom Lloyd-Walter	12	£12
Intermediates	Tuesday	Male & Female	6:30-7:30pm	Miles Jenkins	12	£12

SOCIAL SQUASH

Club Ladies Morning	Saturday	Female	10:00-11:00am	Dom Lloyd-Walter	12	£12
Club Night	Thursday	Male & Female	6:45-9:00pm	Miles Jenkins	12	FREE

TEAM TRAINING

1 st & 2 nd Teams	Monday	Male	7:45-8:45pm	Miles Jenkins	12	£12
1 st & 2 nd Teams	Wednesday	Female	9:45-10:45am	Dom Lloyd-Walter	12	£12
3 rd & 4 th Teams	Friday	Male	12:00-1:00pm	Miles Jenkins	12	£12

SQUASH FITNESS & MOVEMENT

Fitness & Movement	Friday	Male & Female	6:00-7:00pm	Miles Jenkins	12	£12
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RACKETBALL

Racketball For All	Friday	Male & Female	10:30-11:30am	Ruudi Clarke	12	£12
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All Bookings via group coach
All Payments via reception