

Play Squash!

Driving Participation in Squash



at

Stormont Lawn Tennis and Squash Rackets Club

13 Lanchester Road, London N6 4SU

www.stormontltsrc.com

Adult and Junior Squash Coaching Jan – March 18

Juniors (Term Time)

Starting w/c 2nd Jan – 31st Mar 18 - no coaching during half term (12th – 18th Feb)

Wednesdays: 4.45 – 5.45pm beginners 7 yrs +

5.45 – 6.45pm beginners/intermediate 10 yrs +players

6.45 – 7.45pm Intermediate players

Thursdays: 4.30 – 5.30pm beginners/new players 7-11 yrs

5.15 – 6.15pm beginners/intermediate 11+ yrs

6 – 7pm intermediate players 11+ yrs

Fridays: 4.15 – 5.15pm beginners 7+ yrs

5.15 – 6.15pm beginners/intermediate 11+ yrs

6 – 7pm intermediate/advanced 11+ yrs

Fees: £72 members/£84 non members per term. **First 2 sessions free for new junior participants & fees calculated pro-rata on joining.**

***Club Night with Andras Pal £5/session payable on the day.**

Adults (2 x 6 week blocks)

Starting w/c 2nd January and 19th February no coaching during half term (12th – 18th)

Wednesdays: 10 – 11am Women only. **1st 2 sessions free to new participants. £42 for 6 weeks or £7/session**

Payment should be made for all term sessions in advance by BACs to Sort code: 30-96-26, Acct: 22867560. Payment in cheque (payable to "Play Squash") or cash must be given to the coach. Equipment provided.

Booking is essential for all group coaching and can be made at any time.

Contact: Vickie Prow 07796181286 or email: northlondonsquashcoaching@gmail.com.

With England Squash & Middlesex County Coaches Lucas Cannistraci, Guido Cannistraci, Andras Pal, and Vickie Prow.