



THE WIMBLEDON CLUB – SQUASH PROGRAMME

Each week we deliver a wide-ranging coaching and social programme that caters for all standards from beginner level upwards which we hope you will [enjoy](#) taking part in. We are always looking for ways to improve our offering to members so please don't hesitate to feedback your opinions.

Below are details of the weekly group sessions that Emma, Jordan and I organise. The dates and times for the group sessions will be emailed to you at the start of each month and details can also be found on the notice boards by the courts.

To register please email Emma: Emma@twcsport.co.uk or myself: director@twcsquash.co.uk and kindly pay for all sessions at the bar in advance of play.

INDIVIDUAL LESSONS

All lessons, junior and senior, are bookable directly with either Emma, Jordan or I.

Lessons can be arranged at a time of your convenience and are available Monday to Saturday.

Please contact the coaches directly to book lessons.

All contact details can be found on our website using the link below:

<https://www.twcsport.co.uk/squash-coaching>

LEAGUES

Should you wish to enter the leagues please use the sign-up sheets next to the leagues which are located on the notice boards next to the courts or contact Emma directly at Emma@TWCsquash.co.uk.

Each league cycle is roughly 4 weeks.

CLUB NIGHT

Every Monday night, including Bank Holidays, from 6.00pm - 10.15pm.

Club Night is an ideal way to meet other members, play against varied opposition and booking a court is not necessary. No need to register in advance, please pay at the bar and show up at any time from 6.00pm onwards.

Cost is £3.

CLUB TRAINING

Saturdays from 4.30pm – 6.00pm (once per month).

The upcoming dates are Saturday 29th April and 20th May.

Sessions cover technique, tactics and match play. Players most suitable for this would be from around the middle to top end league level. Please contact Stacey to register.

Cost is £8.

MEN'S TEAM TRAINING

Saturdays from 4.30pm – 6.00pm (once per month).

The upcoming dates are Saturday 6th May and 27th May.

This is an advanced group training and coaching session for players who represent the club in the men's teams. Sessions are physically testing and tactics are taught using conditioned games and routines.

Please let Stacey know if you are interested in playing for the men's teams. Contact Stacey to register.

This session is FREE to team players.

SUNDAY ROUND ROBIN

Takes place every Sunday from 3.30pm - 5.45pm.

A match-play session of doubles and singles. All abilities are welcome. Should you wish to attend please contact Johnny Bouchier, E: Johnny@bouchier.co.uk.

Cost £2.

DOUBLES

Tuesdays from 6.00pm onwards.

All abilities welcome. Should you wish to attend please contact Johnny Bouchier, E: Johnny@bouchier.co.uk.

Cost £2.

COFFEE MORNING

Every Friday morning from 10.00 -11.00am.

This is a very social session to which members are welcome to bring a friend.

Contact Emma to register.

Cost for non-members is £7.

Cost for members is £5.

IMPROVERS

6.30pm -8.00pm/6.45pm-8.15pm (twice per month)

The upcoming dates are Thursday 18th May and 25th May.

The session is devised for those relatively new to squash and also for players keen to improve their basic tactics and skills in a fun and social setting.

Contact Emma to register.

Cost is £5.

LADIES SOCIAL

6.45pm - 8.15pm. Friday evenings once per month.

The next date is Friday 21st April.

The session is match play only and members are invited to enjoy drinks/food in the Club restaurant afterwards (optional).

Cost: £3