

# Squash and Tennis Programme

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Squash	<b>Early Bird Doubles</b> 8.30-9.30am  <b>Coaching Available</b> Oli Pett From 2.00pm  <b>Club Night Session</b> From 6.00-8.00pm	<b>Women's Squash</b> Group Coaching 10.00-11.00am  <b>Coaching Available</b> Oli Pett From 11.00am  <b>Surrey Cup</b> Team Matches 7.30pm  <b>Coaching Available</b> Patrick Foster	<b>Early Bird Doubles</b> 8.30-9.30am  <b>Coaching Available</b> Oli Pett From 2.00pm  <b>Junior Squads</b> 5.00-6.00pm  <b>Team Training</b> 6.30-7.30pm	<b>Coaching Available</b> Mark Jackson 12.30-2.30pm  <b>Doubles Matches</b> 6.30pm  <b>Surrey Cup</b> Team Matches 7.30pm	<b>Early Bird Doubles</b> 8.30-9.30am  <b>Squash57</b> (Racketball) Group Coaching 10.00-11.00am  <b>Coaching Available</b> Patrick Foster	<b>Beginner Junior</b> Squash 9.15-10.00am  <b>Intermediate Junior</b> Squash 10.00-11.00am  <b>Advanced Junior</b> Squash 11.00am-12 noon  <b>Coaching Available</b> Oli Pett From 12.30pm  <b>Surrey Cup Veterans'</b> Team Matches 4.00pm	<b>Courts Open For</b> Member Use  <b>Coaching Available</b> Oli Pett 10.00am-12 noon 2.00-5.00pm  <b>Junior Squads</b> Team Matches 1.00-2.00pm
Tennis	<b>Coaching Available</b> Mark Nash From 9.00am  <b>Adult Beginner/</b> Improver Group Coaching 10.00-11.30am	<b>Coaching Available</b> Barry Hewer and Mark Nash From 8.00am  <b>Mixed Club Session</b> 9.30am-12 noon  <b>Mixed Club Session</b> 6.30-9.00pm	<b>Coaching Available</b> Mark Nash From 9.00am	<b>Coaching Available</b> Barry Hewer From 8.00am  <b>Mixed Club Session</b> 9.30am-12 noon	<b>Coaching Available</b> Barry Hewer From 8.00am  <b>Drills Session</b> 9.30-10.30am  <b>Ladies' Team</b> Training 10.30-11.30am	<b>Coaching Available</b> Barry Hewer and Mark Nash From 8.00am  <b>Mini Tennis Group</b> Coaching 5-8/9 year olds 9.00-9.45am  9-12 year olds 9.45-10.30am  <b>Mens' Team</b> Training 10.30am-12 noon  <b>Mixed Club Session</b> 2.00-4.30pm	<b>Coaching Available</b> Barry Hewer and Mark Nash 8.00am-4.00pm  <b>Junior Tennis</b> Academy 9.00am-12 noon

## Squash Further Information

For sessions and prices for any group sessions or individual coaching please contact Cedars Sports Reception.

To get involved in Early Bird Doubles, Surrey Cup or Doubles' Team matches please email [patrick.foster@royalautomobileclub.co.uk](mailto:patrick.foster@royalautomobileclub.co.uk)

For times and availability please contact [oli.pett@royalautomobileclub.co.uk](mailto:oli.pett@royalautomobileclub.co.uk) or [patrick.foster@royalautomobileclub.co.uk](mailto:patrick.foster@royalautomobileclub.co.uk)

## Tennis Further Information

The Junior Tennis Academy runs in 8-12 week courses. Please contact Barry Hewer for Academy dates at [barry.hewer@royalautomobileclub.co.uk](mailto:barry.hewer@royalautomobileclub.co.uk)

The tennis section has several tennis teams, with men's, ladies' and mixed teams competing in different leagues during the week and at the weekend. If you are interested in joining one of these teams, please contact one of the Tennis Professionals.

For coaching, please contact Cedars Sports Reception or a Tennis Professional directly.