

Adults Squash Programme 2012



Monday

7pm-9.30pm

LADIES TEAM MATCHES

Ladies (Team standard)

Coach

N/A

Wednesday

7pm-10pm

GENTS TEAM MATCHES

Men and Ladies (Team standard 1st- 7th) N/A

Thursday

19th Jan - 29th March

8pm-9.30pm

LADIES RACKETBALL /
SQUASH INTRO

Ladies (All standards)

AMANDA

Sunday

(Call Reception each week to book a place)

3-5pm

CLUB TEAM TRAINING

Team players

PETER O'HARA SNR

5-7pm

(Drills, tactics and match practice)

Team players

PETER O'HARA SNR

Coaches available for Adult Lessons: Peter O'Hara SNR - 07751 828 529 / Peter O'Hara JNR - 07525084357

The club has active Mini Leagues if you are interested in Joining them please contact reception



If you have any questions please contact : Reception on 0141 632 1742.