

Beginners' Introduction to Squash and Racketball

A six-week course covering all the basics of squash or racketball run by qualified coaches.

This course is ideal for the absolute beginner or anyone who has played before and is thinking of taking up the sport again.

The 40 minute lessons aim to develop basic skills and confidence and enable players to get the most out of playing squash or racketball at the club.

Starts Thursday 16th March 7.20 – 8.00 pm

Cost: £30 for six-week course with **15% off** club membership for participants.

For more details and to sign up please call Garrie Darling on 07963 500241 or call in to the club from 7pm.