

# Squash Coaching

## November - December



As part of the Squash offer to Members there is coaching available for all standards and ages. The professional coaching team of Paul Lindsay and Vini Rodrigues are available for lessons and will run social sessions for members. Whether you are a complete beginner or a high-performance player our team of coaches can provide you with a great Squash experience making sure your Squash skills will improve and you will enjoy the game even more.

Coaching sessions are bookable via <https://roehamptonclubracquets.as.me/>

### Adult & Junior Individual Coaching:

All lessons and payment are now bookable on-line through the link below.

Book a 45-minute private Squash lesson with a qualified coach and work on any element of your Squash game.

<https://roehamptonclubracquets.as.me/>

### Junior Squash Coaching:

Junior Term group coaching courses starting week commencing 2<sup>ND</sup> November. Booking details below.

**Tuesday 5pm to 6pm** – Junior Group Coaching Course

**Thursday 5pm to 6pm** – Junior Group Coaching Course

**Saturday 9am to 9:45am** – Junior Group Coaching Course

**Saturday 10am to 10:45am** – Junior Group Coaching Course

**Saturday 11am to 11:45am** – Drop-in session (*sign up weekly*)

**Saturday 12:00pm to 12:45pm** – Under 7 Mini Squash Group Coaching

**Sunday 9:00am to 10am** – Junior Matchplay

<https://roehamptonclubracquets.as.me/> (please put the child's name attending in the 'Your information' details.)

*If a session does not have a minimum of 4 Members the session will be cancelled in advance.*

### Adult Group Coaching:

Adult Term group coaching courses starting week commencing 2<sup>nd</sup> December. Booking details below.

**Monday 9:30am to 10:30am** – Ladies Beginner Coaching Racketball/Squash 57 Course

**Thursday 6pm to 7pm** – Beginner Coaching Course

<https://roehamptonclubracquets.as.me/>

*If a session does not have a minimum of 4 Members the session will be cancelled in advance.*

To arrange coaching with the Squash Professionals or to discuss further please contact Paul:

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