



**EVERY  
WEEK**

**LADIES**

**SQUASH COACHING**

**MONDAYS**

**7:30 - 8:30**

**(30 mins open play until 9pm)**

**DROP IN PER SESSION -**

**MEMBERS £8 / NON MEMBERS £10**

**max 8/session, pay online & register weekly on what's app  
group**

**(scan qr codes below)**

**coaching game format, conditioned games, team play, fun  
ladder challenge league & lots of laughter**

