Fiona
 Moverley
 Squash
 Academy

WOULD YOU LIKE TO PLAY SQUASH

- LEARNING A NEW SPORT WHICH IS FUN
- MAKE NEW FRIENDS
- GIVES YOU GOOD FITNESS
- DEVELOPS HAND-EYE
 COORDINATION SKILLS
- BUILDS YOUR CONFIDENCE

Fiona Moverley's squash academy is open to all 5 year olds and upwards, beginners, improvers and experienced juniors.



Weekly sessions at Ferriby Hall Squash Club

Monday 3.45 - 4.15pm mini squash (5 - 8yrs) Monday 4.20 - 5.20pm improvers

Saturday 10 - 11am improvers



Hull & East Riding Squash Club Chanterlands Avenue North

Wednesday 5.00 - 6.20pm advanced

Thursday 5.00 - 6.00pm advanced

Equipment available to borrow Clean, non-marking soled trainers must be worn

Cost is **£25 per month**, for up to **2 sessions a week**



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Run by qualified England Squash coaches

