

learn to play squash

OLCOTE SQUASH ACADEMY GROUP COACHING SESSIONS

TOTAL FITNESS HEALTH CLUB **WILLERBY**

- Monday - 4.30 - 5.30 (Mixed ability junior)
- Tuesday - 4.30 - 5.30 (Mixed ability junior)
- Wednesday - 4.30 - 5.30 (Mixed ability junior)
- Thursday - 10.30 - 12.00 (**ADULTS ALL LEVELS**)
- 4.30 - 5.30 (Mixed ability junior)
- 7.00 - 8.30pm (**ADULT IMPROVERS**)
- Friday - 4.30 - 5.00 (Tiny Tots aged 3-5)
- 4.30 - 5.00 (Beginner stage)
- 5.00 - 6.00 (Intermediate stage)
- 6.00 - 7.00 (Advanced stage)
- Saturday - 9.30 - 10.30 (Early Stage)
- 10.30 - 11.30 (Intermediate stage)
- 11.30 - 12.30 (Advanced stage)
- 1.30 - 3.00pm (Junior team squash)

FERRIBY HALL SQUASH CLUB **FERRIBY**

- Tuesday - 3.45 - 4.15 (Junior beginners)
- Tuesday - 4.15 - 5.15 (Mixed ability junior)
- Thursday - 4.15 - 5.00 (Junior beginners)
- Saturday - 10.00 - 11.00 (Mixed ability junior)

Junior squash - ages 3 - 18

£5/session or £24/month (1-3 sessions a week)

Adult Squash - £5 per session

We have a team of **8 qualified coaches** who are all England Squash licensed with first aid training and DBS clearance.

INDIVIDUAL LESSONS AVAILABLE - £15 per 30 minutes session



Olcote Squash Academy is one of the leading centres of junior squash performance in East Yorkshire.

Our philosophy is simple: **"Hard work, discipline and a fun environment produces quality players."**

Squash is a combination of swift movement, racquet skills and tactics, all of which are addressed in equal measure during coaching sessions.



**CONTACT KENNY MARTIN
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