

# 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	- 10.00 - 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 - 10.00 (Beginners) - 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	- 4.20 - 5.15
Saturday	- 10.00 - 11.00

### Junior squash - ages 3 - 17

£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**

**CONTACT KENNY MARTIN  
LEVEL 3 SQUASH COACH TEL 07751 894240**



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.

