

Junior Club

Sessions delivered by Stuart George

Saturday

FREE

11.15am - 12.00pm Junior Coaching

12.00pm - 1.00pm East Ren Active Schools

3.15pm - 4.00pm P3 Mini-Member Coaching

4.00pm - 4.45pm P4 Mini-Member Coaching

Sunday

FREE

11.00am - 12.00pm U13 Matchplay

12.00pm - 1.00pm U15 Matchplay



Squash Coaching

Club and Schools

Programme

2018

Junior Squads

Sessions delivered by Stuart George

Monday

3.30pm - 4.30pm East Ren Active Schools

5.00pm - 6.00pm Talent Squad

6.00pm - 6.45pm Girls Squad

Wednesday

4.15pm - 5.45pm U15 Performance

5.45pm - 6.45pm Development Squad

Friday

4.15pm - 5.15pm Elite Squad

5.15pm - 6.45pm U13 Performance

Adult Club

Sessions delivered by James Singh

Sunday

FREE

6.30pm - 7.30pm Adult Team Training

7.30pm - 8.30pm Adult Beginner Coaching

Notes

Junior Squads, Performance Squads and Match Play are all by invitation only. Please speak to Stuart to discuss access to specific sessions. Junior Squads are charged at £1 per hour and Performance Squads are charged at £4 per hour, both on a block-basis.

East Renfrewshire Schools Club sessions are free to all Primary 5, 6 and 7 pupils, although sessions are subject to a maximum 18 persons and booked through Active Schools coordinators.

For further details contact **Stuart George** on **07910830822** or email **squash@giffnock-ltc.co.uk**.