



Club Timetable

Tennis

Monday	10.30am – 11.15am Tots Tennis Group (P&P) Indoor 1 court	4.00pm - 5.30pm Mini Tennis Groups Indoor 1 court	5.00pm – 7.00pm Mini & Junior Club Night Outdoor up to 4 courts	5.30pm – 7.00pm Junior Performance Squad - By invitation	6.30pm – 7.30pm Tennis Xpress Adult Beginners Course Indoor 2 courts	7.00pm – 9.00pm Adult Club Night Outdoor up to 7 courts
Tuesday			12.30pm -2.00pm Adult Open Group Coaching (P&P) Non-members welcome - Outdoor or Indoor up to 3 courts	7.30pm – 8.30pm Adult Open Coaching Group (P&P) Non-members welcome – Outdoors & floodlit	8.00pm – 9.00pm Team Practice By invitation – Indoor 2 courts – men’s & ladies’ on alternate weeks.	
Wednesday	10.30am – 12.00noon Adult Club Morning Outdoors - (indoors from 11.00am in poor weather subject to court availability)	4.30pm – 5.30pm Junior Tennis Group Coaching Indoor 3 courts	5.30pm – 7.00pm Junior Performance Squads - By invitation – Indoor 2 courts			
Thursday	10.30am – 12.00noon Adult Open Group Coaching (P&P) Non-members welcome - Outdoor or Indoor 3 courts	4.30pm – 5.30pm Junior Tennis Group Coaching Indoor up to 3 courts				
Friday	4.00pm – 5.30pm Mini Tennis Group Coaching Indoor 1 court	5.30pm – 7.00pm Junior Performance Squad - By invitation - Indoor 1 court			7.00pm – 9.00pm Adult Club Night Outdoors up to 7 courts. Indoor available from October – March	
Saturday	8.15am – 2.00pm Junior Coaching Indoor up to 3 courts	Adults club matches in Sussex Leagues Outdoor up to 4 courts	2.00pm – 4.00pm Adult Club Afternoon Outdoor up to 3 courts		2.00pm – 7.30pm Junior tournaments	
Sunday	Adults club matches in Sussex Leagues Outdoor up to 4 courts	12.00pm – 6.00pm Junior tournaments				

Squash & Racketball (aka Squash 57)

Monday	4.30pm – 5.30pm Junior Squash Coaching Groups up to 2 courts	6.30pm-7.30pm Drills Night (P&P)	
Tuesday			
Wednesday			

Squash & Racketball (aka Squash 57) – continued



Club Timetable

Thursday			
Friday	4.00pm – 5.00pm Junior Club Night Up to 2 courts	5.00pm – 7.00pm Squash Club Night up to 4 courts	Sussex League Matches start 7.00pm 2 courts
Saturday	9.00am – 12.00noon Junior Squash Group Coaching up to 4 courts		
Sunday	5.00pm – 7.00pm Racketball Club Session 2 courts		

Non-Racquet Sports, Holistic Classes & Other Activities

Monday	9.30am – 10.30am Pilates Class (P&P)	10.00am – 1.00pm Croquet Club Session	2.00pm-4.00pm Pétanque Hosting	6.00pm – 9.00pm Bridge Club
Tuesday		10.00am – 12.00noon Pétanque Hosting	6.30pm Worthing Striders training runs 6.30pm – 8.30pm Beginners Bridge	7.00pm – 10pm Snooker Club Night
Wednesday	9.30am – 10.30am Stretch & Mobility Class (P&P)	1.00pm – 4.00pm Croquet Hosting		
Thursday	10.00am – 12.00noon Pétanque Hosting	6.00pm – 9.00pm Bridge Practice	6.30pm Worthing Striders training runs	Snooker matches in Worthing Leagues start 7.00pm
Friday	9.15am – 10.15am Pilates Class (P&P)		6.00pm – 9.00pm Bridge Club	7:00pm Pétanque Hosting (Floodlit when necessary)
Saturday	9.30am – 10.30am Yoga Class (P&P)	10:00am – 12:00 noon Pétanque Hosting	1.00pm – 4.00pm Croquet Hosting	Evenings from 7.00pm Club Bar Lounge available for private hire & events
Sunday	8.30am Worthing Striders training runs			

Some activities do not take place on Bank Holidays or over the Christmas and New Year Period. Please contact the club for full details. All Pay & Play (P&P) sessions are open to non-members. Advance booking is recommended.

Other social activities take place from time to time in the Club bar lounge. These are advertised at Reception, around the Clubhouse and via Club email newsletter.