

Club Timetable

Tennis

Monday		5.00pm – 7.00pm Mini & Junior Club Night Outdoor up to 7 courts	7.00pm – 8.30pm Tennis Xpress Adult Beginners Coaching Indoor 2 courts	7.00pm – 9.00pm Adult Club Night Outdoor up to 7 courts
Tuesday		12.30pm -2.00pm Adult Open Group Coaching Non-members welcome - Outdoor or Indoor up to 5 courts	7.30pm – 8.30pm Adult Open Coaching Group Non-members welcome – outdoor up to 4 courts	8.00pm – 9.00pm Ladies’ Team Practice By invitation – Indoor 2 courts – alternate weeks.
Wednesday	10.30am – 12.00noon Adult Club Morning Outdoors (or indoors from 11.00am in poor weather depending on court availability)	4.30pm – 5.30pm Junior Tennis Group Coaching Indoor 2 courts	4.30pm – 7.00pm Junior Performance Squads - By invitation – Indoor 2 courts	7.30pm –8.30 pm Men’s Team Practice By invitation – Outdoor 2 courts – alternate weeks. 7.30pm – 9.30pm Adult Singles Club Night Outdoor up to 2 courts – alternate weeks
Thursday	10.30am – 12.00noon Adult Open Group Coaching Non-members welcome - Outdoor or Indoor 3 courts	13.45pm – 2.30pm Tots Tennis Group Coaching Indoor 1 court		5.30pm – 7.00pm Junior Performance Squad - By invitation - Indoor 1 court
Friday	4.00pm – 5.30pm Mini Tennis Group Coaching Indoor 1 court	5 .30pm – 7.00pm Junior Performance Squad - By invitation - Indoor 2 courts	7.00pm – 9.00pm Adult Club Night Outdoor up to 7 courts. Indoor available from Oct – Mar	
Saturday	9.00am – 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 4 courts	2.00pm – 7.30pm Junior tournaments
Sunday	10.30am – 12.00noon Mini Tennis Coaching Indoor 1 court	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 – 6.30pm Junior Improvers/Advanced Squash Coaching Groups up to 2 courts	6.30pm – 7.30pm Adult Squash Drills Group Session up to 2 courts	7.30pm – 8.00pm Adult Squash Fitness Group Session up to 2 courts
Tuesday			
Wednesday	5.00pm – 8.00pm Squash Doubles Club Night up to 4 courts		



Club Timetable

Squash & Racketball (aka Squash 57) – continued

Thursday		
Friday	5.00pm – 7.00pm Squash Club Night up to 3 courts	Sussex League Matches start at 7.15pm 2 courts
Saturday	9.00am – 12.00noon Junior Squash Group Coaching up to 4 courts	
Sunday	4.00pm – 7.00pm Racketball Club Session 2 courts	

Non-Racquet Sports & other activities

Monday		2.00pm-4.00pm Pétanque Hosting		6.45pm – 10.00pm Bridge Club
Tuesday	9.00am – 1.30pm Table Tennis Club	10.00am – 12.00noon Pétanque Hosting	6.30pm Worthing Striders training runs 6.30pm – 8.30pm Beginners Bridge	7.00pm – 10.00pm Snooker Club Night
Wednesday		1.00pm – 5.00pm Croquet Hosting	7.00pm Table Tennis Matches (Not every week)	Table Tennis and Snooker Matches in Worthing Leagues start at 7.00pm
Thursday	9.00am – 1.30pm Table Tennis Club	10.00am – 12.00noon Pétanque Hosting	6.30pm Worthing Striders training runs	7.00pm – 10.00pm Bridge Practice
Friday		1.00pm – 5.00pm Croquet Hosting	6.45pm – 10.00pm Bridge Club	7:00pm Pétanque Hosting (Floodlit when necessary)
Saturday	10:00am – 12:00 noon Pétanque Hosting		Evenings from 7.00pm Club Bar Lounge available for private hire and club events	
Sunday	8.30am Worthing Striders training runs			

Other social activities take place from time to time in the Club bar/lounge, including live music and quiz nights. These are advertised at Reception, around the Club and via the Club email newsletter.