



## Club Timetable

### Tennis

<b>Monday</b>	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
<b>Tuesday</b>			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.	
<b>Wednesday</b>	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		
<b>Thursday</b>	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 2 courts			
<b>Friday</b>	4.00pm – 5.30pm Mini Tennis Group Coaching Indoor 1 court		5.30pm – 7.00pm Junior Performance Squad - By invitation - Indoor 1 court	6.00pm – 7.00pm Adult Open Coaching Group (P&P) Non-members welcome - Outdoor or Indoor 2 courts	7.00pm – 9.00pm Adult Club Night Outdoors up to 7 courts. Indoor available from October – March	
<b>Saturday</b>	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	
<b>Sunday</b>	Adults club matches in Sussex Leagues Outdoor up to 4 courts		12.00pm – 6.00pm Junior tournaments			

### Padel

<b>Monday</b>	10.00am – 11.00am Adult Improvers Group Coaching (P&P) Non-members welcome – Covered 2 courts.				8.00pm – 9.00pm Padel Xpress Adult Beginners Courses Non-members welcome - Covered 2 courts
<b>Tuesday</b>					8.00pm – 9.00pm Elevate Your Padel Course - Adult Non-members welcome - Covered 2 courts
<b>Wednesday</b>					



## Club Timetable

### Padel (cont'd)

<b>Thursday</b>	10.30am – 12.00noon Adult Club Morning Members only - up to 2 covered courts			
<b>Friday</b>				7.00pm – 8.30pm Adult Club Night Members only – up to 2 covered courts.
<b>Saturday</b>				
<b>Sunday</b>				

### Squash & Racketball

<b>Monday</b>		6.30pm-7.30pm Adult Team Training (P&P) up to 2 courts
<b>Tuesday</b>		7.00pm – 8.00pm Adult Squash Drills (P&P) up to 2 courts
<b>Wednesday</b>		
<b>Thursday</b>		6.30pm – 7.30pm Racketball Drills (P&P) Up to 2 courts
<b>Friday</b>	5.00pm – 7.00pm Squash Club Night up to 4 courts	Sussex League Matches start 7.00pm 2 courts
<b>Saturday</b>	9.00am – 12.00noon Junior Squash Group Coaching up to 4 courts	
<b>Sunday</b>	5.00pm – 7.00pm Racketball Club Session 2 courts	



## Club Timetable

### Non-Racquet Sports, Running, Pilates Classes & Other Activities

<b>Monday</b>	10.00am – 1.00pm Croquet Club Session	2.00pm-4.00pm Pétanque Hosting	6.00pm – 9.00pm Table Tennis League Matches (Oct-Apr)	7.00pm – 9.30pm Bridge Club Night
<b>Tuesday</b>	9.00am – 12.00noon Table Tennis Club Session	10.00am – 12.00noon Pétanque Hosting	6.30pm West Worthing Runner training runs	7.00pm – 10pm Snooker Club Night  7.00pm – 9.00pm Bridge Practice
<b>Wednesday</b>		1.00pm – 4.00pm Croquet Hosting	6.00pm – 9.00pm Table Tennis League Matches (Oct-Apr)	
<b>Thursday</b>	10.00am – 12.00noon Pétanque Hosting	6.30pm West Worthing Runners training runs	7.00pm – 10.00pm Beginners Bridge	Snooker matches in Worthing Leagues start 7.00pm
<b>Friday</b>	9.00am – 12.00noon Table Tennis Club Session	9.20am – 10.20am Pilates Class (P&P) Bridge Room		7:00pm Pétanque Hosting (Floodlit when necessary)
<b>Saturday</b>		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
<b>Sunday</b>				

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.