

Club Timetable*

Tennis

Monday	10.30am – 11.15am Tots Tennis Group Indoor 1 court	4.00pm - 5.30pm Mini Tennis Groups Indoor 1 court	5.00pm – 7.00pm Mini & Junior Club Night Outdoor up to 7 courts	6.00pm – 7.00pm Tennis Xpress Adult Beginners Course Outdoor 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 3 courts	7.30pm – 8.30pm Adult Open Coaching Group Non-members welcome – Outdoors only	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 (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.	
Thursday	10.30am – 12.00noon Adult Open Group Coaching Non-members welcome - Outdoor or Indoor 3 courts			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 Outdoors - 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	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 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		2.00pm – 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			6.45pm – 10.00pm Bridge Club*	7:00pm Pétanque Hosting (Floodlit when necessary)
Saturday	10:00am – 12:00 noon Pétanque Hosting	2.00pm – 5.00pm Croquet Hosting	Evenings from 7.00pm Club Bar Lounge available for private hire and club events	
Sunday	8.30am Worthing Striders training runs			

*Some sessions may be disrupted due to Covid-19. Please contact us for further details.

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, in the Clubhouse and via Club email newsletter.