Club Timetable

Tennis

Monday	4.30pm – 5.30pm Mini Tennis Red Club Evening (Indoor 1 court)	5.00pm – 7.00pm 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 3 courts)	3.45pm-4.30pm After Schools Mini Group Coaching (Indoor 1 court)	5.30pm – 7.00pm Junior Performance Squad (By invitation - Indoor 1 court)	7.30pm – 8.30pm Adult Open Coaching Group (Non-members welcome – outdoor up to 4 courts)
Wednesday	10:30am – 12noon Adult Club Morning (Outdoor up to 4 courts)	4.30pm – 5.30pm Junior Tennis Coaching (Indoor up to 2 courts)	5 .30pm – 7.00pm Junior Performance Squad (By invitation – Indoor 2 courts)	
Thursday	10.30am – 12.00noon Adult Open Group Coaching (Non-members welcome - Outdoor or Indoor up to 3 courts)	3.45pm – 4.30pm After Schools Mini Group Coaching (Indoor up to 2 courts)	5.30pm – 7.00pm Junior Performance Squad (By invitation - Indoor 1 court)	
Friday	4.00pm – 5.30pm Mini Tennis Coaching (Indoor 1 court)		7.00pm – 9.00pm Adult Club Night (Outdoor up to 7 courts. Indoor available from October – March)	
Saturday	9.00am – 3.00pm Junior Coaching (Indoor up to 3 courts)	2.00pm – 4.00pm Adult Club Afternoon (Outdoor up to 4 courts)	Adults club matches in Sussex Leagues (Outdoor up to 4 courts)	4.00pm – 7.30pm Junior tournaments
Sunday	10.30am – 12.00noon Mini Tennis Coaching (Indoor 2 courts)	12.00pm – 6.00pm Junior tournaments	Adults club matches in Sussex Leagues (Outdoor up to 4 courts)	

Squash & Racketball (aka Squash 57)

Monday	4.30pm – 5.30pm Junior Improvers Squash Group Coaching (up to 2 courts)	5.30pm – 6.30pm Junior Advanced Squash Group Coaching (up to 2 courts)	6.30pm – 8.00pm Adult Squash Drills Group Session (up to 2 courts)
Tuesday	10.00am – 11.00am Ladies Squash 57 Group Coaching (up to 2 courts)		
Wednesday	5.00pm – 8.00pm Squash Doubles Club Night (up to 4 courts)		
Thursday	7.00pm – 8.00pm Group Fitness (1 court)		8.00pm – 9.00pm Ladies Squash 57 Group Coaching (up to 2 courts)

THE WEST WORTHING CLUB

Club Timetable

Squash & Racketball (aka Squash 57) - continued

Friday	6.00pm – 8.00pm Squash Club Night (up to 3 courts)	Sussex Leagues start at 7.15pm (2 courts)
Saturday	9.00am – 1.00pm Junior Squash Group Coaching (up to 4 courts)	
Sunday	5.00pm – 7.00pm Racketball Club Session (2 courts)	

Non-Racquet Sports & other activities

Monday				
Tuesday	9.00am – 1.30pm Table Tennis Club	10.00am – 12.00noon Petanque Hosting	6.30pm Worthing Striders training runs	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 Petanque Hosting	6.30pm Worthing Striders training runs	
Friday	1.00pm – 5.00pm Croquet Hosting			7:00pm Petanque Hosting (Floodlit when necessary)
Saturday	10:00am – 12:00 noon Petanque Hosting		Evenings from 7.00pm Club Bar Lounge available for Function 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 and around the Club.