



## Club Timetable

### Tennis

<b>Monday</b>	10.30am – 11.15am Tots Tennis Group Coaching Indoor 1 court	5.00pm – 7.00pm Mini & Junior Club Night Outdoor up to 7 courts	7.00pm – 8.30pm 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 Non-members welcome - Outdoor or Indoor up to 3 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.
<b>Wednesday</b>	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.
<b>Thursday</b>	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
<b>Friday</b>	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	
<b>Saturday</b>	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
<b>Sunday</b>	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)

<b>Monday</b>	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
<b>Tuesday</b>			
<b>Wednesday</b>	5.00pm – 8.00pm Squash Doubles Club Night up to 4 courts		

## Club Timetable

### Squash & Racketball (aka Squash 57) – continued

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

### Non-Racquet Sports & other activities

<b>Monday</b>		2.00pm-4.00pm Pétanque Hosting		6.45pm – 10.00pm Bridge Club
<b>Tuesday</b>	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
<b>Wednesday</b>		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
<b>Thursday</b>	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
<b>Friday</b>		1.00pm – 5.00pm Croquet Hosting	6.45pm – 10.00pm Bridge Club	7:00pm Pétanque Hosting (Floodlit when necessary)
<b>Saturday</b>	10:00am – 12:00 noon Pétanque Hosting		Evenings from 7.00pm Club Bar Lounge available for private hire and club events	
<b>Sunday</b>	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.