

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 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
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 & floodlit	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 - (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		
Thursday	10.30am – 12.00noon Adult Open Group Coaching Non-members welcome - Outdoor or Indoor 3 courts	4.30pm – 5.30pm Junior Tennis Group Coaching Indoor up to 3 courts				
Friday	4.00pm – 5.30pm Mini Tennis Group Coaching Indoor 1 court	5.30pm – 7.00pm Junior Performance Squad - By invitation - Indoor 1 court			7.00pm – 9.00pm Adult Club Night Outdoors up to 7 courts. Indoor available from October – March	
Saturday	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	
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		
Tuesday			
Wednesday	5.00pm – 8.00pm Squash Doubles Club Night up to 4 courts		



Club Timetable

Squash & Racketball (aka Squash 57) – continued

Thursday			
Friday	4.00pm – 5.00pm Junior Squash Club Night - 2 courts	5.00pm – 7.00pm Squash Club Night - up to 4 courts	Sussex League Matches start 7.00pm 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		6.00pm – 9.00pm Bridge Club
Tuesday		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		
Thursday	10.00am – 12.00noon Pétanque Hosting	6.00pm – 9.00pm Bridge Practice	6.30pm Worthing Striders training runs	Snooker matches in Worthing Leagues start 7.00pm
Friday			6.00pm – 9.00pm 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.