THE WEST WORTHING CLUB

Club Timetable

Tennis

Monday	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 Junior Club Night Outdoor up to 6 courts	5.30pm – 7.00pm Junior Performance Squad - By invitation	6.30pm – 7.30pm Tennis Xpress Adult Beginner Course Indoor 2 courts	7.00pm – 9.00pm Adult Club Night Outdoor up to 7 courts
Tuesday					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 in poor weather subject to court availability)	4.30pm – 5.30pm Junior Tennis Group Coaching Indoor up to 3 courts	5.30pm – 7.00pm Junior Performance Squads - By invitation – Indoor 2 courtS			
Thursday		4.30pm – 5.30pm Junior Tennis Group Coaching Indoor up to 2 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	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		
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				

Padel

Monday	9.00am – 10.00am Elevate Your Padel Course - Adult Non-members welcome - Covered – 1 court		7.30pm – 8.30pm Padel Xpress Adult Beginner Course Non-members welcome - Covered - 2 courts	8.30pm – 9.30pm Elevate Your Padel Course - Adult Non-members welcome - Covered - 2 courts
Tuesday				
Wednesday				

THE WEST WORTHING CLUB

Club Timetable

Padel (cont'd)

Thursday	10.30am – 12.00noon Adult Social Padel Members only - up to 2 covered courts			
Friday				7.00pm – 8.30pm Adult Social Padel Members only – 2 covered courts.
Saturday				
Sunday				

Squash & Racketball

Monday		6.30pm-7.30pm Adult Squash Fitness Course up to 2 courts
Tuesday		6.45pm – 7.45pm Adult Squash Drills Course up to 2 courts
Wednesday		
Thursday	6.30pm – 7.30pm Adult Racquet Drills Course up to 2 courts	7.30pm – 8.30pm Women's Squash Drills Course up to 2 courts
Friday	5.00pm – 7.00pm Squash Club Night up to 4 courts	Sussex League Matches start 7.00pm 2 courts
Saturday	9.00am – 12.00noon Mini & Junior Squash Group Coaching up to 4 courts	
Sunday	5.00pm – 7.00pm Racketball Club Doubles Session 2 courts	

West Worthing Club CIC is a Community Interest Company registered in England and Wales. Company no. 9116716.
Registered office: Titnore Way, Worthing West Sussex BN13 3RT.

THE WEST WORTHING CLUB

Club Timetable

Non-Racquet Sports, Pilates Classes & Other Activities

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

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.