







# Our Squash Programme

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday                                     | Sunday |
|---|---|---|--|---|--|--------|
| <b>Racketball Club Night</b><br>17.15 - 19.30  | <b>Lunchtime Racketball Drills</b><br>11.30 - 12.30   | <b>Ladies Beginners</b><br>11.15 - 12.15  | <b>Performance Junior Squad</b><br>16.45 - 18.00 | <b>Ladies Racketball</b><br>10.00 - 11.00   | <b>Boaster Junior Squad</b><br>09.30 - 10.45 |        |
|   | <b>Futures Squad</b><br>16.45 - 18.00   | <b>Boaster Junior Squad</b><br>16.45 - 18.00  |  | <b>Squash Club Night</b><br>18.00 - 19.30                                      | <b>Futures Junior Squad</b><br>10.45 - 12.00 |        |
|   | <b>Squash Adult Drills</b><br>19.00 - 20.00  | <b>Racketball Drills</b><br>18.00 - 19.00   |  | <b>Super Squash Club night</b><br>Last Friday of the month<br>19.30 - 22.00  |  |        |
|   | <b>Ladies Beginners</b><br>18.00 - 19.00     | <b>Squash Doubles Club Night</b><br>First wednesday of the month<br>16.45 - 18.00  |  |   |  |        |

**Junior Sessions are Term Time only.**

**9th September - 26th October**

**4th November - 21st December**

 Members only
  Adult Sessions
  Junior Sessions

01473 251143

ipswichsportsclub.co.uk

# Adult Classes

## Squash Drills

An all inclusive Squash session with the perfection combination or condition games, tactical awareness and technical training. Ensuring that all players at ISC are well rounded competitors. This session is available to all members or all standards all players must be over 15 years old.

## Squash Club Night

Squash players use these weekly sessions for match play and practice. Coaches are present to help organise a friendly social night of Squash totally free to members For all levels of Squash players and be introduced to our Squash Sessions and the coaching team.

## Ladies Racketball Morning

A Ladies group Racketball session for training and fun match play. Very sociable, friendly and looks to help all the ladies improve their game and technical abilities. Perfect for those new to the club, beginner and intermediate players. No need for any equipment just turn up and have FUN.

## Lunchtime Racketball Drills

Adult Squash player sessions to engage the lunch time league players and allow a day time period for training drills and competitive match play.

## Racketball Club Night

Racketball players use these weekly sessions for match play and practice. Coaches are present to help organise a friendly social night of Racketball totals free to members For all levels of Racketball players and be introduced to our Racketball Sessions and the coaching team.

# Junior Classes

## Boasters Junior Squad

This group is aimed at those who are new to the game, direct from our school programme and want to develop as basic understanding of Squash. Including technical, tactical and physical elements of the games.

## Performance Junior Squad

This squad is built around ISCs up and coming Regional, Aspire & National players. All players are required to play competitive tournaments throughout the year

## Futures Squad

For players who have progressed to a more advanced skills and are looking to improve on the more intricate details of the game. Coaches will also encourage these players to start playing local events such as Grand Prix tournaments or local England Squash tournaments. For Ages 9+ (exceptions will be made)



## Programme Timings & Prices

The Junior Coaching Programme runs during term time only. Non-members have access to the programme for one half-term only, then they must join.

The Adult Coaching Programme runs throughout the year. Non-members must join after 6 visits as a guest.

Members of Ipswich Sports Club receive a discount on all coaching courses for multiple sessions. Prices vary due to the amount of weeks and sessions a player wishes to attend.

## How to book

Please contact Head Coach Emily Ison on [emily.v.ison@gmail.com](mailto:emily.v.ison@gmail.com) or 07852 160652 to book or for further information about the Squash and Racketball programme.

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