

ADULT SQUASH

AUTUMN TERM 2026



ST GEORGE'S HILL
LAWN TENNIS CLUB

ADULT COACHING PROGRAMME

Commencing – Monday 7th September to Sunday 20th December 2026
(No Coaching Groups - Monday 19th October to Sunday 1st November 2026)

Session	Day	Gender	Time	Coach/Organiser	No of Sessions	Price
---------	-----	--------	------	-----------------	----------------	-------

BEGINNER & INTERMEDIATE

Beginners	Wednesday	Female	10:45-11:45am	Dom Lloyd-Walter	13	£15
Beginners	Saturday	Male & Female	11:00am-12:00pm	Dom Lloyd-Walter	13	£15
Intermediates	Tuesday	Male & Female	6:45-7:30pm	Miles Jenkins	13	£15

SOCIAL SQUASH

Club Night (Beginners)	Wednesday	Male & Female	6:00-7:00pm	Ruudi Clarke	13	FREE
Club Night	Thursday	Male & Female	7:00-9:00pm	Miles Jenkins	13	FREE
Club Morning	Saturday	Female	10:00-11:00am	Dom Lloyd-Walter	13	£15

TEAM TRAINING

1 st & 2 nd Teams	Monday	Male	7:30-8:30pm	Miles Jenkins	13	£15
1 st & 2 nd Teams	Wednesday	Female	9:45-10:45am	Dom Lloyd-Walter	13	£15
3 rd & 4 th Teams	Friday	Male	12:30-1:30pm	Miles Jenkins	13	£15

SQUASH FITNESS & MOVEMENT

Fitness & Movement	Friday	Male & Female	6:00-7:00pm	Miles Jenkins	13	£15
--------------------	--------	---------------	-------------	---------------	----	-----

RACKETBALL

Racketball	Tuesday	Female	10:00-11:00am	Miles Jenkins	13	£10
Racketball	Friday	Male & Female	10:30-11:30am	Ruudi Clarke	13	£15

All Bookings via group coach & pay per session on arrival
All Payments via reception/coach