

ST. IVO RACQUETS CLUB

Squash Coaching for Members



St Ivo squash club is running a weekly series of group coaching sessions with Level 3 qualified coach, Bob Maison.

The sessions will be held every **Monday** night from 16th August to 13th September from 7.50pm to 9.20pm. Over 4 weeks the course will focus on improving your overall game and your match tactics.

Places are limited; it will be most beneficial to attend all sessions however if you cannot make all sessions we will try to accommodate you.

The cost for each coaching session will be £5 and is open to St Ivo Squash club members only. Please sign up below by the 8th August if interested.

Squash Coaching for Members

I would like to sign up for the coaching sessions with level 3 coach Bob Maison on Mondays from 7.50pm - 9.20pm as indicated below:

	All sessions	16 th Aug	23 rd Aug	6 th Sep	13 th Sep
1) Bob Maison	yes	yes	yes	yes	yes
2)					
3)					
4)					
5)					
6)					
7)					
8)					
9)					
10)					
11)					
12)					
13)					

Cost £5 per week.