

Silver Leys, Hadham Road,
Bishops Stortford, Herts, CM23 2QE

England Squash & Racketball Club of the Year 2007 & 2013

Tel: +44 (0)1279 652897 www.stortfordsquash.co.uk
Club Manager: Nick Mulvey admin@stortfordsquash.co.uk



Group Training Sessions at Bishop's Stortford Squash & Racketball Club

Fitness/Circuits

Usually twice a week (Tuesday evenings and Sunday mornings), Club Coach Jake Byrne runs fitness sessions either on court or outside (weather permitting). Get yourself "Squash Fit", ready for the season ahead.

Cost - Each 1 Hour Session - £5 Per Person

Squash Group Training

Jake also regularly organises group (squash) training sessions that members may participate in. These generally take place every other week on Monday or Wednesday evenings for different player abilities. Dates vary depending on the number of players attending and courts available.

Jake will assess your current ability and match you to the appropriate group to enable you to make the biggest leap forward in your squash development..... *"Where would you like to be in 3, 6 or even 12 months?"*



- **Beginner / Improver** – Learn how to play the right way without the frustration of developing bad habits
- **Intermediate** – Now you can play, you're ready to take your game to the next level by learning new skills and techniques
- **Advanced** – Gain more consistency and become more efficient on court with guided coaching

Cost - £18 for 3 x 1 ½ hour sessions (or £8 per individual session)

Contact - Jake Byrne for more details - 07811 420343 / jake@limitlessquash.co.uk