

# WORLD SQUASH DAY OCTOBER 12 2019

	Session / Activity/Event	Court 1	Court 2	Court 3
10:00	Family / Juniors	Taster sessions		
11:00	Club juniors	Open Coaching session		
12:00	Beat the coach	Beat the coach		Ladies Squash
13:00	Buffet lunch			
14:00	Minis session	Mini Squash	Ladies Squash	Racket Ball
15:00	Adult coaching	Adult Coaching		This girl Can Coaching
16:00	Doubles Event	Team Blue Vs Team Red		Singles round Robin
17:00				
17:30	Beat the pro	Beat the Pro 5 points		Free Court
18:30		Beat the Pro 5 points		
18:45	Exhibition Match	Pro vs Pro	Free court	
19:30	End			

squash & rackets club  
dunnington

**Family / Junior:** families are welcome to come along to play together, meet others and find out more about membership and benefits. Club coaches will be on hand to give some coaching and general advice about getting started.

**Club Juniors:** open session for juniors to come along to play

**Beat the coach:** fun session for the juniors to play against the club coaches

**Minis Session:** Aimed at young children who from aged 4 or 5 upwards to have fun on court and try out some fun activities

**Ladies Squash:** Aimed at encouraging more women to play squash, this session is a dedicated session for current and new members to get together and play.

**Racketball/Squash57:** an hour of fun for those who find racketball a great way to keep in shape.

**Adult Coaching/This Girl Can:** Free coaching session for adults with a dedicated session for women

**Doubles Event:** Open to members and non-members to play doubles. All that is required is each person brings a blue and red t-shirt, players will be divided according to ability into 2 teams. Round robin competition.

**Beat the Pro:** So you think you can play? Your chance to play some points against a professional and see who you fare.

**Exhibition Match:** A chance to watch professional players give an exhibition match.