



SQUASH AT SURREY SPORTS PARK



At Surrey Sports Park we offer a variety of squash activities for our members and guests. Whether you're new to the sport or play competitively, there are opportunities for everyone to get involved. As well as casual play, numerous Box Leagues, competitions and teams, our programme is aimed at offering high quality squash coaching for all levels and abilities.

SESSION	DETAILS	SQUASH CLUB
TUESDAY COACHED CLUB NIGHT	A members-only club night which gives players the opportunity to get some coaching, meet other members and compete against each other in their leagues. We have two sessions on Tuesday evenings with formal coaching from the head coach for intermediate and advanced players. The timings are 18:00-19:20 for intermediate players and 19:20-20:40 for advanced players. This needs to be booked in advance. If you are unsure of your level and need guidance, please contact Jesse Engelbrecht on squash@surreysportspark.co.uk .	✓
THURSDAY LADIES BEGINNERS COACHING	This is a perfect introductory session to the game and rules while learning at a pace suited to a beginner. The session is all about having fun, connecting with like-minded ladies and learning new skills in a friendly environment whatever your age or background. The session is fully inclusive and runs every Thursday from 18:00-19:00. Attendance needs to be booked in advanced due to highly limited spaces.	✓ Non-members: £8.00
SATURDAY SQUASH HIIT	Squash HIIT is a combination of cardio work, drills, squash-specific movements and matchplay. A great way to get your heart rate up, get strong in the key areas and have a whole bunch of fun whilst doing it! This needs to be booked in advance due to limited spaces. Saturdays from 09:00-10:00.	✓
SUNDAY MIX-IN CLUB NIGHT	A members-only social club night giving players the opportunity to compete against each other. This is a non-coached session which is run by the members themselves. Sundays from 18:40-21:20.	✓
BOX LEAGUES	We have a very popular and well-run Box League system that accommodates all levels and abilities. Ideal for players looking for regular competitive matches. There is a minimum requirement to complete at least three matches in every period. Contact Jesse to get involved on squash@surreysportspark.co.uk .	✓
VETERANS MATCHPLAY & TRAINING	A fun and really social session for players mixing in with other veterans getting practice matches in amongst small groups. This is a closed session that is run by the members themselves. To access please contact Jesse on squash@surreysportspark.co.uk . Saturdays at 17.20-18.40.	✓
1:1 GROUP OR BESPOKE TRAINING	We have Jesse Engelbrecht, an England Squash High Performance coach as the Director of Squash at the club. He also has a great team of assistants to help with any form of coaching that may be required. Please contact Jesse on squash@surreysportspark.co.uk .	✓
TEAM MATCHES	We have 13 teams of which to chose from for players wishing to represent the club in the very popular Surrey Cup leagues including Mens, Ladies, Veterans, Vintage and Racketball.	✓
ANNUAL CLUB CHAMPIONSHIPS	Every year we hold our Club Championship which includes Men's Singles, Ladies' Singles, Open A event, Open B event, Ladies event, Veterans event, Vintage event, Racketball event and Juniors event. Dates and information will be published closer to the time.	✓
INTERNAL CLUB EVENTS & SOCIALS	We host and run many great events at the club for all players including refereeing workshops, exhibition matches, graded adult and junior tournaments, adult and junior training camps and professional matches to name but a few. We also run social members' engagement evenings during the year.	✓
JUNIOR HOLIDAY CAMPS	During every school holiday we run our junior squash camps. These offer coaching for children of all ages. Expect plenty of fun games and drills mixed with expert tuition. Early booking is recommended.	Holiday camp: £24 Training camp: £36
COURT BOOKINGS	Courts are bookable up to two weeks in advance for members.	✓
ENGLAND SQUASH AFFILIATION	Affiliation with England Squash gives you accident liability cover and insurance, SquashLevels membership, coaching videos and documentaries as well as early access to events and discount.	✓

EMAIL: squash@surreysportspark.co.uk

WEBSITE: www.surreysportspark.co.uk/sport/squash