







# SPRING TERM 2017 ACTIVITIES AT EBBISHAM SPORTS CLUB

 <p><b>BADMINTON</b></p>	<p><b><u>ADULT AND JUNIOR BADMINTON CLUB SESSIONS</u></b>            Adults: 7.30-10pm: C Section Members: Tuesdays; B Section: Thursdays; A Section: Wednesdays. Juniors: Sundays, various times/levels plus Performance Centre juniors.</p> <p><b><u>PAY &amp; PLAY DROP-IN SOCIAL BADMINTON SESSIONS</u></b>            Monday evenings from 7.30pm. Beginners &amp; Improvers, £5 per session plus compulsory £30 Social Membership after 3 sessions trial. Open to other Sports Section Members £5 or Badminton Members £3 – no booking, just turn up!</p>
 <p><b>TENNIS &amp; TOUCH TENNIS</b></p>	<p><b><u>ADULT TENNIS CLUB SESSIONS</u></b>            Wednesdays 6-9m; Saturdays 2-5pm; Sundays 10am-1pm</p> <p><b><u>JUNIOR TENNIS CLUB SESSIONS</u></b>            Wednesday evenings, 4.30-6pm. Juniors aged 8+. Free for Members, £2 for Non-Members. Just turn up!</p> <p><b><u>ADULT CARDIO TENNIS PAY &amp; PLAY DROP-IN SESSIONS</u></b>            Wednesday mornings 9.30-10.30am. Members £7 &amp; Non-Members £8</p> <p><b><u>ADULT &amp; JUNIOR TOUCH TENNIS DROP-IN SESSIONS</u></b>            Tuesday evenings from 6.30pm. £2 per session for Members and Non-Members</p>
 <p><b>SQUASH</b></p>	<p><b><u>ADULT SQUASH CLUB SESSIONS</u></b>            Saturdays 5-8pm, £2.50 and ad hoc Tuesdays twice per month £2.50</p> <p><b><u>JUNIOR SQUASH CLUB SESSIONS</u></b>            Saturdays 1.00-2.30pm (Beginners/improvers) and 2.30-4.00pm (experienced), £1 per session</p> <p><b><u>ADULT SQUASH &amp; RACKETBALL COACHING SESSIONS</u></b>            Tuesday evenings 6.30-7.15pm. Members &amp; Non-Members, £20 for 45 mins. Any standard, 1:1 or groups. Book via Office.</p> <p><b><u>JUNIOR SQUASH COACHING SESSIONS</u></b>            Tuesdays 4.30-5.30pm (Development 7+ yrs), 5.30-6.30pm (Academy 12+ yrs). Ask Office for details of dates/costs.</p>
 <p><b>RACKETBALL</b></p>	<p><b><u>ADULT RACKETBALL CLUB SESSIONS</u></b>            Fridays, 5-7pm, £2.50 Members</p> <p><b><u>GET ACTIVE 50+ RACKETBALL DROP-IN SESSIONS</u></b>            Mondays 10-11.30am (Beginners), Tuesdays 2.00-3.30pm (Improvers), Wednesdays 2-3.30pm. Members £2.50 and Non-Members £3.50. No booking, just turn up!</p> <p><b><u>GET ACTIVE 50+ RACKETBALL 6-WEEK COURSES</u></b>            For Beginners and Improvers. January/February dates to be confirmed. Members £2.50, Non-Members £3.50. Book via Office</p>
 <p><b>RACKETS SPORTS</b></p>	<p><b><u>NEW!! GET ACTIVE 50+ RACKETS MORNINGS</u></b>            Thursdays 9.30-12pm from 5/1/17. For Members and Non-Members aged 50+. Learn/play 6 different sports – badminton, racketball, squash, table tennis, touchtennis, tennis – and rotate round different sports with different partners, plus ‘taster’ sessions of Tai Chi, Pilates, Pickleball etc. and occasional Coach to offer hints and tips. Drop-in sessions.</p>
 <p><b>PILATES &amp; TAI CHI</b></p>	<p><b><u>NEW!! BODY CONTROL PILATES SESSIONS - 6 week trial</u></b>            Sundays from 8/1/17. 9.15-10.15am for Intermediates; 10.15-11.15am for Beginners. £5 Members, £8 Non-Members. Drop-in sessions on 1<sup>st</sup> come, 1<sup>st</sup> served basis but max. 10 so to guarantee place, book in advance for all 6 sessions and get 1 free</p> <p><b><u>NEW!! TAI CHI SESSIONS - 6 week trial</u></b>            Fridays 2-3pm for Beginners from 13/1/17. Members £4 and Non-Members £5. All proceeds to Club Charity for 2017. Drop-in sessions on 1<sup>st</sup> come, 1<sup>st</sup> served basis but max. 10 so to guarantee place, book in advance for all 6 sessions and get 1 free</p>