**Minis**

This session is for complete beginners aged 4 – 9. The session involves a lot of the ABC’s (Agility, Balance, Coordination) and an introduction to squash. The main focus is on the juniors having fun whilst being active and learning lots of generic transferable skills that can be applied to all sports. The children also get the opportunity practice rackets skills helping their hand-eye coordination.

**Improvers**

This session is aimed at juniors that are 10+ years and have had some squash experience or have played similar sports that are likely to help them consistently hit the ball. There is a big range within the group and abilities range from those that can hit the ball but with little control over where the ball goes to players that are close to becoming part of our performance section. The minimum requirement is to be able to hit both forehands and backhands as well as serve relatively consistently.

**Performance**

This is a new session designed to bridge the gap between Improvers and Elites.  This session should allow certain players to work with like-minded individuals and get that little more attention that they need to continue to improve.  The Head Coach will pick the players considered suitable for these sessions and therefore is **invitation only.**

**Elites**

This session is for players that are of a county level or above. Again, there can be a big range within this group as an elite U13 player is not of the same standard of an elite U19 player. So in order for this to work the Head Coach picks which players will be suitable for these sessions and therefore is **invitation only**.

**Junior Play**

This is for juniors to come and play box matches, ladder matches, friendlies and general practice. This time will also be used for when we have inter-club matches. The session will have a coach on hand to ensure its smooth running and handy tips when required. The cost to this session is less than normal at just £3.

**Squash Training Box 1-10**

If you have not tried it out yet, please come down have fun and improve your game with players of a similar standard. This session involves drills with advice on technique, movement and general tactics.

**Squash Training Box 10+**

This session is exactly the same as above but for those that are in the boxes 10 and above. These sessions are designed to give players useful tips and hints to help them improve their game whilst practising their skills with players of a similar standard at a fraction of the price of an individual lesson.

**Ladies Squash**

Whilst this is an established session that has been running for a while, numbers have traditionally been thin. In order to continue running this session it will be a necessary for there to be a minimum of 4 players so, if you intend coming, please contact the Head Coach to book yourself in – and bring a friend if possible !!........we would always welcome a new face.

**Adult Racketball**

Racketball is proving more and more popular both at BLTSRC and nationwide and proves an alternative to squash that is gives you a real cardio workout and is slightly less pressure on your joints. Racketball seems to be bridging the gap between squash and tennis so why not try it out.  Just like Ladies Squash, please contact the head coach before coming along in case it is not running.

**Prices**

With the exception of the Elites (see below), all junior sessions will be £5 for a member and £6 for a non-member.

# The up-front scheme this term will last 5 weeks to take you up to May half term and will only be available to members. With the Up-front price of £20 this will give you one free session.  Finally, the Elites session will only occur once a week for 1 hour 45 mins and will cost proportionally more at £10 per session.

For all adult sessions there is no up-front payment scheme and the cost is £5 for members and £7 for non members.

If you have any questions or would like to book onto a course please contact our Head Coach Adam Fuller on 07751 239472 or email [adam@best-academy.co.uk](mailto:adam@best-academy.co.uk)