



Abingdon Squash and Racketball Club
 Northcourt Road
 Abingdon
 OX14 1NN

Nigel Northcott
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 Visit. www.abingdon-squash.co.uk

Beginners Squash & Racketball club sessions

Beginners are welcome to two sessions of squash or racketball each week – every Saturday from 1200 and every Wednesday from 1500 – sessions will comprise beginners coaching and free play with other beginners.

Goggles/Equipment can be provided and each session will be lead by Nigel Northcott a level one coach. It is recommended that after the first month – players should purchase their own racket.

Non ASRC members are invited to play for one month without any charge. After that time – a fee of £3 per session is payable or £5 a week for both sessions.

ASRC members may attend the sessions at no cost.

New players are welcome to join our club, there is a monthly pro-rata reduction in the membership fee if you join during the year.

Nigel
Level I Squash Coach
Abingdon – April 2017
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Beginners Squash & Racketball club sessions
Name: DOB:
Tel: (Home) (Mobile)
Email:
Signature: (Parent/Guardian for under 18s) Emergency contact number

The Abingdon Squash & Racketball Club (Silver Charter Club by England Squash and Racketball),
 Northcourt Road, Abingdon, Oxfordshire OX14 1NN