

OFF THE WALL  
SQUASH

# COLCHESTER GARRISON

## GROUP SESSION INFO



### IMPROVERS

This group is aimed at those who have already learnt the basic elements of the game but need to gain a better understanding of the technical, physical & tactical aspects of squash.

Ages:	<b>8+ yrs old*</b> <i>(exceptions will be made)</i>
Sessions:	<b>Mondays</b> 17:00-18:15
	<b>Wednesdays</b> 17:00-18:15
	<b>Saturdays</b> 10:30-11:45



### ADVANCED

For players who have progressed to county level & are starting to learn the more intricate details of the game. Players should start playing tournaments, even if just at a local level.

Ages:	<b>10+ yrs old*</b> <i>(exceptions will be made)</i>
Sessions:	<b>Mondays</b> 17:00-18:15
	<b>Wednesdays</b> 17:00-18:15
	<b>Saturdays</b> 11:45-13:00



### ADULT CLUB NIGHT

Adult players are invited to use this session for matchplay practice. Coaches will be present to help organise a friendly social night of squash.

Ages/Ability:	<b>Varied</b>
Sessions:	<b>Thursdays</b> 19:30-21:00
Cost:	<b>£7</b>

**\*NOTE:** Players will be selected for the appropriate group based on coach evaluation. Evaluation will be made on ability over age & therefore exceptions will be made to typical requirements for group eligibility on a player by player basis.

If you have any questions, please feel free to contact us:

t: 01206 738735 e: [admin@offthewallsquash.co.uk](mailto:admin@offthewallsquash.co.uk) w: [offthewallsquash.co.uk](http://offthewallsquash.co.uk)

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## ELITE SILVER

This group will more likely comprise the younger regional players & above that are aspiring to move up to Gold & that need more experience. Players must be physically, technically & tactically able to keep up with the extra demands placed upon them. All players should be playing competitive tournaments both regionally & nationally.

Ages:	<b>12+ yrs old*</b> <i>(exceptions will be made)</i>
Groups sessions:	<b>Tuesdays 18:00-19:15</b>
	<b>Thursdays 17:00-18:15</b>
	<b>Saturdays 11:45-13:00</b>



## ELITE GOLD

This group will more likely comprise the older regional players & above that are regularly competing in higher level tournaments. Players must be physically, technically & tactically able to keep up with the extra demands placed upon them. All players should be playing competitive tournaments both regionally & nationally.

Ages:	<b>12+ yrs old*</b> <i>(exceptions will be made)</i>
Sessions:	<b>Tuesdays 19:15-20:30</b>
	<b>Thursdays 18:15-19:30</b>



## LADIES MORNING

A dedicated Ladies group session for training and fun match play. Very sociable and friendly.

Ages/Ability:	<b>Varied</b>
Sessions:	<b>Fridays 09:45-11:00</b>
Cost:	<b>£7</b>

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