

SUTTON LTC
SQUASH PRE-SEASON TRAINING



*GROUP TRAINING DESIGNED
TO IMPROVE
FITNESS & TECHNIQUE*



STARTS WEDNESDAY 24th AUGUST 2011

FOR



5 WEEKS



Please indicate your preferred times.

Groups will be organised on "First Come First Served Basis" & also on Standard

COST OF COURSE: €50.00

GROUP 1: 7.00 p.m. - 8.15 p.m.

GROUP 2: 8.15 p.m. - 9.30 p.m.

NOTE No Coaching Wednesday 31st August NOTE

NAME: _____

PHONE NO: _____ *(H)* _____ *(M)*

EMAIL: _____ *(Clear)*

