



Free Squash & Racketball
Coaching and Taster Sessions for Adults!!!!

At

Southgate Squash and Racketball Club
Walker Cricket Ground, Waterfall Road N14

Every Thursday
For 3 weeks as follows:

7:15pm: Squash

8pm: Racketball

8.45pm: Squash

(45 min sessions & All equipment provided)

Starting Thursday 16th Sept 2010

A £20 refundable cheque (payable to SSRC) is required for each participant and will be return once you have attended all sessions

Places are limited, so please call 07904 300 288 or email:
admin@southgatesquashclub.co.uk to reserve your free place.

Preference will be given to those people who have never played before.
Sessions are open to people with disabilities.

See the SSRC website for more great info on Squash and Racketball
www.southgatesquashclub.co.uk