

FREE “Back to Squash” Lesson

What’s in it for you?

- Having fun on the squash court again!!
- Give you confidence to play safely with the new social distancing rules
- To identify and improve a part of your game after a long period away.
- To start to work on your fitness levels and ease you back gradually!
- Start your journey now so you are ahead of the competition for when restrictions are lifted and we have internal leagues open again!

What will the lesson entail?

- Outline COVID protocols
- Warm up
- Play a game of ‘Sides’ to identify area(s) of focus
- Specific coaching drills
- Game of sides to implement new techniques

What are the outcomes for the player at the end of the lesson?

- To have fun and enjoyment back on the squash court again
- To improve your confidence back on the court again from a long time away!
- Identification of ONE key area of your game that needs attention
- Understanding technical breakdown of that area
- A plan of action going forward

Book your appointment by emailing Stephen at: lloydstephen@talk21.com

STEPHEN LLOYD

SQUASH COACH

Look at slots available below and notify Stephen using the email above with your preferred time and day. Stephen will be liaising with Stefan Bailey to offer his squash coaching availability too.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | |
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| 6:40 | | | Gap | | | | | 6:40 | | |
| 7:40 | | | Gap | | | | | 7:40 | | |
| 8:40 | | | Gap | | | Gap | | 8:40 | Regular Client | 21 |
| 9:40 | | Regular Client | Regular Client | | Gap | Regular Client | | 9:40 | | |
| 10:40 | | Regular Client | Regular Client | | Gap | Regular Client | Gap | 10:40 | | |
| 11:40 | | | Regular Client | | Regular Client | Regular Client | Gap | 11:40 | Gap | 23 |
| 12:40 | | | | | | Regular Client | Gap | 12:40 | | |
| 13:40 | | | | | | Regular Client | | 13:40 | | |
| 14:40 | | | | Gap | | Regular Client | | 14:40 | | |
| 15:40 | | | | Gap | | Gap | | 15:40 | | |
| 16:40 | | | | Gap | | Gap | | 16:40 | | |
| 17:40 | | | Regular Client | Regular Client | Gap | | | 17:40 | | |
| 18:40 | Gap | Gap | Regular Client | Regular Client | Regular Client | | | 18:40 | | |
| 19:40 | Regular Client | Gap | Regular Client | Regular Client | Regular Client | | | 19:40 | | |
| 20:40 | Gap | Gap | | | | | | 20:40 | | |
| 21:40 | Gap | Gap | | | | | | 21:40 | | |

STEPHEN LLOYD

SQUASH COACH

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| | 4 | 2 | 11 | 6 | 6 | 9 | 3 | 41 | | | |
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