



Knole Park Squash Club

Name of main contact person
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Main activity
Squash club with 2 heated courts, coaching and team participation available.
Access to Knole Park Golf Course club house including bar, restaurant, changing facilities, showers and toilets.

Who is welcome or qualified to join?

Beginners
Experienced
Under 12's
Under 18's
Over 55's

What is the route for a new starter?

Free taster session
1-1 introduction

How can new members engage and try?

We hold a Club Night every Wednesday evening from 6.15 until 8.30 (or later) and people are welcome to come along and participate. Otherwise, contact the

membership secretary who would be delighted to meet and show prospective joiners around.

Costs

Taster on Wednesday evening - no charge. Annual membership is £200. Court fees are either £4 per person peak, or £3 per person peak. Group coaching is £10 for 1 hour session

We offer...

Wednesday evening Open Session available to all levels Monthly squash leagues. Twice yearly Open and Handicap competitions. Adult and junior coaching on Saturdays. Team participation available based on level. Friendly club with a positive inclusion to all players at all levels

What do new members need to bring?

Sportswear and no-marking indoor sports shoes. Rackets and balls are available to use - no charge

What do new members gain in the first 8-12 weeks

Learn basics safely
Confidence
Improvement in fitness/conditioning
Improvement in mobility/balance
New friends
New skills
A pathway to joining a team
Family friendly activities

What is the club trying to achieve?

A gain in beginner participation
Supporting local health & wellbeing
Increased participation by girls and women
Developing youth talent opportunities
Strengthening volunteering/coaching

Community

Wednesday evening Open Session available to all levels Monthly squash leagues. Twice yearly Open and Handicap competitions. Adult and junior coaching on Saturdays Team participation available based on level. Viewing gallery to squash courts. Friendly club with a positive inclusion to all players at all levels. Access to Knole Park Golf Course club house including bar and restaurant