

SQUASH

FACT SHEET

The Windsor Fitness and Rackets Club is one of Berkshires Premier Squash Venues with five quality squash courts, (one glass backed with seating for up to a 100 people) offering a full squash program to match

Squash Leagues

The Club has 20 + internal squash leagues in which players in each league must endeavour to play each other during the 5 week league cycle. The leagues run all year round and cater for all standards of play.

How to enter the league

Either challenge someone from the current league and enter the result on the league entry sheet on the league noticeboard alternatively turn up to club night and play different people to assess your level then add your name to the league entry form.

Squash Club Night

Every Friday from 6.30pm is squash club night where you can just turn up and have a game of squash. Just give your name to the organiser on the squash balcony and they will arrange your matches. Matches last for 15 minutes after which the pairings are changed. Members of all playing standards are welcome. This is a great way to meet and play other members. Then relax with a drink in the bar afterwards.

Team Squash

The Windsor Club has 3 men's teams, 2 veterans (Mens over 45's) and 2 ladies teams playing in the local County League. Anyone interested in team squash should contact the Club coach or team captains to get their name added to the team ladder, which in turn determines the teams order of merit.

Tournaments / Competitions

The Club organises numerous squash tournaments and competitions throughout the year, which are always graded to encourage members of all playing ability to participate. Events are always well publicised throughout the club, so do come along as they are always good fun and a great opportunity to get to know the staff and other members.

Squash Coaching

Coaching is beneficial for all levels of play to improve racket skill and technique, fitness and movement around the court, tactics and knowledge of the game. Coaching is available throughout the week just call Mark the Club Coach on 07795082329, or fill out a coaching enquiry form and hand in to reception and Mark will contact you to arrange a lesson.

Mark Quinton is an England Squash Level 4 Licensed Coach with over 20 years coaching experience.

Ladies Evening

On the first Wednesday of each month we hold a ladies squash evening where ladies of all playing standards are welcome to come down between 6.15-7.45pm for coaching and match play. There is no charge for this session and no need to book just turn up.

Junior Squash

The club runs a Junior Squash session every Sunday morning between 10.30-1.00pm. Rackets and balls are provided and the sessions are run by England Squash qualified coaches. This session is open to non members. Contact the club for further details.

Racket Stringing

The Club offers a professional racket stringing service for squash, tennis, badminton and racquetball rackets. Just fill out the restringing request form and hand your racket in at reception. For advice or queries on racket stringing contact Mark at the club.

Shop Sales

A small range of squash accessories i.e. balls; grips and eye protection goggles are available for purchase from reception.

Racket Hire

If you don't own a racket and want to take up squash rackets and balls are available for hire from reception.