



# SQUASH COACHING

**Squash Coaching is making a welcome return to the Bank of England Sports Centre from 8<sup>th</sup> June!**

Our own England Squash Qualified coach **Juan Ramlill** will join the Bank coaching team and will be teaching both 1-1 and small group coaching sessions.



Improve your Technique, Strengthen your Fitness, Be a Better Player

Whether you are a complete beginner new to the sport and want to give it a go, a returning player picking squash up after some time off, or a seasoned player who wants some advanced technical coaching, Juan can tailor his sessions to suit your needs and ability.

## **Group Coaching**

Maximum 4 individuals per group  
24 hrs advanced booking required via sports  
centre main reception

Tel. **0208 392 4360**

Every Thursday 7.30pm - 9.00pm

**£5.00 per person**

## **1-1 Coaching**

Single person coaching session  
Advanced booking required directly with the  
coach

Tel. **0780 495 1817**

Anytime\*

**£36.00 per session\*\***

**For further information and to book 1-1  
coaching please contact Juan on:  
**078 0495 1817****

\*dependant on coach & court availability\*

\*\*a minimum of 24 hours' notice is required for any cancellations\*\*