



WHAT'S GOING ON AT LANSDOWN

SOCIAL / OTHER

QUIZ EVENINGS - Once a month on Mondays at 8pm. £1 entry per person. See posters in the Club for dates.

POKER NIGHT – Every two months on a Saturday night. See poster in Club for dates.

REGULAR SOCIAL EVENTS – These take place throughout the year. Past events have included wine tasting, dinner dances, variety shows, comedy nights....the list goes on!

PILATES – Group sessions and individuals. Beginners: Tuesdays 9.30-10.30am, Beginners/ Improvers: Wednesdays 9.30-10.30am, Intermediates: Fridays 10-11am. Call Reception for further information.

ON SITE PHYSIOTHERAPIST - Richard Brown, a State Registered Chartered Physiotherapist, provides an excellent service. Contact Richard on 07967603930

TENNIS ACTIVITIES

COACHING – For adults and juniors, groups or individuals. Various groups take place throughout the week. Email info@tt-tennis.co.uk for more information or look at our website.

DRILLS – Ball repetition and cardio with a Tennis Coach. Fridays in term time at 9.30-10am. Just turn up.

COACHING CLUB PLAY – Doubles strategy. Wednesdays in term time at 9.30-11am run by a Coach. £8mem / £12non mem. Pre book with Reception/Coaches.

BALL MACHINE HIRE – Practice ball repetition with a ball machine. £5 for 30 minutes (balls included). Pre book with Pro-Shop.

ADULT CLUB PLAY – Every Tuesday & Thursday 6-8.30pm, Saturday & Sunday 2-5pm. Just turn up.

12+ JUNIOR CLUB PLAY – Saturdays in term time at 4-6m. Run by a Tennis Assistant. Cost 50p. Just turn up.

LADIES MORNING – Tuesdays & Thursdays in term time at 9am-12noon. Just turn up.

CIRCUS DOUBLES – Mondays, Wednesdays & Thursdays 1.30-4pm. Just turn up.

INTERNAL BOX LEAGUES – Informal singles member's league. Email Neil Russell-Bates nrb_abroad@yahoo.co.uk to join the leagues. You will organise your own matches with others in your box.

TEAMS – Various men's, women's, juniors and vets teams. If you would like to join a team please email Jess Kingscote at jessica@kingscote.orangehome.co.uk.

SOCIAL TOURNAMENTS – Fun tournaments for members taking place every other month. £5 to enter. See notice boards for next event.

ANNUAL CLOSED & OPEN TOURNAMENT – Taking place in August and September respectively. Between £5-10 entry fee per event. Prizes to be won. Entry forms available one month prior to event.

SQUASH ACTIVITIES

COACHING - Call Richard on 07752901885 for prices and times. Individual sessions can also be booked.
Monday nights: Free Training drills – just turn up.
Saturday mornings: Juniors - all abilities.
Wednesday evenings: Juniors - improvers.

ADULT CLUB PLAY – Tuesdays & Thursdays 6-8.30pm, Saturdays & Sunday 2-5pm. Just turn up.

INTERNAL BOX LEAGUES – Informal member's league. Email Andy Christie andy@christie1.demon.co.uk to join the leagues. You will organise your own matches with others in your box.

TEAMS – 1 x Woman's team, 3 x Men's teams in the local Bristol and District squash leagues. If you would like to play in a Team please email Andy Ewings, Squash Secretary on andy.e@bluefusesystems.com

ANNUAL TOURNAMENT – Club tournament in March, Handicap tournament in September. £5 per entry, prizes to be won. Entry forms available one month prior to event.

RACKETBALL - If you want to have a go free of charge then please contact Richard. All equipment can be provided.

CROQUET ACTIVITIES

COACHING – Courses held with Ros Key-Pugh, Mo Boys and Jan Crang. Beginners coaching in April/May each year. All equipment provided free of charge. Improvers coaching courses throughout the year. Contact Ros Key-Pugh on 01225 427525 or Mo Boys on 01225 708540 to book.

CLUB PLAY –. Summer: Tuesdays, Thursdays & Saturdays 2-4.30pm, Monday & Friday from 6.30pm. Winter: Tuesdays, Thursdays & Saturdays 1- 3.30pm.

INTERNAL TOURNAMENTS – Open Singles, Handicap Singles, High Handicap Singles and Doubles. Played throughout the year.

TEAMS – Two mixed teams playing at national level. Contact Ros Key-Pugh on 01225 427525 or Mo Boys on 01225 708540 if you would like to join the teams.

OTHER ACTIVITIES - Progressive singles and doubles days - see notice boards for dates. Monthly lunches for Croquet members held in the clubhouse – sign up on the notice boards.

The Lansdown Club
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www.lansdownclub.co.uk