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FINCHLEY MANOR SPORTS CLUB

GENERAL INFORMATION FOR NEW & PROSPECTIVE SQUASH MEMBERS
2006-2007 SEASON

Lyndhurst Gardens, London N3 1TD – Tele: 020 8346 1327 or 020 8346 9130

INTRODUCTION TO FINCHLEY MANOR CLUB

The Club is situated in a very pleasant and picturesque residential location. Joining fees and subscriptions are both moderate and competitive, as we are a members' club, run by the members, for the members.

The Club provides a very friendly, happy, atmosphere for adults and children alike: everyone, no matter what their standard of play, is welcome. There are ample parking facilities and the Club is within easy walking distance of Finchley Central underground station and many bus routes.

SQUASH SECTION

The Club has four quality squash courts, one of which is glass backed with spectator seating. We have internal leagues to suit all standards of play and the Club also competes in the Winter and Summer Middlesex Leagues. On Sunday evenings, between 6.45 pm and 9.00 pm Club Evenings take place, organized by a Committee Member, where members just turn up to play and mix in. The Annual Squash Tournament attracts many entries and is most popular. We now have a Web-based system which provides at-a-glance court availability and booking access.

If you should wish to improve your play, professional coaching is available from Judy Williams (Tel: 020 8455 4707). Judy also holds a general coaching session for juniors on Saturday mornings.

Racquetball membership is available on the same terms as for squash. If you would like to find out more about this very friendly and sociable section, please contact: **Ken Picton, Membership Secretary, on 020 8346 6007**

PTO

TENNIS SECTION

Finchley Manor has first class tennis facilities, including: three artificial grass courts, five cushioned acrylic and two Junior all-weather courts, four of which are floodlit. Professional coaching is available for both seniors and juniors. We also hold group sessions for beginners and improvers. There are eleven teams competing in the Middlesex Leagues. To promote social tennis, Saturday and Sunday afternoons, 2.00 pm to 4.00 pm, Wednesday from 7.00 pm to 9.00 pm and Thursday afternoon, 1.00pm to 3.00pm, dedicated to organized play and mixing in.

For Tennis membership details/enquiries, please contact :

Alan Knight, Membership Secretary, on 0208 445 8736 or 07989 783 003

FITNESS SECTION

Our well-equipped and inexpensive Gym has 3 Treadmills, 2 Rowing Machines, a Power Sport Multi-Gym, Free Weights, Step and Exercise Machines and Bikes, plus various other apparatus. There is a qualified Training Instructor who will give you on-going advice and support. A Weight Training Induction Course, costing £20, is obligatory for all new Gym Members, who must be aged 18 or over. If you would like to find out more about the Gym, and how to join, please contact :

Lisa Smith, Club Manager, on 020 8346 1327 or Roger Aoun, Training Instructor, on 07973 848 654 or Len Goodman, Gym Secretary, on 020 8349 0622.

SOCIAL SECTION

The Club welcomes Social Members who may wish to enjoy a drink or a snack at the bar. Having Sky TV, you can watch all sporting events in a comfortable and convivial atmosphere. You are always assured of a very friendly welcome. Throughout the year the Club holds social functions – live bands, concerts, discos, BBQ's, karaoke, 'Come to the Races' – so variety is the spice of life at The Manor. To obtain social membership, please contact: **Alan Knight on 020 8445 8736 or 07989 783 003**

IN CONCLUSION

We will be delighted if you should decide to join us. Please feel free to make contact with any of the Club Officers listed above. In addition, if you would like further information, please contact our Club Manager, **Lisa Smith, on 020 8346 1327**; if she is out of the office, an answer machine will take your message and Lisa will contact you as soon as possible.

Ken Picton, on behalf of the Squash Committee

FINCHLEY MANOR SQUASH/RACQUETBALL FEES (£) FOR 2006 – 07

MEMBERSHIP TYPE (AGES AS AT 1ST OCTOBER 2006)

	FULL (25+)		FULL (21-24)		FULL (19-20, Students, Unemployed, Retired)		WEEKDAY DAYTIME	JUNIORS		
	Single	Couple	Single	Couple	Single	Couple		Under 19	Under 14	
Entry Fee	40	40	30	30	20	20	30	nil	nil	
SUBSCRIPTION TO END SEPT 2007 – BY MONTH OF JOINING										
MONTH OF JOINING	October	145	247	113	188	78	134	65	30	25
	November	129	220	100	167	69	119	58	27	22
	December	113	192	88	146	61	104	51	23	19
	January	97	165	75	125	52	89	43	20	17
	February	81	137	63	104	43	74	36	17	14
	March	64	110	50	84	35	60	29	13	11
	April	48	82	38	63	26	45	22	10	8
	May	40	69	31	52	22	37	18	8	7
	June	32	55	25	42	17	30	14	7	6
	July	24	41	19	31	13	22	11	7	5
August	16	27	13	21	13	21	11	7	5	