

Newlands Junior Squash Programme 25-26

Why Squash?

Squash is one of the most dynamic and engaging sports for young people, and there has never been a more exciting time to get involved. With squash recently added to the Olympic programme, opportunities for aspiring players are growing rapidly.

At Newlands, we are proud to be at the forefront of squash in Scotland. Our courts regularly host prestigious events, including national championships, and our players are achieving amazing successes. Currently, we have two Scottish junior national champions and one British junior champion training with us. This year alone, three of our juniors have gone on to represent Scotland on the international stage.

Beyond the accolades, squash offers a great way to get active and learn new skills. It is fast, energetic, and mentally rewarding, combining agility, coordination, and strategy in every match. For children, this means a sport that develops both body and mind while remaining exciting and fun.

Our Junior Programme:

The Newlands Junior Programme is designed to give every child the opportunity to enjoy squash, regardless of age or ability. From the very first steps in preschool sessions through to advanced training, the programme provides a clear and supportive pathway that encourages progress at each stage.

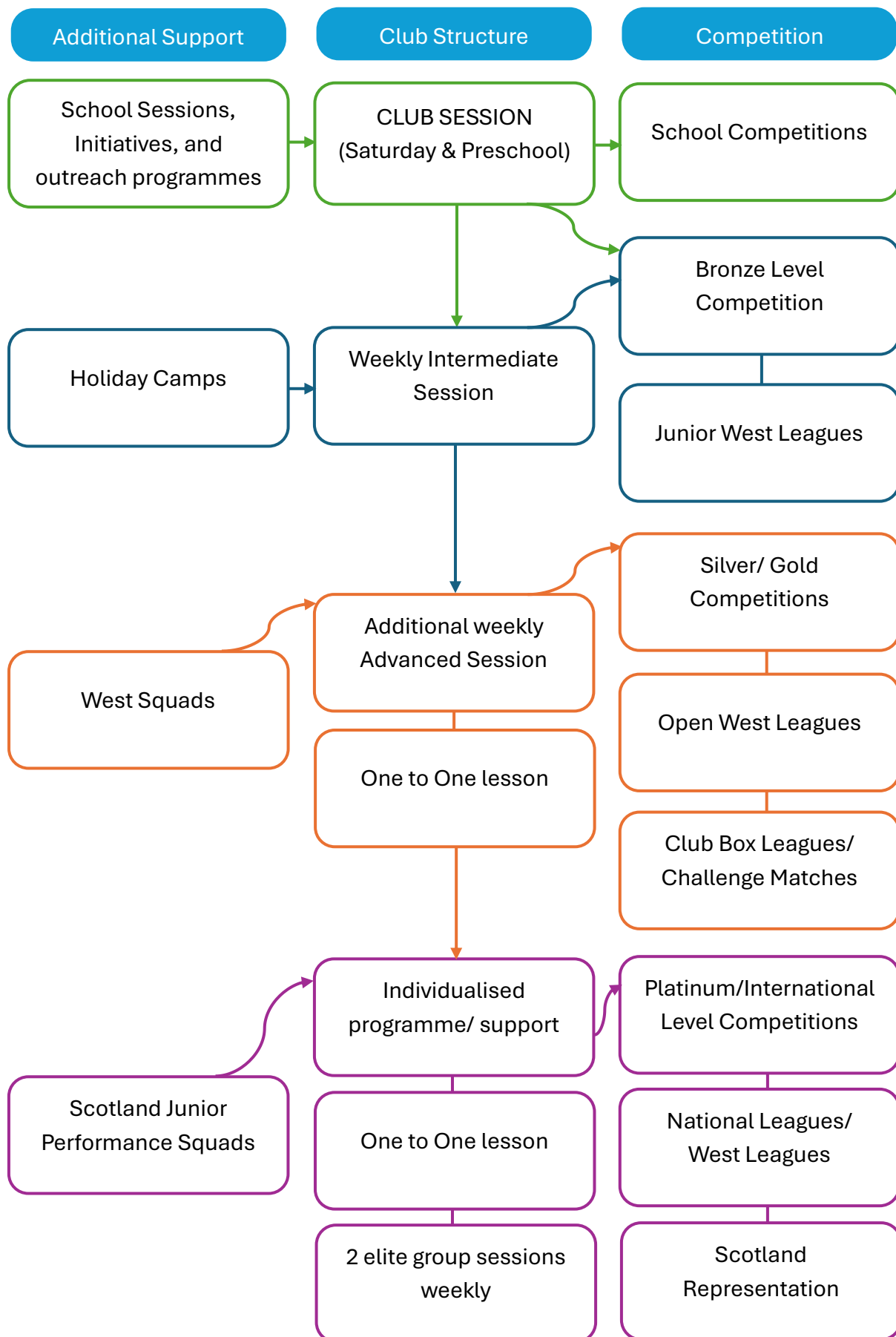
Quality of coaching is at the heart of everything we do. Our team of coaches ensures that sessions are structured, engaging, and tailored to suit different levels of ability. Some children will choose to follow a performance pathway, developing towards competitive play, while others may simply enjoy squash as a recreational sport for fitness, fun, and social connection. Both journeys are equally valued within our programme.

The emphasis is always on creating a positive environment where children can grow in confidence, learn new skills, and make lasting friendships. Whether your child is picking up a racket for the first time or is already aiming for national competition, Newlands provides the structure, support, and inspiration to help them thrive.

Junior Pathway

Our Junior Pathway is designed to maximise opportunities for those who are new to the sport while also providing clear and structured steps for progression. Every child has the chance to improve at their own pace, with support that adapts to their development and goals. For some, this means building a foundation of skills and confidence to enjoy squash socially; for others, it offers a well-defined route towards higher levels of performance and competition. The pathway ensures that every player has the opportunity to grow, learn, and succeed in a way that best suits them.

Junior Pathway – Playing pathway



Timetable: run throughout the school terms

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Elite Session (TBC – invite only)	3.15pm - 4.15pm Glasgow Academy	5pm - 6.30pm Newlands Junior Club	3.15pm - 4.15pm Merrylee School	4.30pm - 6pm Junior Matchplay	1pm - 2pm U10s club session (free)	10am - 10.30am Preschool
	4.30pm – 6pm Advanced Junior Session		4.15pm - 5.15pm Junior Improver Session		2pm - 3pm O10s club session (free)	10.30am - 11.30am P1/2
			5.15pm – 6pm Girls Squad (from October)			11.30am- 12.30pm P3/4
						12.30pm - 1.30pm P5/6
						1.30pm- 2.30pm P7+

Player pathway part 1 (Introduction to the game)
Player pathway part 2 (Intermediate – can play adapted game)
Player pathway part 3 (Can play full court squash)
Player pathway part 4 (Playing tournaments)
Open to all Juniors

* Schools Squash is outside of the club sessions and will be organised directly with the schools/ parents

** The Saturday afternoon session will remain a drop-in session for each age group. No need to book, just turn up on the day

Prices

Pay as you go:

Pre School and Girls Session	£3
1 hour sessions	£6
1.5 hour sessions	£8

Subscription:

Junior Subscription Category 1 (1 weekly session) – open to any Newlands squash sessions. £18 per month and includes Newlands junior squash t-shirt on enrolment or annual renewal. 10% of camps during school holidays

Junior Subscription Category 2 (2 weekly session) – open to any Newlands squash sessions. £34 per month and includes Newlands junior squash t-shirt on enrolment or annual renewal. 15% of camps during the school holidays.

Junior Subscription Category 3 (unlimited weekly session) – open to any Newlands squash sessions. £44 per month and includes Newlands junior squash t-shirt on enrolment or annual renewal. 20% of camps during school holidays

Please note: Newlands LTC non-members will be charged and additional £2.50 guest fee upon entry for each session.

How to book and sign up to session?

You can book, sign up, and subscribe to sessions through the bookwhen online system. It covers both the PAYG and subscription options. Even if on a subscription then please book the sessions to allow the coaches to plan accordingly for each session which allows the juniors to get the most out of the sessions.

For all junior squash sessions during the school holidays the programme then please follow this link - <https://bookwhen.com/juniorsquashnewlands>

You can click on each session to book through PAYG. Subscriptions can be bought in the membership tab on that page.

For camps during the school holidays then you can book through this link - <https://bookwhen.com/thesquashcollective>