

## **WHAT'S ON – WEEK COMMENCING MONDAY 13<sup>TH</sup> NOVEMBER.**

Hope you all had a good weekend! Throughout the week, the club will be hosting the Squash Club Champs 2023. The tournament consists of multiple events, including men's, ladies, masters, and doubles. Finals will be taking place on Saturday between 13:00 – 17:00. Pop down to watch the final or from 19:15 onwards Monday, Tuesday, Thursday, and Friday to see some high-quality squash matches.

On Friday 17<sup>th</sup> November, we are hosting our annual curry night, alongside the pub quiz. Our chefs will be preparing a delicious buffet of homemade curries. The curry night will start at 6pm, and will be followed by the quiz starting at 8pm. Secure your tickets for the curry night using the link below and you can grab your quiz tickets from reception or the bar if you would like to join us:

<https://www.northumberlandclub.org/Events/Event/7fc29db9-3f9e-4bf7-be10-94f73dd4b7c7>

The next Pickleball Doubles Challenge will be taking place on Sunday 19<sup>th</sup> November. It will run between 10:00 – 12:00, followed by pizza and salad in the bar. We hope to see many of you there. You can sign up using this link:  
<https://www.northumberlandclub.org/Events/Event/3c020aa0-c912-42f0-8892-1e934e91cf60>

On Sunday 19<sup>th</sup> November at 11:00 – 12:00, we have a new **Intro to Racketball** starting in the lead up to Christmas. This FREE session is for those who are new to the sport and would like to understand the rules of the game with the help of a coach. To secure a spot follow this link:

<https://www.northumberlandclub.org/Coaching/Summary/f48f3bd0-ff33-4b33-b570-cfc2e274beb1>

There are still spaces on our Wednesday morning Beginners course at 11:00-12:00. This course is a great way to learn the rules and improve your tennis skills. Sign up using this link:

<https://www.northumberlandclub.org/Coaching/Course/0e7df58e-9346-4eb2-80ff-3a2cce108778>



You can find the full timetable for our Tennis, Badminton, Youth, Fitness, and Sports Hall sessions here:

<https://www.northumberlandclub.org/Timetables> Fitness bootcamp sessions run in our sports hall every morning from 6.30am and are free to ADULT / ADULT SAVER memberships. To book a place please make sure you are registered by emailing [gary@odfcfitness.com](mailto:gary@odfcfitness.com)



### **MONDAY 13<sup>TH</sup>**

09:00 – 10:00 Circuits Fitness Class

Book via:

[www.northumberlandclub.org/Coaching/Summary/9e73c31d-fc65-4613-8c9e-7f3069581c56](https://www.northumberlandclub.org/Coaching/Summary/9e73c31d-fc65-4613-8c9e-7f3069581c56)

09:15 – 10:15 Tennis – Mixed Coached Tennis

Book on via:

[www.northumberlandclub.org/Coaching/Summary/184c0899-af61-4954-ade9-e44d5e98f65d](https://www.northumberlandclub.org/Coaching/Summary/184c0899-af61-4954-ade9-e44d5e98f65d)

12:00 – 13:00 Body Sculpt

Book via

<https://www.northumberlandclub.org/Coaching/Summary/158ae7bb-ecd9-4d7a-8322-32a8e7c55d1e>

19:00 – 20:00 Junior Badminton Course

Still places available (aimed for ages 8-17). Book on via:

[www.northumberlandclub.org/Coaching/Course/e8b98306-061b-4069-ac7f-ad3e14a58a0d](https://www.northumberlandclub.org/Coaching/Course/e8b98306-061b-4069-ac7f-ad3e14a58a0d)

19:15 – 21:30 Squash – Squash Club Champs

## TUESDAY 14<sup>TH</sup>

09:30 – 10:15 Pilates with Paul

Book via:

[www.northumberlandclub.org/Coaching/Summary/b433b999-ba75-46b2-b47c-42a2a3887fc3](http://www.northumberlandclub.org/Coaching/Summary/b433b999-ba75-46b2-b47c-42a2a3887fc3)

11:00 - 12:30 Tennis – Doubles Drills

Book on via:

[www.northumberlandclub.org/Coaching/Summary/b84f0c49-8586-456d-bcbb-f45dd1466e2d](http://www.northumberlandclub.org/Coaching/Summary/b84f0c49-8586-456d-bcbb-f45dd1466e2d)

12:30-15:30 Friendly Pickleball Game – Northumberland club vs Hexham

18:00 – 19:00 Tennis – Adult Improvers

Book via:

[www.northumberlandclub.org/Coaching/Summary/6fe6d341-a88a-48c6-8126-d03ef1abeb00](http://www.northumberlandclub.org/Coaching/Summary/6fe6d341-a88a-48c6-8126-d03ef1abeb00)

16:45-17:25 Mini Squash 2

17:25-18:15 Mini Squash 3

Please email [reception@northumberlandclub.org](mailto:reception@northumberlandclub.org) to secure a place.

18:30 - 19:30 ODFC Yoga

19:00 – 21:00 Tennis – Men's Practice (Members Only)

19:15 – 21:30 Squash – Squash Club Champs



## WEDNESDAY 15<sup>TH</sup>

09:30 – 11:00 Tennis – Rusties

Book on:

[www.northumberlandclub.org/Coaching/Summary/27a5d584-1f5f-4bab-94e2-6079da4cf64c](http://www.northumberlandclub.org/Coaching/Summary/27a5d584-1f5f-4bab-94e2-6079da4cf64c)

09:30 - 10:30 Strength & Stretch Fitness Class

Book on:  
[www.northumberlandclub.org/Coaching/Summary/575772d6-9c0b-4764-9581-2242d9e7b724](http://www.northumberlandclub.org/Coaching/Summary/575772d6-9c0b-4764-9581-2242d9e7b724)

## WEDNESDAY 15<sup>TH</sup> (Cont.)

10:30 – 12:30 Pickleball Club Play

Book on:

<https://www.northumberlandclub.org/Coaching/Summary/8e5c3a54-62cb-421b-b9f4-2c3b5a0144b6>

10:30 – 12:30 Social Badminton (can join Pickleball as well as Badminton)

This session is a great opportunity for players of all abilities to enjoy an hour of coach-led fun play.

Book on:

[www.northumberlandclub.org/Coaching/Summary/3117a12b-3f73-447f-a9e8-cf67100e387f](http://www.northumberlandclub.org/Coaching/Summary/3117a12b-3f73-447f-a9e8-cf67100e387f)

11:00-12:00 Tennis – Adult Beginners Course

Book via:

<https://www.northumberlandclub.org/Coaching/Course/cb1fa950-ec37-472c-8cf1-ae2793bbfb8e>

13:00-14:00 LTA Walking Tennis

Book via:

<https://www.northumberlandclub.org/Coaching/Summary/583a884f-e10b-4c1b-9fc1-d252324a906d>



### PARKINSON'S TENNIS, PLAY YOUR WAY!

Starting on Wednesday 8th November 2023 then every Wednesday for 6 weeks  
1 pm to 2 pm  
Cost: £3

Accessible tennis sessions, led by an experienced coach especially for people affected by Parkinson's. Stay for a cuppa afterwards, refreshments provided. Join us at the Northumberland Club, Jesmond.  
To book your place contact [reception@northumberlandclub.org](mailto:reception@northumberlandclub.org) or telephone 0191 281 5858

18:00 – 21:00 Tennis - Adult Club Play (Members only)

19:00 – 20:00 Adult Badminton Beginners & Improvers Course

For players who are new to the game or for those who have not played for a while.

Book on:

[www.northumberlandclub.org/Coaching/Summary/44cb7473-f8f0-45ae-8e9d-95f80e3ced02](http://www.northumberlandclub.org/Coaching/Summary/44cb7473-f8f0-45ae-8e9d-95f80e3ced02)

19:15 - 20:45 Adult Squash Club Play

Book on:

<https://www.northumberlandclub.org/Coaching/Summary/8d886d60-5fa9-4884-bde5-0cdd5cb511dc>

## THURSDAY 16<sup>th</sup>

09:15 – 10:30 Tennis – Mixed Coached Tennis

Book on:

[www.northumberlandclub.org/Coaching/Summary/573cc6a9-4141-4af0-a340-5807e1433525](http://www.northumberlandclub.org/Coaching/Summary/573cc6a9-4141-4af0-a340-5807e1433525)

10:45 – 11:45 Pilates

[www.northumberlandclub.org/Coaching/Summary/d2d8db35-629d-4a6f-aa31-76ef2873cc1e](http://www.northumberlandclub.org/Coaching/Summary/d2d8db35-629d-4a6f-aa31-76ef2873cc1e)

18:30 – 19:30 Beginners/Improvers Badminton Club Play age 14+ adults with a coach

A coach-led session designed for players who are new to the game or for those who have not played for a while.

Book on:

[www.northumberlandclub.org/Coaching/Summary/37291a5c-d712-4fd3-a528-4ed42d70682c](http://www.northumberlandclub.org/Coaching/Summary/37291a5c-d712-4fd3-a528-4ed42d70682c)

19:00 – 21:00 Tennis – Ladies Practice (members only)

19:15 – 21:30 Squash – Squash Club Champs



## FRIDAY 17<sup>th</sup>

09:30 – 11:30 Tennis - Friday Morning Club Play (coach led)

Book on:

[www.northumberlandclub.org/Coaching/Summary/617d3718-2046-4279-ba67-cd33b030d36f](http://www.northumberlandclub.org/Coaching/Summary/617d3718-2046-4279-ba67-cd33b030d36f)

13:00 – 14:30 Tennis – Adult Improvers

Book on:

[www.northumberlandclub.org/Coaching/Summary/a6c56f51-af4a-4865-84b7-0701ba5a04ff](http://www.northumberlandclub.org/Coaching/Summary/a6c56f51-af4a-4865-84b7-0701ba5a04ff)

18:00 – 20:00 Tennis – Adult Beginners Club Play

## FRIDAY 17<sup>th</sup> (Cont.)

17:45 – 19:15 Adult Racketball Club Play

Book on:

<https://www.northumberlandclub.org/Coaching/Summary/473432f9-06a6-48b6-b491-4f4b06914394>



18:00 - 20:00 **Annual Curry Night**

Secure your tickets via:

<https://www.northumberlandclub.org/Events/Event/7fc29db9-3f9e-4bf7-be10-94f73dd4b7c7>

20:00 **Pub Quiz**

Secure your tickets at reception or the bar

19:00 – 21:00 Advanced Pickleball Play

This session is great for those who understand the rules of the game, play to a higher standard, and would like to have a competitive game with other more experienced players.

Book on:

[www.northumberlandclub.org/Coaching/Summary/3a5a8390-5772-4a2b-b527-2f230825f368](http://www.northumberlandclub.org/Coaching/Summary/3a5a8390-5772-4a2b-b527-2f230825f368)

19:15 - 21:30 Squash – Squash Club Champs



## SATURDAY 18<sup>th</sup>

12:30 – 14:00 Tennis - Youth Red Match Play

A great opportunity to compliment Youth Red Coaching sessions with an introduction into friendly competition and match play.

*Book on:*

[www.northumberlandclub.org/Coaching/Summary/7a67d3a8-8cfc-4801-a3e1-403ea31322e5](http://www.northumberlandclub.org/Coaching/Summary/7a67d3a8-8cfc-4801-a3e1-403ea31322e5)

13:00 - 17:00 Squash – Squash Club Champs

13:00 – 15:00 Tennis – Rusties

*Book on:*

[www.northumberlandclub.org/Coaching/Summary/31a860f1-c47c-4abc-ad38-1edf9a41434f](http://www.northumberlandclub.org/Coaching/Summary/31a860f1-c47c-4abc-ad38-1edf9a41434f)

13:00 – 17:00 Tennis – Adult Club Play (Members only)

14:00 – 15:00 Intro to Pickleball

For those who are new to the sport and want to learn the rules with a coach.

*Book on:*

[www.northumberlandclub.org/Coaching/Summary/a55a4cb6-b3d8-4eff-8ed5-2a933624f0c0](http://www.northumberlandclub.org/Coaching/Summary/a55a4cb6-b3d8-4eff-8ed5-2a933624f0c0)

14:00 - 15:00 SEN Tennis Course for children with special educational needs or disabilities

*Book via:*

<https://www.northumberlandclub.org/Coaching/Summary/404e0190-c27b-4a08-902c-0a6257a05c73>

15:00 – 17:00 Pickleball Club Play

*Book on:*

[www.northumberlandclub.org/Coaching/Summary/ca28c3ef-fffc-44a1-a6fa-8b742e378d47](http://www.northumberlandclub.org/Coaching/Summary/ca28c3ef-fffc-44a1-a6fa-8b742e378d47)

17:00 – 18:30 Racketball Club Play (Members Only)



## SUNDAY 19<sup>th</sup>

10:00 – 13:00 Tennis Match – Northumberland WL 1 vs Newcastle Uni 2

10:00 – 11:30 Tennis – Junior Matchplay

Children aged 12-17 are welcome to come along for some friendly competition and match play.

*Book on:*

[www.northumberlandclub.org/Coaching/Summary/c3078717-ee80-4a39-8231-92298f3e98c0](http://www.northumberlandclub.org/Coaching/Summary/c3078717-ee80-4a39-8231-92298f3e98c0)

10:00 – 12:00 Pickleball doubles challenge with John Henderson including lunch.

*Book via:*

<https://www.northumberlandclub.org/Coaching/Session/d3a4c7d4-6f19-4f48-84af-e31a9d87e1d5>

**11:00 - 12:00 NEW SESSION – Intro to Racketball (5 sessions leading up to Christmas-FREE)**

Understand the rules of the game with the help of a coach. *Book via:*

<https://www.northumberlandclub.org/Coaching/Summary/f48f3bd0-ff33-4b33-b570-cfc2e274beb1>

12:00 - 14:00 Pickleball Social Sunday

*Book on:*

[www.northumberlandclub.org/Coaching/Summary/aa638810-abf6-428a-b094-143de372e578](http://www.northumberlandclub.org/Coaching/Summary/aa638810-abf6-428a-b094-143de372e578)

13:30 - 16:00 Tennis Match – U12 Girls vs Corbridge

16:00 – 17:00 Junior Squash Club Play

Another session designed to encourage children to enjoy some friendly match play experience. Non-members are also welcome.

[www.northumberlandclub.org/Coaching/Summary/2fe0a24d-c5c1-494d-8864-07ad333d03d6](http://www.northumberlandclub.org/Coaching/Summary/2fe0a24d-c5c1-494d-8864-07ad333d03d6)

16:00 – 17:00 ODFC Yoga

17:00 – 18:30 Squash – Adult Beginners Coached Club Play

*Book on:*

[www.northumberlandclub.org/Coaching/Summary/cf902c45-2385-4002-90e2-710025755157](http://www.northumberlandclub.org/Coaching/Summary/cf902c45-2385-4002-90e2-710025755157)

18:30 – 20:00 Adult Squash Club Play (Members only)

19:00 – 22:00 Badminton Match – Men's 2 vs Medicals