

# ESC diary January 2025

Day /Date	Admin	Sport fixtures						Maint.	Social	Major sports
		Squash	Padel	Tennis	<a href="#">TT</a>	<a href="#">Pilates</a>	Club			
Wed 1			HAPPY		NEW			YEAR		
Thu 2	1000 Open Board meet	1215 Squash lessons				0900	Kitchen closed			
Fri 3		1800 Club Night	1000/1900 Club Play	1545 Junior coach	1800 Club	1015/1115				
Sat 4	7pm Close	1045 Team Training		1630 Junior Coach						
Sun 5				1630 Junior Coach	1630 Club					
Mon 6		1800 Club Night 1815 ESC V SA Knights		1330 Junior Coach		1815/1545 Court 5			Poker Night 7.30pm	
Tue 7		ESC 4 V ESC 5	1515 SMC squash	1330 Coach Kenny	1800 match	1235/1800				
Wed 8			1000/1700 Coaching	1830 Club Night		0900				
Thu 9		1215 Squash lessons	1000/1700 Coaching	1630 Junior Coach		0900	Kitchen closed			
Fri 10		1645 Junior Champs 1800 Club Night 1900 ESC 7 V 'Sonians 4	1000/1900 Club Play 1200 Coaching 1600 Junior Coach	1530 Junior Coach	1800 Club	1015/1115				
Sat 11	7pm Close	1045 Team Training	1000 Coaching	1645 Junior Coach 1830 Men's training						Adult Graded
Sun 12				1030 Adult coach	1630 Club					
Mon 13		1800 Club Night		1030 Adult coach		1815/1545 Court 5				
Tue 14		1215 Squash lessons	1515 SMC squash	1330 Coach Kenny	1800 match	1235/1800				
Wed 15		1900 ESC1 V ESC2	1000/1700 Coaching	1330 Junior Match 1830 Club Night		0900				
Thu 16		1900 ESC 4 V 'Sonians 1845 ESC5 V BOA 2	1000/1700 Coaching			0900	Kitchen closed			
Fri 17		1800 Club Night 1900 ESC6 V Edin Uni2	1000/1900 Club Play 1200 Coaching	1030 Adult coach	1800 Club	1015/1115				East Masters Regional
Sat 18	7pm Close	1045 Team Training	1000 Coaching	1830 Men's train						
Sun 19				1130 Adult coach	1630 Club					
Mon 20		1800 Club Night		1030 Adult coach		1815/1545 Court 5				
Tue 21		1845 ESC4 V BOA 2	1515 SMC squash	1330 Coach Kenny	1800 match	1235/1800				
Wed 22		1900 ESC2 V ESC3	1000/1700 Coaching	1830 Club Night		0900				
Thu 23		1215 Squash lessons	1000/1700 Coaching			0900	Kitchen closed			
Fri 24		1800 Club Night	1000/1900 Club Play		1800 Club	1015/1115	Burns Supper		Burns Supper	
Sat 25	7pm Close	1045 Team Training	1000 Coaching							Big Shots
Sun 26					1630 Club					
Mon 27		1800 Club Night				1815/1545 Court 5				
Tue 28		1215 Squash lessons	1515 SMC squash		1800 match	1235/1800				
Wed 29			1000/1700 Coaching	1830 Club Night		0900				
Thu 30		1900 ESC 3 V Edin Uni 1900 ESC5 V Borders	1000/1700 Coaching			0900				
Fri 31		1900 ESC 6 V Grange	1000/1900 Club Play			1015/1115				

# ESC diary February 2025

Day /Date	Admin	Sport fixtures					Club	Maint	Social	Major sports
		<b>Squash</b>	<b>Padel</b>	<b>Tennis</b>	<b>TT</b>	<b>Pilates</b>	<b>Club</b>			
Sat 1	7pm Close	1045 Team Training	1000-1400 Coaching	1230-1830 Coach						Scotland /Italy 1415
Sun 2				1130-1430Coach	1630 Club					
Mon 3		1800-2130 Club Night	1500 St Georges 1800-2000 Social			1815			Poker Night 7.30pm	
Tue 4		1515 SMC Squash 1900 ESC4 V Hatton	1000/1700 Coaching 1515 SMC squash	1030 Cardio Tennis	1800 match	1800				
Wed 5		1900 ESC2 V BOA	1000/1700 Coaching 0900 St Georges	1830 Men's training		0900				
Thu 6	Board	1730 East Squad 1900 ESC3 W Sonians2	1000/1700 Coaching	1130 Tactics/Techn		0900	<i>Kitchen closed</i>			
Fri 7		1530 SMC/MES Squash 1900 ESC7 V Dean 2 1800-2200 Club Night	1000/1700 Club Play 1200/1600 Coaching	1030 Cardio Tennis	1800 Club	1015/1115				Gold Squash Event
Sat 8	7pm Close	1045 Team Training	1000/1400 Coaching	1830 Club Night						
Sun 9				1130-1430Coach	1630 Club					Scotland/Ireland 1500
Mon 10		1800-2100 Club Night 1900 ESC 7 V 'Sonians 4	1800-2000 Social			1815		Court 3		
Tue 11		1515 SMC Squash	1515 SMC squash	1030 Cardio Tennis	1800 match	1800		Court 3	ESC History	
Wed 12		1900 ESC1 V ESC3		1830 Team training		0900		Court 3/5		
Thu 13		ESC5 V Sonians3		1130 Tactics/Techn		0900	<i>Kitchen closed</i>	Court 3/5		
Fri 14		1530-1700 SMC Squash 1900 ESC6 V ESC4	1000-1200 Club Play 1900-2000 Club Play	1030 Cardio Tennis	1800 Club	1015/1115		Court 3/5		
Sat 15	7pm Close	1045 Team Training		1330-1830 Coach				Court 3/5		
Sun 16				1130-1430Coach	1630 Club			Court 3/5		
Mon 17		1800-2100 Club Night	1800-2000 Social			1815		Court 3/5	Poker Night 7.30pm	
Tue 18		1515 SMC Squash	1515 SMC squash	1030 Cardio Tennis	1800 match	1800		Court 5		
Wed 19				1830 Team training		0900		Court 5		
Thu 20		1740-1900 East Squad		1130 Tactics/Techn		0900	<i>Kitchen closed</i>			
Fri 21		1530 SMC/MES Squash 1800-2115 Club Night	1000-1200 Club Play 1900-2000 Club Play	1030 Cardio Tennis	1800 match	1015/1115	Private event		Quiz	
Sat 22	7pm Close	1045 Team Training		1330-1830 Coach			Private event			
Sun 23				1130-1430Coach	1630 Club					
Mon 24		1800-2100 Club Night	1800-2000 Social			1815				
Tue 25		1515 SMC Squash 1900 ESC4 V Borders	1515 SMC squash	1030 Cardio Tennis	1800 match	1800				
Wed 26		1900 ESC2 V Sonians		1830 Team training		0900				
Thu 27		1740-1900 East squad 1900 ESC3 V Waverley		1130 Tactics/Techn		0900	<i>Kitchen closed</i>			
Fri 28		1530 SMC/MES Squash ESC6 V ESC5 ESC7 v Hatton	1000-1200 Club Play 1900-2000 Club Play	1030 Cardio Tennis	1800 Club	1015/1115			BISTRO	

# Help Page

- 1) General – Please check all statements – this guide is a trial format. Some entries have an evident [Link](#) – usually to a website or info. poster
- 2) Admin – includes opening and Closing times – 0900-2200 except Saturday 0900-1900 (closing times sometimes later)
- 3) Squash – Courts have, since Padel arrived, become very available – try it – it's aerobic (also Racketball, singles and doubles)
- 4) Padel – If you can't get a court, try one of our several other offerings – check above for club nights and events: AGC = Adult Group Coaching
- 5) Tennis – Courts, squash, have become more available since Padel – coaching available almost every day – check the booking sheets
- 6) Table tennis – Richard Lo is doing a sterling job arranging more coaching and club nights
- 7) Badminton – is available on the doubles court
- 8) Pilates – Sessions available Tuesday to Friday in the Studio, also on court 5 @ 1745 on Mondays
- 9) Bar, Dining and Social – a few Club events (e.g. Bistro) are shown: large private events may use the entire hospitality area
- 10) Catering – lunch available weekdays except Thursdays – booking essential
- 11) Major Sports – this column is for major events in any sport
- 12) Newsletter – this month's edition [here](#)
- 13) CONTACT US [here](#)

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## Full Year Planner

*(this feature coming soon)*

## Previous Months

Click any of the months shown below to reveal detail of a particular past month

[April 2024](#)

[May 2024](#)

### Table tennis training schedule (per Richard Lo)


Wednesdays, 1800-2100 – Group Training on Doubles Court  
Fridays, 1800-2100 – Match Play  
Sundays – 1800-2100 – Social, Practice and match Play  
Contact Richard Lo on 07565 238 278 for further information

### Pilates schedule (per Juliet Milne)

<https://julietshaw-physiotherapy.cliniko.com/bookings#service>

Tuesday 1145-1230  
Wednesday 0900-0945  
Thursday 0900-0945  
Friday 1015-1045; 1115-1200; 1215-1245


## Posters




**HurricaneTT**

**Table Tennis**

@ Edinburgh Sports Club



EDINBURGH SPORTS CLUB



**Group Training Session**

**Wednesday nights, 6pm – 9pm, Doubles Court**

For players of all levels from beginners to advanced. Coaching available. ESC members: free. Non-members: £10.

**Club Night – Match Play**

**Friday nights, 6pm – 9pm, Court 6 + 7**

For players of all levels who wish to play some competitive matches. ESC members: free. Non-members: £10.

**Social Night – Practice & Match Play**

**Sunday nights, 6pm – 9pm, Court 6 + 7**

For players of all levels who wish to practice and play some friendly matches. ESC members: free. Non-members: £10.

**One-to-one Coaching**

**Flexible time: morning, afternoon or evening.**

For players of all levels who wish to improve their table tennis skills. From £15 per hour.

If you wish to join or find out more about the above sessions or one-to-one coaching, send a text or WhatsApp message to:

**Richard Lo on 07565 238 278**

or email: [richard@HurricaneTT.com](mailto:richard@HurricaneTT.com)



COMING SOON

**JUMPSTART**

**SUMMER PILATES**

**+ MASSAGE**

**DEAL**

**STARTING TUES**

**28TH MAY.**

**12:30PM**

**4 WEEK INTRO PILATES**

**BLOCK + 60MIN**

**MASSAGE.**

**DETAILS: [julietcshaw@gmail.com](mailto:julietcshaw@gmail.com)**



**RACKETLON**

**22 JUNE 2024**

**Lisa's Gift xxx**

**Charity Foundation**

Edinburgh Sports Club, 12pm-Late

Padel, Table Tennis, Squash & Tennis

£32.50 per entry, **B80** included!

**TEAM EVENT**, enter as an individual and you will be allocated a team on the day!



**JULIET SHAW**

**PHYSIOTHERAPY**

**SUMMER BLOCKS OF PILATES**

**IN THE STUDIO @ ESC!**

- Begins W/C 8th July
- 5 Week Block @ £50
- All Levels Welcome
- Physio-Led/ Conditioning Classes

**BOOKINGS NOW OPEN!**

- Drop-In sessions also welcome. For further information contact [julietcshaw@gmail.com](mailto:julietcshaw@gmail.com)




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