



Padel Tennis Social Sessions

These sessions offer an opportunity to meet other players of all standards, play fun games with a new sport and our qualified Padel coaches are there to get you up to speed.

Book at Main Reception or give the team a call on 020 8480 4200

Introduction to Padel – Tuesday and Friday

Throughout June we will be running Introduction to Padel sessions. These are no cost, sign up at Reception, sessions arranged by the Professional to give you the basics knowledge of rules, technique and match-play.

All standards are welcome.

Members may sign up to a maximum of one introduction to Padel session per week.

Tuesday - 9-10am

Friday - 9-10am

Ladies Club Morning – Monday

Coach lead session will provide drills and games for those wanting to try Padel.

These are no cost, booking made at reception 1 week in advance.

All standards are welcome. Monday from 09:30 to 11am

Club Morning – Saturday

Padel Club Morning is overseen by a qualified Padel coach and offer an opportunity to meet other player of all standards to play fun games. Sign-up at no cost when the session is convenient for you.

The sessions are for a maximum of 8 people per session, so book early to avoid disappointment.

Sessions are 8am to 9am or 9am to 10am

Club Afternoon – Tuesday

Padel Club Afternoon sessions are a great way to experience Padel and socialise with other Members, our qualified Padel coaches are there to get you up to speed.

Sign-up at no cost when the session is convenient for you.

Tuesday 4pm to 5.30pm

The sessions are for a maximum of 10 people per session, so book early to avoid disappointment

Club Afternoon – Sunday

Padel Club Afternoon session is organised by John Paish who is there to get you up to speed and enjoy the social session.

Sign-up at no cost when the session is convenient for you.

The sessions are for a maximum of 12 people per session, so book early to avoid disappointment

Club Night – Monday

Padel Club Night is overseen by a qualified Padel coach and offer an opportunity to meet other player of all standards to play fun games. Sign-up at no cost when the session is convenient for you.

Session One - 6-7.30pm (8) 2.0-4.0 rating

Session Two - 7.30-9pm (8) 3.5+ rating

Pay and Play – Friday

Padel *Pay and Play* sessions are run by a qualified Padel coach and are a perfect way to quickly improve your game! The sessions are no-commitment, pay and play when you can classes where you can book up 7 days in advance. You simply book and pay for the sessions you can make at reception. Be aware, the sessions are for a maximum of 8 people per session, so book early to avoid disappointment.

10am to 11am – Beginner 11am to noon – Intermediate £8 per person for 1 hour