

# Padel Tennis Social Sessions – September



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.

**All sessions are bookable through main Reception only.**

## **Ladies Club Morning – Monday**

Coach-led session providing drills and games for those wanting to try Padel. These are no cost, booking made at Reception one week in advance. All standards are welcome. Monday from 09:30 to 11am

## **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 – 6pm to 7.30pm (rating 2.0 – 4.0)  
Session Two – 7.30pm to 9pm (rating 3.5+)  
The sessions are for a maximum of 8 people per session, so book early to avoid disappointment.

## **Introduction to Padel – Tuesday**

For the month of September 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.  
Tuesday – 9am to 10am

## **Club Afternoon – Tuesday**

Padel Club Afternoon is 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 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 session is for a maximum of 8 people per session, so book early to avoid disappointment.  
Saturday 8.30am to 10am

## **Club Afternoon – Sunday**

Padel Club Afternoon sessions are 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.  
Session One - 4pm to 5pm  
Session Two - 5pm to 6pm  
The sessions are for a maximum of 8 people per session, so book early to avoid disappointment.

**Book sessions at Main Reception or call them on 020 8480 4200**