



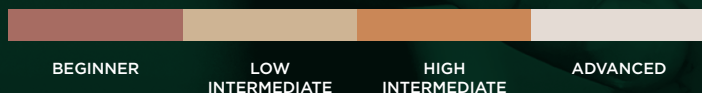
BOOK NOW
ON THE PADEL MATES APP



PADEL COACHING AND SOCIAL SCHEDULE



MONDAY – THURSDAY



BEGINNER

LOW
INTERMEDIATE

HIGH
INTERMEDIATE

ADVANCED

NEW TO THE GAME?

MONDAYS – THURSDAYS

12.00 NOON – 1.00PM

NEWBIES & BEGINNERS INTRO TO PADEL

A fun coach-led session to help you get started playing padel where you will learn the rules and the basics to play the game. Racket hire included

COURT 6 - MAX 6 PLAYERS - £10



MONDAY



BEGINNER

LOW
INTERMEDIATE

HIGH
INTERMEDIATE

ADVANCED

6.30PM - 7.30PM NEWBIES & BEGINNERS INTRO TO PADEL

A fun coach-led session to help you get started playing padel where you will learn the rules and the basics to play the game. Racket hire included

COURT 6 - MAX 6 PLAYERS - £20

8.30PM - 10.00PM AMERICANO

A super-fun social tournament for beginners and low intermediates where you play with lots of different players in a timed event

COURTS 1 & 2 - MAX 8 PLAYERS - £20

7.30PM - 8.30PM NEWBIES & BEGINNERS INTRO TO PADEL

A fun coach-led session to help you get started playing padel where you will learn the rules and the basics to play the game. Racket hire included

COURT 6 - MAX 6 PLAYERS - £20



TUESDAY



BEGINNER

LOW
INTERMEDIATE

HIGH
INTERMEDIATE

ADVANCED

6.00PM - 7.30PM

MIX IN SESSION FOR BEGINNER/ LOW INTERMEDIATE LEVELS

A fun mix in session - coach-led, with tips to help you improve your matchplay positioning and tactics.

COURTS 1 & 2 - MAX 8 PLAYERS - £20

7.00PM - 8.00PM

NEWBIES & BEGINNERS INTRO TO PADEL

A fun coach-led session to help you get started playing padel where you will learn the rules and the basics to play the game. Racket hire included

COURT 6 - MAX 6 PLAYERS - £20

7.30PM - 9.00PM

MIX IN SESSION FOR INTERMEDIATE LEVELS

A coach-led, higher level session with tactical tips to help you improve your matchplay focus.

COURTS 1 & 2 - MAX 8 PLAYERS - £20

8.00PM - 9.00PM

WOMEN-ONLY MIX IN

A fun mix in intermediate session - coach-led, with tips in order to help you meet other players and learn how to improve your matchplay skills.

COURT 6 - MAX 4 PLAYERS - £20

9.00PM - 10.00PM

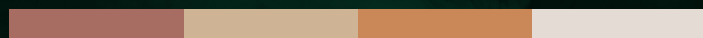
WOMEN-ONLY MIX IN

A fun mix in intermediate session - coach-led, with tips in order to help you meet other players and learn how to improve your matchplay skills.

COURT 6 - MAX 4 PLAYERS - £20



WEDNESDAY



BEGINNER

LOW
INTERMEDIATE

HIGH
INTERMEDIATE

ADVANCED

9.00AM - 10.30AM
COFFEE MORNING MIX IN
SOCIAL SESSION
(COFFEE AFTER INCLUDED)

A fun mix session for beginners and low intermediates, helping you to meet other players and learn how to improve your matchplay skills.

COURTS 1 & 2 - MAX 8 PLAYERS - £15

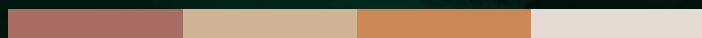
11.00AM - 12.30PM
COFFEE MORNING MIX IN
SOCIAL SESSION
(COFFEE AFTER INCLUDED)

A fun mix session for intermediates, helping you to meet other players and learn how to improve your matchplay skills.

COURTS 1 & 2 - MAX 8 PLAYERS - £15



THURSDAY



BEGINNER

LOW
INTERMEDIATE

HIGH
INTERMEDIATE

ADVANCED

6.30PM - 7.30PM NEWBIES & BEGINNERS INTRO TO PADEL

A fun coach-led session to help you get started playing padel where you will learn the rules and the basics to play the game. Racket hire included

COURT 6 - MAX 6 PLAYERS - £20

8.30PM - 10.00PM AMERICANO

A super-fun social tournament for low and high intermediates where you play with lots of different players in a timed event

COURTS 1 & 2 - MAX 8 PLAYERS - £20

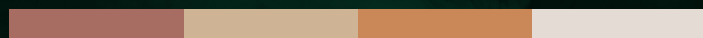
7.30PM - 8.30PM PLAY WITH A TOP COACH AND LEARN

A quality one-hour, advanced-level session to learn by playing with one of Scotland's top coaches who will help you to quickly improve your matchplay skills

COURT 1 - MAX 3 PLAYERS - £25



FRIDAY



BEGINNER

LOW
INTERMEDIATE

HIGH
INTERMEDIATE

ADVANCED

9.00AM - 10.30AM
COFFEE MORNING MIX IN
SOCIAL SESSION
(COFFEE AFTER INCLUDED)

A fun mix session for beginners and low intermediates, helping you to meet other players and learn how to improve your matchplay skills.

COURTS 1 & 2 - MAX 8 PLAYERS - £15

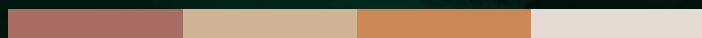
11.00AM - 12.30PM
COFFEE MORNING MIX IN
SOCIAL SESSION
(COFFEE AFTER INCLUDED)

A fun mix session for intermediates, helping you to meet other players and learn how to improve your matchplay skills.

COURTS 1 & 2 - MAX 8 PLAYERS - £15



SATURDAY



BEGINNER

LOW
INTERMEDIATE

HIGH
INTERMEDIATE

ADVANCED

10.00AM - 11.30AM AMERICANO

A super-fun social tournament for beginners and low intermediates where you play with lots of different players in a timed event

COURTS 1 & 2 - MAX 8 PLAYERS - £20

1.00PM - 2.00PM NEWBIES & BEGINNERS INTRO TO PADEL

A fun coach-led session to help you get started playing padel where you will learn the rules and the basics to play the game. Racket hire included

COURT 6 - MAX 6 PLAYERS - £20

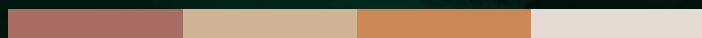
12.00 NOON - 1.00PM NEWBIES & BEGINNERS INTRO TO PADEL

A fun coach-led session to help you get started playing padel where you will learn the rules and the basics to play the game. Racket hire included

COURT 6 - MAX 6 PLAYERS - £20



SUNDAY



BEGINNER

LOW
INTERMEDIATE

HIGH
INTERMEDIATE

ADVANCED

10.00AM - 11.30AM AMERICANO

A super-fun social tournament for low and high intermediates where you play with lots of different players in a timed event

COURTS 1 & 2 - MAX 8 PLAYERS - £20

1.00PM - 2.00PM NEWBIES & BEGINNERS INTRO TO PADEL

A fun coach-led session to help you get started playing padel where you will learn the rules and the basics to play the game. Racket hire included

COURT 6 - MAX 6 PLAYERS - £20

12.00 NOON - 1.00PM NEWBIES & BEGINNERS INTRO TO PADEL

A fun coach-led session to help you get started playing padel where you will learn the rules and the basics to play the game. Racket hire included

COURT 6 - MAX 6 PLAYERS - £20