





#### **Adult Padel sessions**

All club sessions are for members only and must be booked and paid for via MYCOURTS

If you are new to OVSC but have some rackets experience already, we suggest you initially book a Padel Level 2 session or contact the office for further information and advice.

# **Adult Coaching**

Mondays	11.00am – 12.00pm	Padel Level 2/Completed Level 1/Rackets exp (4 places @ £10.50pp)
Mondays	12.00pm – 1.00pm	Absolute Beginners, No racket experience (4 places @ £10.50pp)
Tuesdays	10.30am – 11.30pm	Padel Level 2/Completed Level 1/Rackets exp (4 places @ £10.50pp)
Tuesdays	11.30am – 12.30pm	Padel Level 2/Completed Level 1/Rackets exp (4 places @ £10.50pp)
Tuesdays	12.30pm – 1.30pm	Padel Level 3/Completed Level 2/Padel experience (4 places @ £10.50pp)
Tuesdays	1.30pm – 2.30pm	Padel Level 4 (INVITATION ONLY) (4 places @ £10.50pp)
Wednesdays	10.00am – 11.00am	Padel Level 2/Completed Beginners/Rackets exp (4 places @ £10.50pp)
Wednesdays	11.00am – 12.00am	Padel Level 2/Completed Beginners/Rackets exp (4 places @ £10.50pp)
Fridays	10.00am – 11.00am	Padel Tactics and Drills (Level 3/4+) (3 places @ £12.50pp)
Fridays	11.00am – 12.00pm	Padel Tactics and Drills (Level 3/4+) (3 places @ £12.50pp)
Fridays	12.000pm – 1.00pm	Padel Tactics and Drills (Advanced) (3 places @ £12.50pp)
Saturdays	3.00pm – 4.00pm	Padel Level 2/Complete Beginners/Rackets exp (8 places @ £10.50pp)
Saturdays	4.00pm – 5.00pm	Padel Level 3/Completed Level 2/Padel experience (8 places @ £10.50pp)
Sundays	4.30pm –5.30pm	Absolute Beginners, No racket experience (4 places @ £10.50pp)

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(12 places @ £6.00pp)

## Adult Mix-ins - Member Led

Fridays	1.00pm - 2.30pm	Club Padel Mix-in (Level 2+) (8 places @ £6.00 pp)	
Saturdays	1.00pm – 3.00pm	Club Padel Mix-in	





## Adult Club Nights - Coach Led

Tuesdays 6.	5.00pm – 7.30pm	Intermediate Club Night. (	(Coach Rating 3 & 4)
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7.30pm – 9.00pm (8 places on each session @ £6.00pp)

Wednesdays 6.00pm – 7.30pm Advanced Club Night (Invited to Attend Only)

7.30pm – 9.00pm (8 places on each session @ £6.00pp)

Thursdays 6.00pm – 7.30pm Beginner/Low Intermediate Club Night

7.30pm – 9.00pm (Level 2/3 Coaching/Good Rackets Experience)

(8 places on each session £6.00pp)

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#### **Teen Padel Sessions**

## Coaching

Sundays 3.30pm – 4.30pm Teens Padel Mix-in & Coaching

(Ages 12 – 15) (8 places @ £6.00pp)

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## **Whatsapp Groups**

If you would like to be added to a Whatsapp group to find members of a similar standard to play with, please see below:

Beginner	Contact	Oxshottpadel@gmail.com
Intermediate	Contact	Oxshottpadel@gmail.com
Advanced	Contact	Oxshottpadel@gmail.com

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#### **Private Coaching available on request**

Email: office@oxshottsports.com or Tel: 01372 843652

www.ovsc.co.uk

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