

Padel Coaching Timetable

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time						LTA Padel Xpress	
09:00							
09:30						Upper Intermediate	
10:00		LTA Padel Xpress	Intermediate Levels 1.5 - 3.5				
10:30				Upper Intermediate		Club Play Session 2 Levels 4 - 7	
11:00	Upper Intermediate	Club Play Session 4 Levels 1 - 2.5	Upper Intermediate 3 - 5.5				Upper Intermediate
11:30	Levels 3 - 5.5						
12:00	Beginners Levels 1 - 2.5					Beginners Levels 1 - 2.5	Club Play Session 4 Levels 1 - 2.5
12:30		Upper Intermediate					
13:00							
13:30						Intermediate	
14:00							
14:30							
15:00							
15:30							
16:00							
16:30				Beginners Levels 1 - 2.5			
17:00	Intermediate						
17:30				Club Play Session 3 Levels 2 - 5.5			
18:00	Beginners Levels 1 - 2.5	Intermediate					
18:30							
19:00	Top Ranked Levels 5.5 - 7	Beginners Levels 1 - 2.5	Upper Intermediate Levels 3 - 4.5	Advanced Levels 4 - 7			
19:30							
20:00							
21:00							
21:30							
22:00							

Rates

60min Lesson: £10 Members £12 Non-Members
 90min Lesson: £15 Members £20 Non-Members
 90min Club Play: £10 Members £16 Non-Members

How to book

Padel Xpress: www.clubspark.lta.org.uk/TheSundridgeParkClub/Coaching
 All other lessons and Club Play can be booked on our App - Bromley Padel at Sundridge Park
 or on our website - www.bromleypadel.com

Lessons

LTA Padel Xpress	6 Week course introducing those new to Padel. Learning basic skills such as serving, rallying and hitting the ball off of the back glass wall.
Beginners	For players new to Padel.
Intermediate	For players who can demonstrate basic skills or who are returning after a break from Padel.
Upper Intermediate	For players similar to intermediate but are able to maintain more consistency of play.
Advanced	For players who can demonstrate high consistency of play.
Top Ranked	Advanced players who are competing and have a high level of skill.

Club Play Sessions

90min Coach guided sessions working on tactics depending on level
 2 - For players with levels 4 - 7
 3 - For players with levels 2 - 5.5
 4 - For players with levels 1 - 2.5