WEEKLY PADEL PROGRAMME

ACADEMY & TOURNAMENTS | Winter 2026

PADEL SOCIAL HOUSE
The Home of Midlands Padel®

FIND SESSIONS ON ACADEMY & TOURNAMENT TAB VIA PLAYTOMIC

MONDAY

08:00 - 09:00	SERVE AND RETURN
09:00 - 10:00	MASTER THE LOB
10:00 - 11:30	COFFEE & CAKE SOCIAL
11:00 - 12:00	MASTER THE GLASS
12:00 - 13:00	SENIOR SOCIAL
12:00 - 13:00	MASTER THE CORNERS
13:00 - 14:00	TACTICS AND POSITIONING
14:00 - 15:00	INTERMEDIATE MATCHPLAY
18:00 - 19:30	INTERMEDIATE OPEN AMERICANO (LEVEL 1-3.5)

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TUESDAY

08:00 - 9:00	MASTER THE OVERHEADS
09:00 - 10:00	MASTER THE GLASS
10:00 - 11:00	BEGINNERS COACHING
11:00 - 12:30	TUE UP & DOWN
11:00 - 12:00	INTRO TO PADEL
11:00 - 12:00	BEGINNERS MATCHPLAY
12:00 - 13:00	LADIES COACHING
13:00 - 14:00	INTERMEDIATE COACHING
13:00 - 14:00	MASTER THE LOB
14:00 - 15:00	SERVE & RETURN
14:00 - 15:00	INTERMEDIATE MATCHPLAY
17:00 - 18:00	MATCHPLAY WITH JUAN

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WEDNESDAY

08:00 - 9:00	BEGINNERS COACHING
09:00 - 10:00	BEGINNERS MATCHPLAY
10:00 - 11:30	COFFEE & CAKE SOCIAL
10:00 - 11:00	OPEN MATCHPLAY
11:00 - 12:00	INTERMEDIATE WOMEN'S COACHING'
11:00 - 12:00	INTERMEDIATE COACHING
12:00 - 13:00	SENIOR SOCIAL
13:00 - 14:00	LEARN TO TAKE THE NET
13:00 - 14:00	MASTER THE BANDEJA
14:00 - 15:00	MASTER THE VOLLEYS
14:00 - 15:00	MASTER THE GLASS
16:30 - 17:30	AFTER SCHOOL CLUB
18:00 - 19:30	WOMEN'S SOCIAL
19:00 - 20:00	WOMEN'S LEVELLING SESSION
20:00 - 21:00	MATCHPLAY WITH COACH (INTERMEDIATE)

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THURSDAY

08:00 - 9:00	MASTER THE GLASS
09:00 - 10:00	BEGINNERS MATCHPLAY
10:00 - 11:00	TACTICS & POSITIONING
11:00 - 12:00	MASTER THE VOLLEYS
11:00 - 12:00	BEGINNERS WOMENS COACHING
11:00 - 12:30	UP AND DOWN THE HILL + FREE DRINK
13:00 - 14:00	SERVE & RETURN
13:00 - 14:00	BEGINNER'S / INTERMEDIATE COACHING
14:00 - 15:00	INTRO TO PADEL
15:00 - 16:00	BEGINNERS COACHING
16:00 - 17:00	BEGINNERS MATCHPLAY

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FRIDAY

08:00 - 9:00	MASTER THE GLASS
09:00 - 10:00	MATCHPLAY
10:00 - 11:30	COFFEE AND CAKE
11:00 - 12:00	MASTER THE VOLLEYS
12:00 - 13:00	SENIOR SOCIALS
14:00 - 15:00	COFFEE & CAKE SOCIAL
14:00 - 15:00	MASTER THE LOB
18:00 - 20:00	FRI NIGHT SOCIAL - PADEL & (PIZZA, PINTS/PROSECCO, PAELLA & PULLED PORK)

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SATURDAY

08:00 - 9:30	BEGINNER AMERICANO
10:00 - 11:00	INTRO TO PADEL
10:00 - 11:00	BEGINNER COACHING
10:30 - 11:30	LEVELLING SESSION
11:00 -12:00	JUNIOR CLUB (5-11)
11:00 - 12:00	BEGINNERS MATCHPLAY
11:30 - 12:30	TACTICS & POSITIONING
12:00 - 13:00	TEENAGERS CLUB (11-16)
13:00 - 14:00	LEARN THE GLASS
14:00 - 15:00	INTERMEDIATE COACHING
15:00 - 16:00	INTERMEDIATE MATCHPLAY
16:00 - 17:30	WOMENS SOCIAL
19:00 - 21:00	SAT NIGHT UP & DOWN THE HILL

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SUNDAY

09:00 - 11:00	MEMBERS CLUB MORNING (FREE-OF-CHARGE)
09:00 - 10:30	WOMEN'S LOW-TO-MID INTERMEDIATE AMERICANO
10:00 - 11:00	INTRO TO PADEL
11:00 - 12:00	LADIES BEGINNERS COACHING
12:00 - 13:00	MATCHPLAY WITH COACH
14:00 - 15:00	SERVE & RETURN
14:00 - 16:00	UP & DOWN THE HILL
17:00 - 19:00	BEGINNER AMERICANO