



THE LENSBUURY

Adult Padel Coaching

Monday 13th April - Sunday 19th July



Level	Day	Timings
Beginners	Monday	12pm - 1pm
	Tuesday	9am - 10am
	Thursday	4pm - 5pm
Intermediate	Monday	1pm - 2pm
	Tuesday	11am - 12pm
	Friday	5pm - 6pm
	Saturday	12pm - 1pm
Advanced	Thursday	5pm - 6pm
	Friday	6pm - 7pm

If you're interested in joining, please contact tennis.manager@lensbury.com



Padel Coaching Information

Padel is easy to learn, highly social and great fun. Whether you're new to the game or aiming to improve, our Padel Coaching Pathway supports your progress at every stage.

Beginner

No experience required – just enthusiasm!

- **Learn the basics: grip, technique and simple tactics**
- **Understand the rules and how to use the glass walls**
- **Build confidence through fun drills and games**

Intermediate

For players with padel experience or transferable racket skills.

- **Improve consistency and shot selection**
- **Develop positional awareness & teamwork**
- **Introduction to attacking and defensive tactics**
- **Match-play scenarios & coached points**

Advanced

For regular players looking to compete and refine performance.

- **Advanced tactics and decision-making**
- **Net play, lobs, bandejas and overheads**
- **Effective use of spin, angles & court positioning**
- **High-intensity drills and competitive match play**

Join a thriving padel community and enjoy expert coaching in a relaxed, social setting. Progress at your own pace, meet like-minded players and discover why so many people fall in love with padel.

Please email tennis.manager@lensbury.com for further information.

SIGN UP, PLAY MORE, AND HAVE FUN ON COURT!

