





### **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, please contact <u>oxshottpadel@gmail.com</u> for information on our Ratings Sessions before you book onto any of the sessions listed below, 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	(4 places @ £10.50pp) (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	(8 places @ £10.50pp) 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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# Adult Mix-ins – Member Led

Fridays	1.00pm - 2.30pm	Club Padel Mix-in (Level 2+)		
		(8 places @ £6.00 pp)		
Saturdays	1.00pm – 2.30pm	Club Padel Mix-in (Level 2+)		
		(12 places @ £6.00pp)		
Adult Mix-ins – Coach Led				
Saturdays	2.30 – 4.00pm	Club Padel Mix-in (Levels 1 - 2.5)		
		(12 places @ £6.00pp)		
Adult Club Nights				
Tuesdays	6.00pm – 7.30pm	Ratings 3 and 3.25		
	7.30pm – 9.00pm	Rating 3.5 (8 places on each session @ £6.00pp)		
Wednesdays	6.00pm – 7.30pm	Ratings 3.75 and 4		
wearesdays	7.30pm – 9.00pm	Ratings 4.25 and 4.5+		
		(8 places on each session @ £6.00pp)		
Thursdays	6.00pm – 7.30pm	Ratings 1.5 and 2		
	7.30pm – 9.00pm	Rating 2.5		
		(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 contact <u>oxshottpadel@gmail.com</u>.

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Private Coaching available on request Email: office@oxshottsports.com or Tel: 01372 843652 www.ovsc.co.uk