PICKLEBALL
EST.2024
PADEL
EST.2024
FOXHILLS

## MONDAY

12:00 - 13:00
**Padel mixer P2**

## TUESDAY

12:00 - 13:00
**Padel mixer P3**

10:00 - 11:00
**Pickleball Mixer**
(no coach)

## WEDNESDAY

12:00 - 13:00
**Padel Mixer P1**

## THURSDAY

11:00 - 12:00
**Pickleball Mixer**
(no coach)

3rd December
**pickleball Christmas jumper & hat tournament**

## FRIDAY

11:00 - 12:00
**Padel Mixer P3 & P4**

## SATURDAY

9:30 - 10:30
**Padel Mixer P1**
(every other week)

10:30 - 11:30
**Padel Mixer P2**
(every other week)

11:30 - 12:30
**Padel Mixer P3 & P4**
(every other week)

5th December
10:00 - 12:00 ladies
12:00 - 14:00 men
**Padel Christmas jumper & hat tournament**

## SUNDAY

10:00 - 11:00
**Pickleball Mixer**
(no coach)

FOR BEGINNERS:

**How do I sign up?**
Through your member online booking portal. Booking opens 48 hours in advance.

**Do I need a racquet?**
We will provide racquets free of charge for these sessions. Outside of these sessions, you will be able to hire one for £5. Racquets and paddles will be available to buy from the Pavilion shortly, as well as balls.

**How do I know what grade I am?**
Coaches will be assigning all padel players a revised Padel rating to maintain balanced group levels.

**How do I book a court?**
Courts can be booked like tennis courts, online through your member log-in.

**FOR THOSE WHO HAVE PLAYED PADEL:**

**Sign up for a Padel Mixer:**
Booking through your member online booking portal. The aim is to match group players of a similar ability together. Groups will evolve over time which will enable clearer grouping of sessions.

**How do I find others to play with?**
Please email our coaches at racquets@foxhills.co.uk and they'll add you to a WhatsApp group chat with other members who are of similar level.

**GET INVOLVED IN OUR LEAGUES & COMPETITIONS:**
Foxhills use an app called Matchspace to organise our club leagues and competition. Free to download on IPhone or Android. Enter unique club code: UOEAX-1675

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| P1 | For players new to Padel and for those who maybe have restricted mobility around the court. They can play a short length, slowpaced rally. |
| P2 | For players with some basic experience of Padel or other racket sports but are working at playing shots with accuracy and control. They will understand the rules of the game and know how to score. They will be trying to play off the glass but will find it a challenge and will be trying to serve and volley. |
| P3 | Has some experience of Padel match play and/or is a good player in another racket sport. Is reasonably consistent with accuracy and control, and is able to use the glass when the ball travels at an average pace. They will always serve and volley. |
| P4 | Has Padel experience. Can attack and defend, comfortable in most situations and is competing in leagues. Recognises when to use the bandeja and vibora. |
| P5 | These players are the strongest players at the club. They playing a lot of padel and some will be representing the club in the Ipadel and Surrey league. They will be competent of the glass and double glass and will have extensive knowledge of the tactics of the game. |