



Paddington Sports Club Adult Tennis Programme

Drop-in Sessions

Drop in for coaching and game play to suit your schedule. Ideal to try our tennis program, receive extra coaching, or simply attend group lessons as and when it suits you.

Day	Time	Group	Level	Coach	Cost
Monday	11am-12.30pm	Drop in Morning	Improver/Intermediate	Naim	£10
	7pm -8pm	Cardio Tennis	All	Naim	£5
Tuesday	11am - 12pm	Kickstarters	Beginner	Ruzi	£10
	6:30pm - 7pm	Tennis welcome	All	Ciaran	FREE
	7pm - 8pm	Intermediate Group	Intermediate	Ciaran	£10
Wednesday	10am - 11.30am	Drop in Morning	Intermediate/Advanced	Chris	£10
	7pm -10pm	Club Night	All	Ciaran	FREE
Thursday	10am - 11am	Cardio Tennis	All	Ruzi	£5
	11am - 12pm	Kickstarters	Beginner	Robert	£10
	7pm - 8:00pm	Kickstarters	Beginner	Forida	£10
Friday	10am-11.30am	Drop in Morning	Intermediate	Chris& Ciaran	£10
	2pm -3pm	Development Track	Improver/Intermediate	Robert	£10
	7pm - 10pm	Club session	All	Ciaran	FREE
Sunday	9am - 10am	Team Training	Intermediate/Advanced	Naim	£10
	10am - 11am	Advanced Drills	Advanced	Naim	£10
	11am - 12pm	Development Track	Improver/Intermediate	Naim	£10
	1pm - 3pm	Club Session	All	Peter	FREE

Contact:

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Tel: 0207 286 8448

Email: tennis@psclondon.com

Website: www.psclondon.com

Facebook: www.facebook.com/paddingtonsportsclublondon

Twitter: [@PSC_LDN](https://twitter.com/PSC_LDN)



Paddington Sports Club Adult Tennis Programme

Playing regularly already? Why not join these exciting groups:

DROP-IN SESSIONS

Drop in for coaching and game play to suit your schedule. Ideal to try our tennis program, receive extra coaching, or simply attend group lessons as and when it suits you.

Cardio Tennis:

Fast-paced and played in a group rather than with a partner, Cardio Tennis is the high-energy and highly enjoyable gym workout on court. Major benefits include:

- Improved heart health
- Better co-ordination
- Getting social with other members
- Lower body fat

Club Sessions:

Tennis is more than lessons and competitions – it's also a huge part of the social scene at Paddington Sports club. This is exactly why there are weekly 'Club Sessions', where members can come along and find other players to have a game with. It's a fantastic, free way for participants to not only raise their game, but to get to know a few other tennis enthusiasts along the way.

Drop in Mornings:

Join one of coaches for doubles and singles match play and drills. Get your day off to a winning start. All welcome but need to have mastered the serve!

Advanced Drills:

For those players, with vast experience that would like a 60-minute session with our coaches, being pushed both physically, tactically and mentally. Bring your best shots.

Team Training:

Work on your understanding with your partner, get match sharp and prepare for battle! This session is open to team players representing PSC. (Please note these sessions are arranged by team captains at times and dates of their choice)

Individual Lessons:

Whatever your level of play, we guarantee that a few lessons will do wonders for your technique, confidence and all-round ability.

Our first-class coaches have definitely got game and the expertise to help you.

Tournaments:

We know many of our PSC member's just love the opportunity to show off their skills, so our competitions are the perfect place to unleash that competitive streak. And the really good news is that aside from the advanced tournaments, we have events aimed at intermediates and beginners as well.



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WHAT IS YOUR PLAYING STANDARD?

Group tennis lessons are a great way to improve your tennis ability and consistency. You (and those around you) will benefit most by playing at the appropriate playing standard. Your progression will depend on previous experience playing tennis as well as general sporting ability and fitness.

Beginner...this means you've never played, just started playing, haven't picked up a racket for years or are still working on the basics of your game.

Improver...you know the basic techniques and are able to keep a rally going, however you still make quite a few mistakes and you may find serving difficult.

Intermediate...you play fairly regularly and your technique is solid. You use some tactical play but struggle a little when putting together points against advanced players.

Advanced...you have played a lot of tennis over many years. Serving with spin, placement and power are part of your game. You can rally consistently and create opportunities to win points off both your forehand and backhand. You compete regularly or have the desire to do so.

New to the club? Would like to try tennis or just need a refresh?

Follow our 3-step plan:

1. Tennis welcome

Your Welcome session will make sure you get exactly the right coaching and program to suit your level of tennis experience and on court confidence level.

2. Kick starters:

Develop your skills, confidence, fitness and passion for tennis on our kick-starters course. Each 60 minute session will cover all you need to build your game, including topspin forehand, backhand volleys, serve and smash. The ideal start to your tennis journey for beginners.

3. Development Track

No longer a beginner but not quite an intermediate? Development Track is the perfect course to get you match ready for that next level of tennis. Get to grips with some of the more technical elements of the game and use your 60-minute sessions for skills and social tennis.



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Typical Player's Journey

	Beginner	Intermediate	Advanced
Social events at any stage	Tennis Welcome	Tennis Welcome	Tennis Welcome
Individual lessons at any stage	Kickstarters	Development Track	Tournaments
	Development Track	or Club night	or Club night
	Club Night	or Tournaments	or Drop in Morning
Book courts for self play any stage	or Tournaments	Intermediate Group	Ladder matches
	or Intermediate Group	or Drop in Morning	Advanced doubles drills
Ball machine at any stage	or Drop in morning	Ladder matches	Team Tennis
	Ladder matches	Advanced Drills	
	Advanced Drills	Team Tennis	
	Team tennis		

Tennis Coaches

Ciaran Keane – 07957 655 424
 Chris Theodorou – 07949 943 424
 Forida Rahman – 07958 001 925
 Naim Lajli – 07850 553 684
 Peter Mensah - 07984 551 561
 Robert Neal - 07815 753 532
 Ruzi Suqlain - 07794 885 061