

Edinburgh Sports Club offers Padel Tennis

✖ Edinburgh Sports Club, which boasts Scotland's only Padel Tennis court kickstarts the season with a free family open weekend on 28th and 29th March, from 1pm – 5pm and the launch of an Open Schools Rackets Programme.

The Open Weekend at the Club, which is situated in the heart of Edinburgh's West End next to the Water of Leith World Heritage site, is designed to raise awareness of Padel Tennis by giving everyone the chance to come down and give it a shot.

All other racket sports will also be available to try out over the weekend at the Club, which has seven squash courts, three floodlit tennis courts, a hardball doubles court, table-tennis facility, snooker table and a gym. There will also be a chance to watch demonstrations and talk to some of the best Padel players in Scotland in the Club's 'Hidden Gem' Bar and Restaurant.

Padel Tennis, the world's fastest growing sport, founded over 100yrs ago, is a mixture of tennis and squash played outdoors, and primarily a doubles sport. It is fast, fun, easy to learn and hugely popular in Spain and South America.

The court is two thirds the size of a tennis court and enclosed with wire mesh. The walls at either ends are glass which you can play off as and when required and scoring is the same as in tennis but with underarm serving.

Jonathan Tait, Club Manager at Edinburgh Sports Club, said: "We are really looking forward to hosting this open weekend for people to drop by and not only give Padel a try but also squash, tennis, racketball and table tennis.

"Padel is new and not a lot of people know about it – it's

easily accessible, you can learn to rally very quickly so it is very rewarding and there is a reason it is showing unbelievable growth – it really is great fun!”

Additionally, Edinburgh Sports Club has launched the first Open Schools Rackets Programme in the city. This initiative offers all schools the chance to take part in free rackets sessions, which promotes excellent hand-to-eye coordination, for up to 40 pupils at a time.

Students are given the chance to try not just Padel but also tennis, squash and table tennis. Following these sessions pupils are invited to attend two free coaching sessions and given further information on how to access various racket coaching programmes at the Club.

Each sport is delivered by fully qualified coaching staff and in partnership with The City of Edinburgh Council’s Sports Development Team.

Ryan Harrower, Racquets Development Officer, Sports and Outdoor Learning Unit at Edinburgh City Council, who helped develop the new schools programme with Edinburgh Sports Club, said: “We are delighted to be working with Edinburgh Sports Club in developing the schools rackets programme. Each of the sports on offer are great fun and provide players with fundamental skills that are essential for an active lifestyle.

“It is an exciting time for racket sports and great to be involved in the first junior Padel programme in Scotland.”

Primary schools who have already jumped at this initiative include, Crammond, Flora Stevenson, Stockbridge and Ferryhill.

Neil Russell, Active Schools Co-ordinator at Blackhall Primary School, said: “This was a fantastic opportunity and the kids just loved it. We can’t thank Edinburgh Sports Club enough for hosting us. Having the chance to try lots of different sports in one fantastic setting has seen many of them want to get

further involved. This kind of club/school partnership is a very strong model for encouraging lifelong participation in sport and activity.”

Following the success of the Open Schools Rackets Programme, Edinburgh Sports Club has also launched Padel Tennis coaching sessions to complement their extensive Junior Programme. Coaching starts on the 24th April from 1.30pm – 5pm and will run for 10 weeks. Introductory cost is £40 for the block.

Easter Camps, incorporating Padel, will run from 6-17 April. Summer coaching sessions are also available.

For further information on the open day, schools programme, Padel coaching or the Easter Sports Camp call Edinburgh Sports Club on 0131 539 7071.