

PLAY | LEARN | COMPETE

# London Intensive Padel Weeks



Rocks Lane Padel Academy Chiswick



# PLAY | LEARN | COMPETE

## Intensive padel in London

A London culture and intensive padel break suited to players of every level providing an immersive experience that unites people through their shared desire to learn to play the fastest growing sport in the world – padel.

This is combined with the unique opportunity to visit the UK's most iconic padel club, Rocks Lane Padel Chiswick and of course, the world's most iconic city, London, thus providing an intensive padel experience with a difference.

**Rocks Lane Padel Academy's Play - Learn - Compete intensive padel weeks** are designed to offer players of any level, opportunities to play, learn, compete, socialise and explore London.

Offering five intensive padel days packed full of intensive learning and fun with opportunities to explore London and the local areas of Chiswick, Hammersmith and Barnes during the long summer evenings.

Travel is not included, this is up to you to organise, therefore you can choose to stay for five days or enhance and extend your stay to explore London and beyond at the weekends.

**Are you a complete beginner or have you been playing for a while?**

Rocks Lane Padel Academy will tailor the coaching to each player's level offering opportunities for all players.



# Rocks Lane Padel Academy, Chiswick



## Rocks Lane Padel Academy

Former World Padel Tour player turned professional coach Álex Grilo has established the Rocks Lane Padel Academy with a firm commitment to developing the skills of beginners through to top class players.

Álex uses his formidable knowledge and experience to transform the padel landscape in London with the formation of this flagship academy, catering for all ages and standards, wheelchair players and aspiring world class players, emphasising Rocks Lane's and Álex's core values of inclusivity, friendship, fair play and fun.

## Rocks Lane Padel Chiswick

Rocks Lane Padel in Chiswick has established itself as London's biggest and UK's busiest padel centre and prides itself on excellent customer service, enhanced player experience and a complete array of padel opportunities for all.

Internationally renowned coaches lead the Rocks Lane Padel Academy, which teaches absolute beginners through to international players representing their countries in European and World Championships.



Rocks Lane is the only club to be honoured with the LTA Outstanding contribution to British tennis for its trail blazing impact on padel development in Great Britain.



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## Intensive padel week dates



### Dates

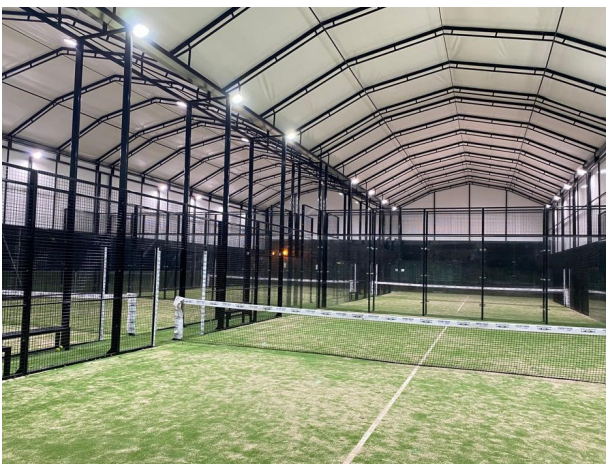
**5 – 9 August** Monday – Friday

**12 – 16 August** Monday – Friday

**19 – 23 August** Monday – Friday

### Includes

- Rocks Lane Padel Academy
- Welcome Pack including a guide and highlights for the local area and London
- Rocks Lane Padel Academy Training
- Padel Fitness
- Accommodation (optional)



### Daily schedule

09:00 – 11:00 Padel training

11:00 – 12:00 Padel fitness

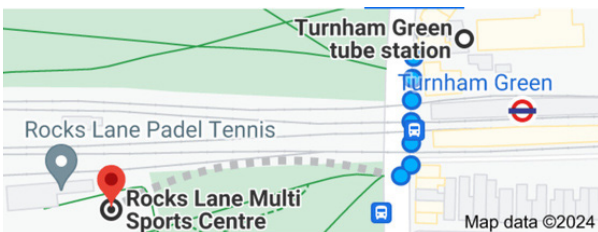
12:00 – 13:00 Lunch

13:00 – 15:00 Padel training



# Our location

**Rocks Lane Multi Sports and Padel Centre**  
**60 Chiswick Common Road**  
**Chiswick**  
**London**  
**W4 1RZ**



We are a short walk from **Turnham Green** underground station. From the station entrance, turn left, go under the bridge, and walk onto the Common. Rocks Lane Chiswick is on the right.

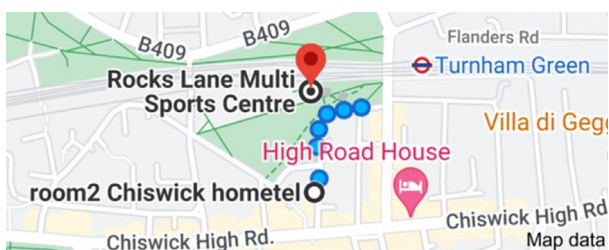


## Rocks Lane Padel Chiswick recommended accommodation

### **room2 Chiswick** homotel

**10 Windmill Road**  
**Chiswick**  
**London**  
**W4 1SD**

Rocks Lane Padel Chiswick is a short walk from Room2 Homotel.





# Explore London



**London:** the heart and soul of the UK is a vibrant, cosmopolitan and eclectic city with plenty to offer every visitor. Historically important and culturally diverse, modern-day London is a hub of famous landmarks, iconic buildings, and innovative attractions on every level.

London is the perfect city break destination, both contemporary and steeped in history, to enjoy a unique blend of sport, dining, entertainment, culture, art and shopping.



From the hipster heart of the East End to the tree-lined avenues in the West, London is a collection of unique and individual boroughs all pulling together to create one of the greatest cities in the world.





## Local Chiswick highlights



The wide boulevard like Chiswick High Road contains the main concentration of shops, cafés and restaurants, where tables spill out onto the pavement giving it a continental feel – perfect for people watching with a cup of coffee.

Take a stroll down the leafy Chiswick High Road where you'll find an array of artisan eateries and shops, with a 'village within a city' feel. The High Road also has many Grade II listed buildings, including pubs dating back to the 18th century.



Charming traditional pubs can be found on the banks of the Thames, where you can enjoy riverside views over a drink or two.



The local parks are some of the finest in West London – from the rustic beauty of Gunnersbury Triangle and riverside tranquility of Dukes Meadows Park to the landscaped gardens of Chiswick House.



# Getting around London

## Tube

Two tube stations serve Chiswick – **Chiswick Park** on the District line, and **Turnham Green** on the District and Piccadilly lines.

You can reach Victoria in just over 20 minutes from Chiswick Park, and a train from Turnham Green will get you to Covent Garden in half an hour.

## Rail

There's one railway station in Chiswick, with trains running regularly into the city. It'll take you less than half an hour to get to Waterloo, and around 50 minutes to get to Weybridge.

## Bus

Five bus services operate in Chiswick, including the N9 night bus between the city and Heathrow Airport.

## Road

The A4 passes through Chiswick where the M4 motorway begins, and Heathrow Airport is a 25 minute drive away.

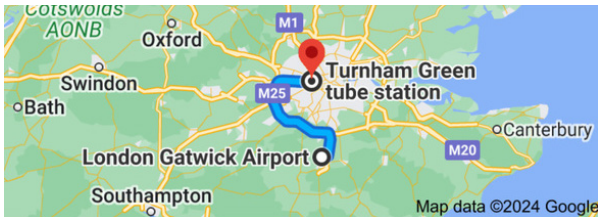
## Cycle

You can cycle to Victoria in just over half an hour, with just three straight roads along the journey. You can also cycle in a segregated bike lane the length of Chiswick High Road.





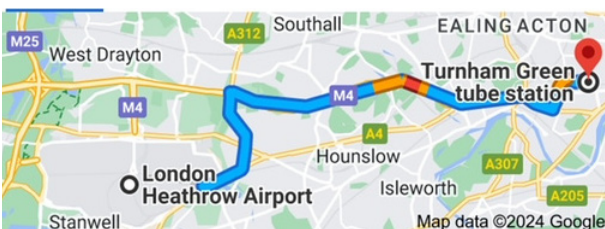
# Location from London Airports



## From Gatwick Airport 1 hour

Catch an overground train to **London Victoria Station**. Change to the underground, take the **District Line** (green) and head west to Ealing Broadway or Richmond (not Wimbledon). Turnham Green is 10 stops.

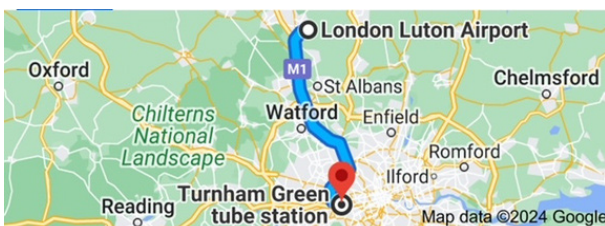
1 hour by taxi / Uber.



## From Heathrow Airport 40 minutes

Take the underground **Piccadilly Line** (blue) and head east, nine stops to Acton Town. Change to **District Line** (green) and head east, 2 stops to Turnham Green.

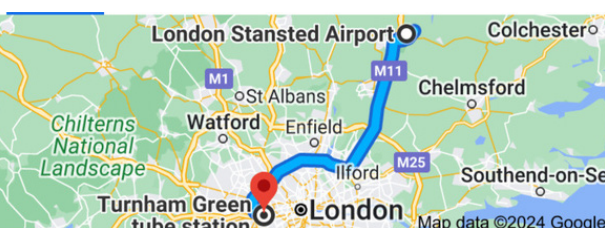
20 minutes by taxi / uber



## From Luton Airport 1.5 hours

Use the **Luton DART** transit system to get to **Luton Airport Parkway Station**. Catch an overground train for 4 stops to **Kings Cross St Pancras Station** (30 minutes). Change to the underground, take the **Piccadilly Line** (blue) west, 9 stops to South Kensington. Change to **District line** (green) and head west, 8 stops to Turnham Green.

1 hour by taxi / uber



## From Stansted Airport 2 hours

Catch the **Stansted Express** overground train to **Tottenham Hale**. Change to the underground, **Victoria Line** (light blue) south for 9 stops to Victoria Station. Change to the **District Line** (green) and head west to Ealing Broadway or Richmond (not Wimbledon). Turnham Green is 10 stops.

1.5 hours by taxi / uber.

# Information and bookings



Full details and information can be found online at [\*\*rockslane.co.uk\*\*](https://rockslane.co.uk)



## **Booking as a group?**

We are happy to tailor bespoke intensive padel breaks for groups, please contact [emma@rockslane.co.uk](mailto:emma@rockslane.co.uk) +44 7817 393775 to discuss options and availability.

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