

April 2026

Whilst we continue to work on reopening our pool, we would like to remind everyone that all of our facilities, including the sports hall, studios, gym, café, bar, restaurant, courts and pitches, are open and available as normal. You are very welcome to continue using the club as you always have or, contact us about trying something new from our range of sports and leisure activities.

Progress continues to secure funding for repairs and refurbishment of the pool. Further updates on this will be posted on our website and social channels soon.

We are also happy to share with you that our Padel project is complete with three brand-new padel courts now been installed. With more than double our previous capacity, we're excited to welcome both new and familiar faces to the courts. All 5 courts are now available to book for members and visitors on the Gladstone app.

A big call-out and thanks to the many people involved in this project over the last 6 months. Our official launch will be in June but in the meantime, we hope you will enjoy this fantastic new facility in the PSLC.

So, what is Padel?

Padel is a sport that is very easy to get involved in, you just pick up a racquet and start playing. It is fast, fun and easy to learn.

It is typically played as doubles on an enclosed court a third the size of a tennis court. Padel tennis scoring is the same as normal tennis and the game is played with tennis balls, but they are slightly less pressurised, and the net is slightly lower than in tennis. The main differences are that the court is partly enclosed by walls and the balls can be played off them in a similar way as in squash and solid stringless racquets (paddles) are used.

Who can play?

Padel tennis is not too demanding, technically nor is it dominated by strength and serve as in tennis, in fact the serve is under-arm. It is team sport played as doubles and is a very social game for all ages and abilities. Padel is a cross-generational game, that allows seniors to play with the whole family while enjoying a good workout.

The rules are simple and most players get the grasp of the game within the first 20 minutes of playing. It is excellent for fitness as players easily and quickly reach a level of proficiency where they can achieve sustained and fast-paced rally.

Courts are now available to book on the Gladstone App, Simply download at the app at <https://pslc.gladstonego.cloud/book>

Rackets are available to hire and balls available to purchase at reception.

Looking forward to seeing you at the club.

Kind regards,
PSLC Management Team