

EXCLUSIVELY INCLUSIVE

Exclusively Inclusive is a voluntary community group who have been organising inclusive social opportunities in and around the Skipton area of North Yorkshire since 2015. They believe that loneliness is the only real disability and a tremendous barrier to health, wellbeing and happiness. They work to reduce social isolation and to support people to connect and develop natural friendships and relationships. This amazing group believe that some services can often isolate people. They want to encourage and empower people to contribute their gifts, to enable a more inclusive community where we help each other to take part and enjoy an 'ordinary life'.

With this ethos Exclusively Inclusive have started a monthly session at South School in the tent. This ranges from a different sport each month, this first months session was KINBALL which is sport where a very large sized ball is battled between 2 teams to keep possession.



Aswell as their monthly Thursday night sport sessions at South Craven, Exclusively Inclusive also have meetings in various venues around Craven for their Happy Mondays Together sessions. Along with meeting on a Wednesdays at their allotment alongside always planning exciting projects and social occasions.

INTRODUCTION TO PADEL

PADEL
AT SKIPTON TENNIS CENTRE

NEW SPORT | NEW COMMUNITY | NEW ADDICTION

INTRODUCTION TO PADEL

Our **INTRODUCTION TO PADEL** course is designed to give beginners who are new to Padel an introduction to what is the fastest growing sport in the world!

Tuesday 28 February
18:30 - 20:00

Friday 3 March
10:00 - 11:30

Tuesday 21 March
18:30 - 20:00

Friday 24 March
10:00 - 11:00

Includes all equipment.

This course is 90 minutes of coach led activities that will leave you with you with a basic understanding of Padel and a pathway to play more should you choose to.

Only 6 places per group | £10 per person | Book online now www.skiptontennis.com

You may have noticed the brand new Padel court down at our Skipton Tennis Centre site. Here is your chance to get a feel for the **fastest growing sport in the world!** Padel is a racket sport typically played in doubles on an enclosed court slightly smaller than a tennis court. Scoring is the same as Tennis, and the balls used are similar but with a little less pressure. The main differences are that the court has glass walls and shots can be played off them in a similar way as in the game of squash and that solid, stringless bats are used. The Introduction To Padel course is designed to give beginners who are new to to the sport an introduction to the fastest growing sport in the world!

- ✓ 90 minute crash courses
- ✓ An option of 2 dates left
- ✓ All equipment provided
- ✓ Learn the basic skills
- ✓ Only 6 places per date / time slot (Adults)

INFO/BOOKING

- <https://www.skiptontennis.com/index.../coaching/adult-padel/>

HELLO TO NEWBIES



We would like to give a huge shoutout to not only the continued support of our regular bookings but also the 11 new bookings that we have joined us since the start of the year. The arrivals of new bookings have not only started in January but have also continued in February aswell.

One of the main highlights of these has been the indoor cricket bookings at South Craven and Upper Wharfedale School, especially on a weekend!

We don't like cricket.... WE LOVE IT!

3G AVAILABILITY AT SCS

At South Craven School we have availability on **Mondays, Tuesdays & Thursdays 8-9pm** on the 3G All Weather Pitch. There is also a **7-8pm slot** that has recently become available **on a Monday evening**. These evening slots through the week are very popular, so wont be free for long, please get in touch if interested!

EASTER CAMPS 2023

STC EASTER CAMPS 2023
Awarded LTA UK Club of the Year | Reception - Age 12

| WEEK | DATES | TIME | ACTIVITIES | PRICE |
|------|---------------|-----------------|----------------------------------|---------|
| 1 | 3 - 6 APRIL | 9.00AM - 3.30PM | TENNIS, FOOTBALL or MULTI-SPORTS | £25/day |
| 2 | 11 - 14 APRIL | 3.30PM - 5.00PM | WIND DOWN MOVIE CLUB | £5/day |

Drop off from 8.30AM FREE

BOOK YOUR PLACE ONLINE AT skiptontennis.com

SKIPTON TENNIS CENTRE
07875 643780
info@skiptontennis.com
www.skiptontennis.com

Easter Camps are back at STC for their 23rd year of delivery. Children get the choice of what sports and games they would like to play throughout the day, ranging from Football, Tennis and Multisports such as tug of war, dodgeball etc. Early drop off & late pick up options available. Information is on the flyer above 😊

TO BOOK or for further info head to <https://www.skiptontennis.com/index.php/holiday-camps/>

FEATURE IN OUR NEWSLETTER

We are always on the look out to feature new and exciting things on the newsletter. We believe in reaching out to the local community and shouting about anything good that's happening. So if there is anything you would like to feature in our monthly newsletter please do let us know. It can be from players wanted for your club sport or information on a session/event coming up.

Feel free to ue the contact information below...

Email - fred@communihire.com Phone/Whats App - 07984373229