

Happy New Year
2010
Bonne année !

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Where can you play padel?

Waterloo-Sports

(Piscine de Waterloo)
Outside court
Rue Théophile Delbar, 33
BE-1410 Waterloo
Tel.: +32 2 354 12 70

Waterloo Tennis

Covered court
Boulevard Henri Rolin, 5b
BE-1410 Waterloo
Tel.: +32 2 354 58 18
Contact: Brian Grillmaier
Email:
brian@waterloo-sports.be
Mobile: +32 (0) 475 921 931
www.waterloo-sports.be

HTC PADEL

Herentals Tennisclub
Ter Heyde
- 2 terrains extérieurs
avec murs
Ter HeydeLichtaartseweg
216/1
BE-2200 Herentals
Tel.: +32 14 22 16 22
www.htc-terheyde.be

There's also a Padel Belgium page on Facebook.

Key facts about padel

- **Players:** Doubles only.
- **Serves:** Serve must be underarm. Second serve allowed as in tennis.
- **Score:** Scoring method the same as in tennis.
- **Ball:** Very similar to tennis balls (tennis balls are sometimes used).
- **Paddle:** Solid with no strings. May be perforated.
- **Walls:** Walls are used as part of the game.



Why not make trying out a new sport in 2010 your New Year's resolution?



Belgium taking on Chile in the World Championships in Calgary in 2008

Padel began in Mexico in the 1960s and is played mainly in Spain and South American countries. There's even a professional Padel Pro Tour, which has been around since 2005 and draws over 100,000 spectators every year. The Belgian Padel Federation estimates that there are about eight million players in the world. Belgium came 13th in the 2008 Padel World Championships. Spain were the winners. Spain also won the European Championships in 2009, with Belgium finishing in seventh place.

If you fancy trying out a new sport in 2010, here's an idea for you. The game is called 'padel'. It's a cross between squash (because there are walls around the court that you can play the ball off), tennis (because the court looks a mini tennis court with a net in the middle) and table tennis (because you serve underarm and the bat is small, although not as small as a table tennis bat).

It's not as physically demanding as tennis because the court is smaller and not as demanding as squash because you always play doubles when you play padel. You serve underarm and hit the ball over the net into your opponents' half of the court. They can then either volley it or let it bounce and hit it

either directly or after it has bounced off one of the walls. The scoring is like tennis scoring and a match is played as the best of three sets. It's a good sport for children, for people with ageing limbs and for anyone really! As the Belgian Padel Federation puts it, it's also 'sympa' for couples because they can have rallies and chat at the same time – "il permet d'alterner frappes de balle et...conversation".

There are three places where you can play padel in Belgium (see box for contact information). As Waterloo is closest to Brussels,

we'll focus on these two venues. Waterloo-Sports has one outside court which costs nine euro per hour to rent while Waterloo Tennis has one indoor court costing 14 euro per hour. At both places, you can borrow balls and rackets (rackets cost 3.50 per hour to hire). At one of the venues, there are also plans to hold regular monthly coaching sessions for beginners. They'll last for a few hours, take place on a Saturday or Sunday. The first one is due to take place at the end of January. So get 'padelling' or should that be 'padeling'?

■ Fitness

Fitness tests

Have you overindulged at Christmas this year, eating and drinking a bit more than you intended to? Well, here's a chance to put together a little fitness plan for the new year to get yourself back in shape. A series of fitness tests are being run by Partenamut in 2010. The tests are not physically demanding but include measuring your height and waist, calculating your body mass index, a flexibility test, a muscle strength test and a test on a stationary bicycle.

All the tests are done in a special 'MobilOForme' caravan. For the bike test, you sit on a bicycle in the caravan and pedal at a constant speed (to keep your heart rate between a minimum and a maximum) for seven and a half minutes.

When you've completed the tests, you'll be given a dossier setting out the results of your tests and a 10-week personalised physical activity programme.

You can see a full list of where the tests will take place at: www.mobiloforme.be.

Here, you can book yourself a slot from 1pm to 7pm on the relevant day and at the relevant place. For example, there's one on 18 January at Royal Wellness, 63 Chaussée de Bruxelles, 1410 Waterloo or another on 1 February at the Da Vinci Fitness Center, 1133 Chaussée d'Haecht, 1140 Evere. You can see for yourself how many places are still left and at what times by checking out the website.



→ For more information:
Email: info@partenamut.be
Tels: 02 549 7600, 065 320600,
010 430500, 0473 546103 or
0473 546100
www.prosportevent.be/fr/evenements/manifestations-sportives