

OLYMPIC SPORTS COMPLEX - FREE FOR ALL WORKSHOPS



	August		September			October		
Date	18th (Sunday)	24th (Saturday)	1st (Sunday)	7th (Saturday)	14th-15th (Sat - Sun)	12th (Saturday)	19th (Saturday)	20th (Sunday)
Sport	Badminton	Swimming	Tennis	Squash	Badminton	Swimming	Badminton	Tennis
Session Details	Time - 9.30 - 11.30 am & 4 - 6 pm Skills & guidance on technique and Mini matches between participants for feedback by Suresh Babu (BWF Level 1 Certified Coach) - Head Coach at Padukone Dravid Center for Sports Excellence, National Level Player from 2001 - 2007. Was ranked in top 5 in India Rahul Contact - 9970671117	Time - 11 AM Session - Basic Water Safety Session Pool safety for beginners and all Session period - 1 hours Point of Contact - Elvis Joseph,9886127830	Time : 10am to 1 pm Tennis Carnival with Rohan Gajjar (Represented India and top 200 in World) for all - Learning Tennis with Fun Sandeep - 8082631990	Time: 3.30 pm to 6.30 pm Squash Introductory Camp with Rhea Bhandare (National Player) (Introduction to squash, ball bouncing, stroke lessons, Grip) Rhea is a four time Indian Junior National Squash Champion Point of Contact - Sukanya 7798174838	Inter Palava Badminton Tournament (children & adults)	Palava Pool Party – to keep up with the spirit of Diwali Features innovative pool races and games for a fun and enjoyable weekend	Badminton session with advanced level coach Scientific Stroke Play, Fun Box Games	Tennis demo session – lesson in ground strokes

* Details (time, activity) for the sessions will be circulated on Email/SMS/Whatsapp/facebook/Instagram one week prior to the session

Everyone is invited to be part of the workshop for free

All events/workshops will be hosted at the Olympic Sports Complex - Palava Phase 2

All sessions will be conducted by professionals from National Academies

Tennis - Pinnacle Tennis Badminton - Prakash Padukone Sports management

Squash - SportsXL Swimming - Nisha Millet Swimming Academy

