

PADEL FAQ

WHAT IS PADEL?

- Padel is an amazing sport that combines elements of tennis, squash, and racquetball. It's popularity rivals pickleball outside of the United States. Padel is played on an enclosed court that is smaller than a traditional tennis court. With its unique underhand serve and the ability to play off the walls, padel offers a dynamic and fast-paced gameplay experience that is easy for beginners to pick up but hard to master. The sport is typically played in a doubles structure, fostering a social atmosphere that is perfect for players of all ages and skill levels. Its combination of strategy, teamwork, and quick reflexes makes padel a thrilling and fun experience, whether you're looking for a competitive match or a new casual game with friends.

WHY DID YOU BUILD A PADEL COURT IN SUNNYVALE?

- Lifetime Activities partnered with Taktika Padel in a mission to introduce padel and build new freestanding padel and pickleball courts in the communities we serve.

IS THE COURT PERMANENT?

- The pop-up court is not permanent and here for a limited time. The tennis court will be resurfaced when the padel court is removed. We hope to generate excitement around padel and pickleball in effort to gain support for new pickleball and padel courts in Sunnyvale and other communities we serve.

HOW MUCH DOES IT COST TO PLAY?

- The reservation cost is **\$40/hour for residents** and **\$44/hour for non-residents**. Players can reserve a court up to 90 minutes at a time.
- **How To Reserve** - [click here for a video guide on how to reserve the Padel court.](#)

DOES LIFETIME ACTIVITIES OFFER LESSONS?

- We will offer introductory lessons and clinics. (Coming soon!)

DO YOU HAVE EQUIPMENT FOR RENT OR PURCHASE?

- Balls are available for purchase and rackets are available to rent and purchase in our pro shop. ****Please note that you may not use tennis rackets/balls or pickleball paddles/balls on the padel court.**

DOES PADEL REQUIRE SPECIAL SHOES/FOOTWEAR?

- A standard tennis or pickleball court shoe will work just fine and provide you with the lateral support needed to safely move about the court.

WHERE CAN I LEARN ABOUT THE RULES OF PADEL?

- Check out this guide to padel: https://youtu.be/NX-68fxhL_4?si=MPWZk0XJSg8uv9EA