



ASSOCIACIÓ KEEP CALM BARCELONA

KEEP CALM PING PONG

Member Guide

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Thursday evenings at the outdoor tables in Sants: turn up, pick up a racket, play. No booking, no form, no cost.

What it is, and who it's for

Keep Calm Ping Pong is part of the Keep Calm community for English speakers in Barcelona, run on the same values as everything else we do: inclusivity, reliability, and collaboration. The community belongs to everyone who takes part in it.

It's for anyone who wants an easy, social way to play table tennis outdoors, regardless of how much you've played before. Never picked up a racket? You'll be shown the basics and mixed in gently. Played for years? You'll get good games and get to help others improve. Most weeks it's somewhere in between, and that's exactly the point: games rotate and levels mix, every week.

How a session works

We play every **Thursday, 18:00 to 21:00**, at the public outdoor tables in Sants ([map](#)). There are three main tables plus nearby overflow if numbers are high, and room for around 16 players across them.

People arrive and leave throughout the evening, whenever suits you. Show up at your chosen time, find the group at the tables, and you'll be pulled into a game. Nobody sits out for long: we rotate players and mix up who plays who, especially newer members with more experienced ones.

Bring water and, if you have one, your own racket. If you don't, don't worry: we keep spare rackets and balls on hand, so turning up with nothing but yourself is completely fine.

Ping pong outdoors depends on the weather. If it's raining, the session is cancelled. If you don't see a cancellation post in the group, it's on.

How to join

1. Join the WhatsApp group: keepcalm.fit/whatsapp/ping-pong
2. Watch for the poll, posted every **Friday** for the following week. It's how we know who's coming and when.
3. Vote for the arrival time that suits you (the options are usually 18:00, 19:00, and 20:00, though these can shift slightly through the year with the daylight, so always check the live options on the pinned poll). You can also flag your rough skill level and whether you're bringing a spare racket, which helps us mix tables fairly.
4. A reminder goes out the following Tuesday, pointing back at the same pinned poll.
5. Show up on Thursday, find the group, and introduce yourself. Everyone's friendly, and there's plenty of chat between games.

Vote for the time you'll actually arrive at: it keeps things fair and means nobody's left waiting around for numbers that don't show up.

You must be 18 or over to take part. Keep Calm is an adults-only community.

Safety and inclusivity

All skill levels play together, and that only works if everyone's patient with beginners, whichever end of the experience range you're on. If you've never played before, Thursday is genuinely a good time to start: games are casual, not competitive, and the whole format is built around mixing standards rather than separating them.

Sessions are outdoors, on public tables, at your own participation risk, the same as any Keep Calm activity. Full detail on safety, data handling, and conduct is at keepcalm.fit/policies, which applies alongside anything specific to ping pong below.

Rules and etiquette

- Vote in the weekly poll for the time you'll actually arrive, and update the group if your plans change.
- Share the tables: we rotate players so everyone gets fair time, so don't hog a table, and mix up who you play with, especially with newer members. If it's busy, keep games shorter so more people get a turn.
- Look after the shared rackets and balls; they belong to everyone. If you borrow a racket, return it in the same condition you found it.
- Check the group if the weather looks doubtful. No official cancellation post usually means the session's still on.
- All levels play together: be patient with beginners, and generous with your own game if you're one of the stronger players.

These add to, rather than replace, the community-wide [WhatsApp rules](#), conduct policy, event rules, and safety policy that apply across every Keep Calm group.

FAQ

Do I need to book or fill in a form? No. There's no signup, no court booking, and nothing to pay. Vote in the Friday poll so we have a rough headcount, then just show up.

What if I don't have a racket? Bring your own if you can, but it's genuinely not a problem if you can't: we keep spare rackets and balls for anyone who needs them.

What if I don't know anyone yet? Turn up, find the group at the tables, and say hello. Games rotate constantly, so you'll be playing with several different people within the first half hour, and the atmosphere is social by design, with plenty of chat between games.

What happens if it rains? The session is cancelled, since the tables are outdoors. Check the WhatsApp group if the weather looks uncertain. No cancellation post usually means it's going ahead.

Links

- WhatsApp group: keepcalm.fit/whatsapp/ping-pong
- Table location: [Google Maps](#)
- Community policies: keepcalm.fit/policies