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ASSOCIACIÓ KEEP CALM BARCELONA

KEEP CALM TENNIS

Member Guide

MEMBER GUIDE

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WHAT IT IS, AND WHO IT'S FOR

Keep Calm Tuesday Tennis is a weekly doubles session in Barcelona, part of the wider not-for-profit Keep Calm community for English speakers, built on inclusivity, reliability and collaboration. It's open to adults (18+) of any tennis background: people returning to the game after years away, padel players trying tennis for the first time, and everyone in between. You don't need to be good, just willing to give it a go.

HOW A SESSION WORKS

We play every **Tuesday evening at 20:00 (8pm)**, for **90 minutes**, at our main venue, Barcelona Pro Tennis Academy (Up Cornellà). It's a fixed time every week, so once you've signed up there's no slot to pick or wait on.

Sign-ups run about two weeks ahead so courts can be booked in good time:

- **Wednesday, ~13 days before:** the sign-up form opens for the Tuesday two weeks away
- **Friday, ~11 days before:** a reminder goes out
- **Monday, 8 days before, 22:00:** the form closes. During that week an organiser groups everyone by level into courts of four, with one player per court designated as the booker
- **The following week:** court assignments are posted in the group and you'll be tagged. The booker reserves the court on Playtomic and shares the link so everyone can join and pay their share
- **Tuesday:** we meet as a group at **Plaça Espanya** about 45 minutes before court time and travel out together, a good chance to meet people before you play

Places are first come, first served, capped at **48 players a week**. If a week fills up you'll go straight onto a waiting list and move up in order as spots free up.

Tennis is doubles (2v2) for most players, which keeps it social and makes the cost work out at roughly **8-10 euros per person** for 90 minutes. If you'd rather play singles, say so on the sign-up form - we'll pair up singles players where we can, and everyone else plays doubles as usual.

HOW TO JOIN

1. Join the WhatsApp group at keepcalm.fit/whatsapp/tennis
2. Set up a free Playtomic account, our venue uses it for all bookings
3. Watch for the sign-up form posted on Wednesdays, then sign up at keepcalm.fit/tuesday-tennis and pick the level that honestly fits you right now
4. React to the sign-up post so we can see you're in (form sign-ups alone don't show as group activity)

5. Wait for the court post the following week. You'll be tagged with your court and booker, accept the Playtomic invite and pay your share
6. Meet at Plaça Espanya about 45 minutes before court time and head out together

Missed the form, or just joined the group? Post in the chat saying you'd like to play and your level, and an organiser will fit you in if there's space, or point you at the next form.

SKILL LEVELS

We use six levels to keep courts enjoyable for everyone:

Level	What to expect
Beginner	Never or rarely played. Learning the basics, short rallies
Lower Improver	Played before but rusty, or getting back into it after a break. Can rally, the occasional double fault
Upper Improver	Getting more consistent - fewer unforced errors, starting to build proper points
Lower Intermediate	Solid fundamentals, can hold a rally and construct a point with intent
Upper Intermediate	Consistent serve and groundstrokes, good court awareness, understands tactics
Advanced	Competitive, tactically aware player with strong technique across all shots

Pick honestly, based on where you are right now, not where you used to be or hope to be, it's what gets you a fair, enjoyable game. If you're not sure, default to Lower Improver: it's where most of our regular Tuesday players currently sit, and it's easier to move up a level than to feel out of your depth in the wrong one.

SAFETY AND INCLUSIVITY

Keep Calm Tuesday Tennis is an **18+ community**. We travel to the venue together from Plaça Espanya, so nobody has to find their own way out or turn up not knowing anyone. Courts are grouped by honest skill level so you're always playing people at a similar stage, and coming back after years away is genuinely the norm here, not the exception.

Full safety, data and conduct policies: keepcalm.fit/policies.

RULES AND ETIQUETTE

- Only sign up if you genuinely plan to play. Once you're in, you're part of a four-person court, so treat it as a commitment
- If you can't make it, give at least **5 days notice**, post in the group and help find a replacement rather than just announcing you're out. Late cancellations or no-shows without notice lead to a strike, and repeated strikes mean removal from the community. Genuine emergencies are understood, a pattern of late drop-outs isn't
- Pay your share through Playtomic, don't leave the other three players on your court to cover it
- If you're the booker for a court, book promptly once games are posted and share the Playtomic link with your players using "Share Externally"
- Bring your own racket if you can (rental isn't guaranteed everywhere) and coordinate tennis balls with your court in the group. Padel balls don't work for tennis, a lesson this group learned the hard way
- Games go ahead unless an organiser officially calls them off. Don't cancel your own booking or try to talk others into cancelling over a weather forecast

FREQUENTLY ASKED

Can I join if I haven't played in years? Absolutely, most of our regular players are in exactly that position. Just be honest about your level so you land on the right court.

Can I bring a friend? Yes, the more the merrier. Mention it in the group and they can join your court, they'll just need a Playtomic account to pay their share too.

What if it rains? Sessions go ahead unless an organiser officially cancels. Wait for the word in the group rather than assuming.

Do I need to travel to the venue alone? No, we meet as a group at Plaça Espanya about 45 minutes before court time and travel out together.

Can I play at other times too? The Tuesday session is the organised Keep Calm game, but members often arrange casual games on weekends or weekday mornings, just post in the group if you're after a hitting partner.

QUESTIONS?

Post in the Keep Calm Tennis WhatsApp group, or ask an organiser there.