

# BACK

# 2

# BADMINTON

Haven't played in years? Fancy giving it a go?

Back 2 Badminton is a fun, friendly and relaxed 10 week programme of coaching. The sessions are designed for people that have not been on a badminton court in years and who are looking to get some exercise or for those looking to learn how to play a new sport in a sociable environment with like-minded people. Each programme will take you through the basics from scoring to serving, whilst building the skill and confidence you need to enjoy the game and have fun!

Dust off your racket and get Back **2** Badminton

Kingsthorpe College

Wednesday 14th September – Wednesday 16th November

6.30-7.30pm

£3.50 per week or £30 for 10 weeks - In partnership with Kingsthorpe Kobras Badminton Club

To book a place or for more information please call Nina on 07901 005 320  
or email [ninabridge@badmintonengland.co.uk](mailto:ninabridge@badmintonengland.co.uk)

For more information about Back 2 Badminton and other badminton sessions or clubs in your local area, please contact your local BADMINTON England Regional Officer



**BADMINTON**  
ENGLAND

Play it. Love it. Live it.



[www.playbadminton.co.uk](http://www.playbadminton.co.uk)