

Spokane Badminton Club Presents Beginning Badminton Classes

A series of group sessions to encourage Badminton participation and growth in Spokane, WA. Players can expect to learn beginning and intermediate badminton techniques and skills.

Learn basic shot making & footwork
Basic tactical and strategic play
All ages and skill levels welcomed

(Class groups will be adjusted after an initial skill evaluation.)

Course time: 1-1/2 hours per session
Time: Every Sunday beginning **Jan 23, 3:00 pm – 4:30 pm**
Cost (pp): Includes instruction, gym rental and shuttles
\$15 per session, \$40 for (4) sessions or \$100 for (12) sessions
Max. Class size: (6) students per session, (4) minimum
Location: West Central Community Center
Address: 1603 N Belt, Spokane WA 99205
Contact: Brian Davies (509-448-5694) or info@spokane.northwestbadminton.org

(Please mail registration below and checks to **Spokane Badminton Club**, 1817 N. Hemlock, Spokane, WA 99205)

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Beginning Badminton

Registration Form Date _____

Players Name: _____ Age: _____

Parents Name (If under 18): _____

Email: _____ Check # _____

Phone: _____ Amount _____

Typical Course Schedule (selected as needed)

Day 1

Introduction

- Facilitator and Course Participant Introduction
- Student expectations
- Course Content

Getting Ready To Play

- Warm up
- On court – hitting; facilitator evaluation of current skill level
- Possible video recording or observation of participants

How To Play Badminton?

- Introduction to the playing, rules and etiquette.
- Principle of attack.
- Base of operation.

Day 2

Playing Skills

- Grips
- Serves
 - High Serves
 - Low Serves
- Overhead Strokes
 - Clear
 - Drop Shot
 - Smash

Day 3

- Backhand
- Block
- Drive
- Net Shots
 - Net Tumble
 - Net Lift
 - Net Kill

Day 4

Game Skills

- Basic Singles Tactics
- Basic Doubles and Mixed Tactics

Competition

- Singles
- Doubles