** **

**Essentials Badminton Weekly Coaching Sessions for Adults**

**Wednesdays | 7:00pm to 8:00pm | Harborough Leisure Centre | Main Sports Hall**

These sessions are aimed at adult beginners / intermediates keen to improve their playing confidence by receiving coaching based on the "essential" badminton skill-set in a relaxed, fun and sociable environment. For each week, the session is tailed to meet the requirements of the respective people attending. This will include an element in respect of Preparing to Play activities, Single & Double Ladders, Fun & Conditioned Games.

· Within each week the tasks will be adjusted to reflect the needs of all the players’ abilities (i.e. beginner / intermediate).

The first night is FREE and then £4.00 each week you attend (paid direct to Ray Phipkin)

You could just turn up on the night but Places would be Limited to suit the number of courts available, so for further information or to join any weekly session please contact Ray Phipkin (Badminton England Level 2 Licensed Coach /Activator) on 07582 195940; 01455 283083 or e-mail **r.phipkin@sky.com**

