



# Badminton

The most exciting sports and fitness facility in the Bay Area now offers Badminton for all ages and all levels of ability! Whether you're an elite player or just want to have some fun, come check it out!

## DROP-IN:

8 courts available, first come, first served

### Dates/Times:

- Mondays: 10am - 11:30pm
- Tuesday-Friday: 10am - 3pm

### Cost:

- 10am-3pm: \$5/person  
After 3pm: \$7/person (\$5 for members)
- Racket & birdie rental: \$3
- Birdies available for purchase: \$2  
Feather birdies: \$3

**A signed RELEASE FORM is required in order to play. If participant is under 18, form must be signed by parent/legal guardian.**

## INSTRUCTOR:

Our instructor is Daniel Ko, director of the Ducks N Geese badminton team whose members are often among the finalists and champions at open tournaments. Dan himself is a top player, ranked #1 in the country in 2005. He is well known amongst veterans of the sport around the country, and has developed programs for many of the local high schools. Several of his students are now among the top junior players in the Bay Area and the County.



## TRAINING:

All classes are offered on Mondays and are subject to change without notice. Month-long sessions begin the first Monday of each month and end the last Monday of the month. Classes will have maximum of 4 students.

### Cost:

Months with 4 weeks: Member: \$84/Non-member: \$114

Months with 5 weeks: Member: \$105/Non-member: \$142.50

You may join in the middle of the month--fees will be prorated (\$21 Members/\$28.50 Non-members, per lesson)

## JUNIORS (ages 8-11)

### Junior I: Mondays 3:45 – 5 pm

For new students without any past experience, looking to get started in badminton. Learn the fundamentals including proper grip, footwork, and swings.

### Junior II: Mondays 5:15 – 6:30pm

For students with some experience. Learn new shots and challenge yourself with various combinations of shots and footwork.

## INTERMEDIATE (ages 12 & up)

### Intermediate I: Mondays 6:45 – 8pm

For students with some experience. Learn and improve various shots and footwork. Moderately physical to enhance your skills.

## ADVANCED

### Advanced I: Mondays 8:15-9:30pm

For high level players looking to improve their shots and footwork. Players will be challenged with various situations and strategies. Players should be prepared for highly physical training.



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