

Would you like to play Badminton?



Start from scratch, take it up again, or just play now and then....?

Badminton is a popular sport that can be played at all levels, whether you're a beginner or an expert.

An excellent form of exercise, start as a junior and you can still be playing years later.

Through January there are free sessions throughout Durham City Leisure Centres, both in the daytime and evenings so you can try it out. Some of the sessions include a bit of informal coaching, to help you get started.

So why wait - make a resolution now, it's only the first step that's the hardest!

For any enquiries call Heather Alabaster on 0191 386 5918

(Framwellgate Badminton Club)

Gill Hay, 0191 384 6947 (Durham City Badminton Club)



PLAY BADMINTON

it's skilful, it's sociable

it's a great way to stay in

shape