

# BADMINTON

Badminton is a very enjoyable and physically demanding game, which can be played by players of all ages and abilities. It provides an aerobic workout and uses many different muscle groups for genuine fitness and flexibility. As badminton is played indoors, it can be played throughout the year, and will help players to get fit and stay healthy year round.

Badminton is a game of skill and touch; consequently both men and women can play at the same level. It is an easy sport to learn and the equipment needed is inexpensive. All you need are indoor sports shoes and a racquet!

The Bourne Club has excellent facilities for playing badminton. We have four courts in the indoor sports hall and a single court in the old hall. The block of four are ideal for casual play, as well as team competition and group coaching. The single court provides additional capacity for play, and benefits from an excellent wooden sprung floor.



Club sessions are run for players keen to play both competitively and socially. These are run throughout the year and are held:

Monday evenings	8:00 - 10:00pm	Wednesday mornings	10:00am - 12:00pm
Thursday evenings	8:00 - 10:00pm		

The cost to attend such sessions is £1.00 per person, and this includes all court, light and shuttlecock fees. Rackets are also available to borrow from the office or bar.

Players interested in Club sessions can contact Anne Browne on 01252 725636 or email [anne\\_browne@hotmail.com](mailto:anne_browne@hotmail.com).

Throughout the winter season, the Bourne Club enters various adult teams in both the Guildford and Aldershot & Camberley leagues. These teams are organised by John Cappleman (Telephone 01252 676006 or email [John.Cappleman@hp.com](mailto:John.Cappleman@hp.com)). We are always looking for new players. By attending the Club sessions, potential team players will get a good idea as to standards, and will also have a chance to contact other players.



For juniors, the Bourne runs after school coaching on Mondays (6:00 - 8:00pm) and Thursdays (7:00 - 8:00pm). These sessions are organised by Angela Granell (Telephone 01252 792076 or email [angelagranell@hotmail.com](mailto:angelagranell@hotmail.com)) and consist of sessions for different ages and abilities. Angela also recruits junior team players from these classes, so players looking to represent the Club in weekend league matches should get in touch. Private tuition can also be booked by all players.

Further details of the Club's badminton programme can be found in the Club House, on our website, or by contacting the Office on the number below.

We look forward to seeing you on court soon!