



## Level 3 Certificate

This training of 12 hours over 8 weeks will train you in developing power into your strokes, early stroke selection and the preparation for being at the correct position to play optimum strokes. Start to build flow and rhythm into your court play and read your opponents intentions.

*An opportunity to:*

### **LEARN A SKILL – HAVE FUN – GET FIT – MEET PEOPLE**

At the completion of this certificate, you will be a competent player of all forms of the game. Will have sufficient knowledge to continue developing your own skills and be able to play competently at both competitive and social level.

We provide all equipment, although by this stage you will probably have your own racquet. You just need sports shoes, suitable sports clothing and a towel.

Our instructors are qualified by Badminton Australia and are passionate about the sport.

This is new to the Central Coast in 2012. We are offering this at an **Introductory Price of \$180**. We also have a system where we credit members' accounts \$20 for any new person they introduce that signs up to any of our training modules.

#### **WHAT TO DO:**

Go to our website, sign up, pay up, turn up. As simple as the proverbial 1,2,....3.

Any Questions, contact Colin North on 0413 794 371.