

Bonsor 55+ Senior Badminton Club

Enrolment is now open for the 2026 Basic Skills Badminton Clinic beginning on Thursday, **January 8, 2026**.

The clinic will run over four (4) consecutive Thursdays from 8:30 a.m. - 11:30 a.m. in Gym2 and is open to anyone wishing to improve their badminton skills. Each session will include the following:

- Warm-up routine and agility strengthening exercises
- Demonstration of various grips and racket skills
- Practice drills for shot development
- Demonstration of proper footwork technique
- Game strategies and safety guidelines
- Development of ten golden mindsets

Enrolment is on a first-come, first-served basis, with a maximum of 12 participants. Priority will be given to members who did not participate in any clinic in 2025. Participants who complete a 2026 clinic, will be invited to attend Thursday drill sessions in the month immediately following the clinic.

The enrolment fee of \$20 is payable by January 6, 2026. **Please note that there will be no refunds or make-up sessions for missed lessons.**

For enquiries or to register, please email bonsor89@gmail.com with your full name and tag number or speak to any badminton executive in the gym. Please add this email address to your contact list to prevent any of our correspondence from being directed to your SPAM or JUNK folder.

Disclaimer: Clinic lesson content and fees are subject to change without prior notice.

BASIC SKILLS IN BADMINTON

