

SBC Adult Training

★ **Early Registration**
Sign up by 8/24 to get a
5% discount!

Be the best that YOU can be!
Sign up now!



Beginner/Intermediate
Monday (8:00pm-9:30pm)
Saturday (11:00am-12:30pm)

Intermediate:
Thursday (8:30pm-10:00pm)

Advanced:
Friday (7:30pm-9:30pm)

Here are just some of the many things you will learn:

- Fixed-/Open-Pattern Drills
- Proper Footwork & Technique
- Doubles Rotation
- Game Tips & Strategy
- Attacking/Defensive Play
- New Shots!

Masks are required!*

For more information visit seattlebadminton.com/

* - not provided

