

Arlington Recreation BADMINTON — 2010 January 4 to May 27

Badminton is a fast, fun, and social game that can be played and enjoyed by people of all ages. Even if you are new to badminton, you will quickly learn the basics and join others in exciting games. Indoor badminton is more fun, more exciting, more energetic than the 'backyard badminton' that most Americans are familiar with. Experienced players as well as beginners will be taught/coached. Some rackets will be available for use or purchase. Shuttlecocks will be supplied. Pashupati Paneru* will lead customized instruction & training.

Session 1 Time: 6:15 – 7:05 PM

Who: Youths, Entry Level Adults, plus Adults with some experience.

When: Mondays, January 4 – February 8 (x1/18) 5 wks \$50

When: Mondays, February 22 – March 29 6 wks \$60

When: Wednesdays, April 7 – May 19 6 wks \$60

This session is structured for Youths and Entry Level Adults. Parents and their children are encouraged to join. Adults who have not played in many years will find this to be a good way to renew good basic skills again. Groupings will be made.

Session 2 Time: 7:10 – 8:00 PM

Who: Youth and Adults of All Skill Levels

When: Mondays, January 4 – February 8 (x1/18) 5 wks \$50

When: Mondays, February 22 – March 29 6 wks \$60

When: Wednesdays, April 7 – May 19 6 wks \$60

This session is ideal for the experienced youths and all adults who want to re-establish their skills or get back into shape. Emphasis is placed on footwork and hitting techniques. Training will be adjusted to the needs of the participants.

Session 3 Time: 8:10 – 9:00 PM *available April-May only*

Who: Youth and Adults of All Skill Levels

When: Wednesdays, April 7 – May 19 6 wks \$60

Where: Dallin School Gym

This session is structured for the experienced youth and adults. Emphasis on footwork and techniques. Training will be geared to the level of the participants.

Open Play Badminton Time: 6:15 – 9:15 PM

Who: Youth and Adults

When: Mondays, January 4 – February 8 (x1/18) 5 wks \$50

When: Mondays, February 22 – March 29 6 wks \$60

When: Wednesdays, April 7 – May 19 6 wks \$60

Open play for all levels of players using the magnet-board player selection system for playing. Youths with a parent are welcome to play. A good place to put into practice the techniques just learned. No instruction, just playing. Walk-in players will be accepted when space is available.

Students currently in Session 1 or 2 are encouraged to sign up for open play, the fee for them is half the listed price.

- Pashupati Paneru is a Certified USA Badminton Coach who has trained and competed at top world Centers. A champion international badminton player originally from Nepal, Pashu won the Men's Singles Championship at the 2008 New York Open. At the 2009 Bay State Championship Games, he won the Men's Singles and Mixed Doubles events. Pashu is currently running a junior training program and is coaching private sessions in the Boston area. We are very honored to have him coaching at Arlington Recreation. Private and semi-private sessions with Pashupati Paneru can be arranged directly with Pashu.

Thursday Evening Badminton Time: 7:00 – 9:45 PM

Who: Adults

When: Thurs, January 7 – May 27 19 wks Season Pass \$150

Open play for all levels of players using the magnet-board player selection system for playing. No instruction, just playing. Plastic birds are supplied. Walk-in players will be accepted at \$10 per night, however, a walk-in must agree to stop playing whenever there are 70% or more Season Pass Holders playing. Players need to be adults 18 years or older. Limited to 28 players.

Arlington Recreation
422 Summer Street
Arlington, MA 02474
Main Number 781-316-3880
781-641-5495 Fax
www.arlingtonma.gov/recreation

ArlRec Badminton
Elaine Gampp
781-646-8681 (11 a.m. to 11 p.m.)
elainegam@rcn.com
<http://wolfberg.net/badminton/classes/>