

# MIDWEST BADMINTON CLUB

2019 Corporate Lane Suite 103, Naperville, IL 60563

**Badminton Training Schedule: Starting SEPTEMBER 2ND, 2016**

training@mbadminton.com 630-364-2345 www.mbadminton.com

## **Beginner/ Intro Training:**

*This class is designed to ensure students learn the proper footwork, racket grip, stroke, and different types of shots. They will learn how to move and hit various shots. This is a required class for students with no to little badminton training or experience OR have never trained at Midwest Badminton Club before.*

*Assessment for Intermediate/Advanced :*

*- Serving, Clearing, Drop Shot, Lift, Footwork*

***Class Size: 4-12 students (1 hour less than 4)***

## **Intermediate/Advanced Training:**

*This class is a class designed for students with prior training or competition experience. Students will do various types of drilling with other students based on the coach's directions. They will also work on learning and improving footwork with stroke, practicing coordination of move and hitting. This class will help students build skills to react to real game situations.*

***Class Size: 8-16 students (1 hour less than 4)***

## **MEET THE COACHES**

### **COACH ILIAN:**

Junior National Player Cuba Adult National Champion Cuba & USA

### **COACH CHRIS:**

National Player Philippines Former Girls Jr Doubles Team Coach

### **COACH ALEX:**

Junior Team Player & Champion (China)

### **COACH THOMAS:**

Hong Kong Junior Team Player

**Fees:** \$25 per class (minimum 10 classes); students who sign up for 15 classes will receive 10% off and sign up 20 classes or more classes will receive 20% off. \*\$40 one class (Expires in 6 mos.)

**Scheduling/ Cancelling:** Classes must be scheduled within 24 hours of class time, cancellations must be made 24 hours as well, same day cancellations or no shows will count as a used class.

**Registration:** Call or email us to register, two days before the first class.

**Equipment Required:** Badminton Racket, if you don't have one, preferably Muscle Power 7 or Nanoray 10F (available in our Pro-Shop)

# MIDWEST BADMINTON CLUB

2019 Corporate Lane Suite 103, Naperville, IL 60563

**Badminton Training Schedule: Starting SEPTEMBER 2nd, 2016**

training@mbadminton.com 630-364-2345 www.mbadminton.com

<b>MON</b>	<b>TEAM<sup>1</sup> TRAINING</b> 4:30PM-6:30PM	<b>BEGINNER</b> 4:30pm-6:30pm	<b>TEAM TRAINING<sup>3</sup></b> 6:30PM-8:30PM
<b>TUES</b>	<b>BEGINNER</b> 4:30pm-6:30pm	<b>INTER/ ADV</b> 6:30PM-8:30PM	<b>TEAM TRAINING<sup>2</sup></b> 6:30pm-8:30pm
<b>WEDS</b>	<b>BEGINNER</b> 5:30PM– 7:30PM	<b>INTER/ ADV</b> 5:30pm-7:30pm	
<b>THURS</b>	<b>INTER/ ADV</b> 4:30pm-6:30pm	<b>KIDS TEAM</b> 6:30pm-8:30pm	<b>BEGINNER**</b> 6:30pm-8:30pm
<b>FRI</b>	<b>BEGINNER</b> 4:30PM-6:30PM	<b>TEAM<sup>1 2</sup> TRAINING</b> 4:30PM-6:30PM	<b>INTER/ ADV</b> 6:30pm-8:30pm
<b>SAT</b>	<b>TEAM TRAINING<sup>23</sup></b> 10AM-12PM	<b>BEGINNER</b> 10AM-12PM	<b>BEGINNER**</b> 1PM-3PM
	<b>TEAM TRAINING<sup>1</sup></b> 1PM-3PM	<b>INTER/ADV</b> 3PM-5PM	<b>KIDS TEAM</b> 3PM-5PM
<b>SUN</b>	<b>TEAM TRAINING<sup>1</sup></b> 10AM-12PM	<b>TEAM TRAINING<sup>3</sup></b> 1PM-3PM	<b>BEGINNER</b> 2PM-4PM
	<b>KIDS TEAM</b> 4PM-6PM	<b>TEAM TRAINING<sup>3</sup></b> 4PM-6PM	<b>INTER/ADV</b> 6PM-8PM

**\*\*\*WINTER CAMP\*\*\***

**January 2nd – January 6th,  
2017**

**9am-4pm Monday—Friday**

**\$200 for 1 week**

**NO GROUP CLASS DURING  
CAMP**

**BEGINNER CLASS\*\* = 2 COACHES**  
**TEAM TRAINING<sup>1</sup> = GROUP 1**  
**TEAM TRAINING<sup>2</sup> = GROUP 2**  
**TEAM TRAINING<sup>3</sup> = GROUP 3**