

## Fundamentals of Badminton

Dates: July 10, 12, 17, 19, 24, 26

Cost: 1,800 baht

Time: 10-11:30am

Location: CMI Badminton Court

### Equipment Needed:

Badminton or Sport Shoes (White bottom only)

Badminton Racket if you have one. If not they will be available to rent at the court.

Badminton is a wildly popular sport throughout Asia and Thailand is no exception. Due to its low cost and relative ease to learn, it has become the 4th most popular sport in Thailand. Are you looking for a new physical activity here in Chiang Mai?



Come join

us for this highly interactive, hands-on and fun workshop. To get you up to speed this series will take place one time per week over 5 weeks. You will learn the basics including how to hold the racket, what to do with your feet, forehand and backhand shots, serving, the rules, how to score and most importantly how to play and not hurt yourself. And again have a lot of fun doing it!

Our teacher, 'A' Suraphong Liengboonlertchai grew up in Bangkok and moved to Seattle in 1999. After spending more than 22 years there, he has returned to Thailand and retired in Chiang Mai. He is a lifelong Badminton enthusiast, enjoys playing 3-5 times a week and has recently become a National Accredited Umpire (NA) for Badminton Association of Thailand (BAT). A enjoys sharing his life experiences including his passion for Badminton. Come learn basic Badminton in a safe and fun environment that is created with YOU in mind!

Registration required at [www.lllpayap.com](http://www.lllpayap.com)