

STARplex COURTS

Social Badminton



At STARplex badminton is played in the comfort of our South School indoor stadium and STARplex Courts, where the environment is carefully controlled. There are no gusts of wind to disturb the shuttle, and it's an ideal setting for players and spectators alike. With several games going on together, it really is a sociable and fun environment.

Play badminton whatever your fitness...

Sports scientists estimate that a top badminton player will cover twice the distance of a top tennis player in half the time, so there's nobody fitter than the badminton elite player. Badminton is ideal for those preferring a gentler, more relaxed pace and a sociable game. The racquets and shuttles are unbelievably light, so you don't need strength, just timing. And like fitness, good timing comes with practice.

Social badminton is such fun that you won't even notice the exercise you're getting, and the level of fitness you build up will surprise you.

There's so much to gain by joining us at STARplex and playing social badminton:

- You'll have lots of fun
- You'll make great new friends
- You'll amaze yourself how fit you become
- Your coordination will get so much better
- No strength needed – the equipment is so light
- Play at your own level
- Play whatever your age

Please call our Courts Staff for further information.



Effective from 1 July 2020.