

This week marks the start of a very exciting month for badminton on the Wirral as we see the launch of seven new no strings badminton sessions across the borough!

No Strings Badminton is a fresh, new initiative that makes it simple and extremely sociable for more people to welcome the benefits of badminton into their lives, grab a racket and head out for a spot of convenient on court action whatever your age or ability. With a co-ordinator hosting every session there's a guaranteed playing partner on hand each week and with no need to book in advance and with equipment provided, No Strings is making it flexible and affordable for anyone on the Wirral to get active and back on court at times that fit their busy schedules.

Sessions start TODAY and take place at the following times:

Mondays 6-7pm at The Oval  
Thursdays 2-3pm at West Kirby Concourse  
Thursdays 8-9pm at The Oval  
Fridays 7-8pm at Leasowe Recreation Centre  
Saturdays 10-11am at Leasowe Recreation Centre (Start date 12/11)  
Sundays 10-11am at West Kirby Concourse

Sundays 2-4pm at Wirral Tennis & Sports Centre

Attached is a voucher for a FREE no strings session, all you need to do to is print it off and hand it in to reception to redeem your FREE court time, and, as if that isn't enough we are also offering a free no strings t-shirt to all those who attend 6 no strings badminton sessions between now and December and will enter participants in to a prize draw to win £500 every time you play! For more information please ask any the coordinator at any of the above sessions or visit [www.nostringsbadminton.co.uk/500reasons](http://www.nostringsbadminton.co.uk/500reasons). Following your free session the cost is £2.50/hr or completely FREE for those of you who are Invigor8 members and all equipment is provided.

Please let me know if you need any further information otherwise I hope to see you on court soon!

Kind regards,

**Leah Singleton**

Regional Officer - Merseyside  
BADMINTON England

m. 07725413874

w. [www.badmintonengland.co.uk](http://www.badmintonengland.co.uk)