

# no strings badminton

Tavistock Community  
**SPORTS CENTRE**

Tavistock Community Sports Centre, PL19 8DD  
Starting Sunday 16th October  
10am - 12 noon  
£3 per adult, £2 per junior

## 'Pay & Play' sessions to suit you...

- ☞ Relaxed game play ideal for beginners
- ☞ We take care of rackets & shuttlecocks
- ☞ Burn over 400 calories on court
- ☞ Players of all age and ability welcome
- ☞ Just turn up - no need to book



any age  
any ability  
just pay  
and play

no strings  
badminton 

join the fun and find a session at:  
[www.nostringsbadminton.co.uk](http://www.nostringsbadminton.co.uk)

*fun. friends. fitness.*