

## Tiger Badminton Training Center

Dear valued customers,

We are delighted to announce our upcoming 2024 adults group training program at the Rego Park Jewish Center, 5th Floor gym, located at 97-30 Queens Blvd, NY 11374.

For those of you who are beginners, we have designed a special program just for you. Each group will consist of 4-6 people, ensuring personalized attention and guidance. The program will span over 10 sessions, and the fee is set at \$450 per person for the entire duration.

We believe that this comprehensive training will equip you with the necessary skills to excel in the sport. The program is scheduled to commence on 01/01/2024, with sessions taking place every Sunday from 1pm to 2:30pm and 3pm to 4:30pm. Each session will last for a duration of 90 minutes, providing ample time for learning and practice.

Throughout the program, our experienced coaches will cover a wide range of training content, including:

1. grip positions
2. fundamental pose
3. whipping and swing techniques
4. clears, drops, smashes
5. service and receive strategies
6. driving techniques,
7. net shots, cross net plays
8. pushes, lifts
9. footwork exercises such as net footwork, defensive footwork, attacking footwork, back court footwork, and whole court footwork.

In addition to mastering the technical aspects of the game, we will also focus on teaching you basic tactics for both singles and doubles matches.

Our dedicated coaching team possesses extensive experience in badminton instruction and a high level of expertise. They are committed to personally imparting fundamental badminton knowledge to each participant, ensuring that you receive the best possible training.

To ensure the effectiveness of the program, we kindly request that participants attend all 10 sessions consecutively within a period of 3 months. We understand that unforeseen circumstances may arise, such as injury or illness. In such cases, we kindly ask that you provide us with a doctor's certificate, and we will be more than happy to assist you in arranging suitable makeup times.

If you are unable to attend a session, we kindly request that you inform us at least 24 hours in advance. This will allow us to make the necessary arrangements.

Please note that without prior notice, makeup classes will not be provided.

We are truly excited to begin this training journey with you and look forward to helping you achieve your badminton goals.

Should you have any further inquiries or require any additional information, please do not hesitate to contact us. We are here to support you every step of the way.

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