

no strings  
badminton 

**ALL LEVELS**

Date Tuesday 6th March (Every Tuesday)  
Time 6-7pm • Just £3.00!  
Venue Carlton Forum Leisure Centre

Contact James: 07871756765 or [j.hand@hotmail.co.uk](mailto:j.hand@hotmail.co.uk)

 **60 MINS  
RE-LIVING  
MY YOUTH**

FROM 'HAVEN'T PLAYED  
SINCE SCHOOL'  
TO 'LOVING IT  
EVERY WEEK'.

MY WORLD IS  
BETTER WITH  
**BADMINTON**  
IN IT

[BADMINTONENGLAND.CO.UK/NOSTRINGS](http://BADMINTONENGLAND.CO.UK/NOSTRINGS)

