



Badminton

Sunderland has a number of fantastic opportunities to keep you active

Active Sunderland provide advice about how you can get involved in sport and physical activity, joining a sports club, coaching, volunteering or accessing sport funding.

This leaflet provides you with information on how to get involved. For further details please visit www.activesunderland.org.uk

Badminton Network

No Strings Badminton

No Strings Badminton is Badminton England's low cost way to play badminton for relaxed, social game-play for adult (16+) players of all abilities. Grab the opportunity to enjoy convenient weekly court time that gets you swinging a racket for fun and fitness with people like you. Sessions in Sunderland are available at Houghton Sports Centre, Raich Carter Sports Centre, Seaburn Leisure Centre and Washington Leisure Centre.

For further information please visit www.nostringsbadminton.co.uk

Farringdon Badminton Academy

Farringdon Badminton Academy is a club for all ages and abilities based at Farringdon Community Academy. You can come along to sessions and receive high quality coaching, whether you want to play for fun with friends or to compete at events.

For further information please visit <http://www.badmintonengland.co.uk/findaclub>

St Aidan's Junior Badminton Club

St Aidan's Junior Badminton Club is an inclusive club based at St Aidan's Catholic School and Sixth Form College. Everyone is welcome to join in fun sessions, competitions and events at all levels of the sport.

For further information please contact Sharon Cosgrove on 07879 043 733.