

Dimple Dell Fitness and Recreation Center

Badminton

Come and play badminton, burn some serious calories, improve agility and motor skills while having fun!



Badminton is an Olympic sport played either as Singles (two opposing players) or Doubles (two opposing pairs). Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents' court.

Badminton has the ability to be a fast racquet sport; fastest smash recorded is 206 mph! This sport requires aerobic stamina, agility, explosive strength, speed and precision. Furthermore, it can be very technical requiring excellent motor coordination and sophisticated racquet movement.

A 150-pound person can burn about 150 calories in 15 mins!



Play times:

Mon, Wed, Fri: 6–10 AM

Sun: 10 AM–12:30 PM

Tues: 8:45-10 PM (Not available 6/1/17-8/31/17)

Equipment:

Bring your badminton racquet, we will provide the shuttlecocks.

Cost:

Dimple Dell membership or daily pass required.

UBA membership not required to participate in badminton at Dimple Dell.

Contact:

Lesley: lashaw@slco.org
385 468 3355

Shreyas: Shreyas.kamat@gmail.com
801 673 3920

For further information about UBA:

Utah Badminton Association Facebook Page



For inclusion opportunities for people with disabilities, contact Ashley at 385-468-1520 or abowen@slco.org.