

Badminton

Ways to Play in Redbridge

Casual Badminton

no strings
badminton 
16 yrs+

Mondays 7pm-8pm
(term time only)
Seven Kings High School
£3.50

Wednesdays 8.30pm-11pm
Redbridge Sports & Leisure Centre
£3.85
Booking required 020 8498 1031

Thursdays 6.30pm-8.30pm
Wanstead Leisure Centre
£5

Fridays 7pm-10pm
Redbridge Sports & Leisure Centre
£5
Booking required 020 8498 1031

Saturdays 10am-12pm
Redbridge Sports & Leisure Centre
£3.85
Booking required 020 8498 1031

Saturdays 12noon-2pm
Wanstead Leisure Centre
£3.50

Badminton Court Hire

Want to hire a court to play with a group of friends? We have 3 venues in Redbridge. Please call first to book.



Mon-Fri 5.30pm-9.30pm, Weekends 9am-7.30pm
Wanstead Leisure Centre 020 8989 1172
£14.30 Non-member, £9.50 member

Mon-Fri 9am-11pm, Weekends 8am-9pm
Redbridge Sports & Leisure Centre 020 8498 1010
Please call for prices

Sun-Fri 9am-10pm, Saturdays 9am-5pm
The Jack Carter Centre 020 8518 0992
£11 per court or £9 for block booking

Coaching, Fitness and Competition

Cardio Badminton Fitness 16 yrs+
Thursday 7.30pm-8pm
Redbridge Sports & Leisure Centre
£2.50 members, £3 non-members

Adult Badminton Course 16 yrs+
Sundays 10am-11am
and 11am-12pm
Wanstead Leisure Centre
£5.30 members
£7.20 non-members
Booking required on 020 8989 1172

Badminton Club Night 15 yrs+
League standard players only
Thursdays 8pm-11pm
Redbridge Sports & Leisure Centre
Please call for prices 020 8498 1031

Battle Badminton 18 yrs+
Informal competition where challenges are set online.
www.badmintonengland.co.uk/battle

Essentials

8 week courses aimed at Adult Beginners keen to improve their playing confidence - learning the essential badminton skills.
To register your interest email badminton@rslonline.co.uk



Daytime Socials

Mondays & Thursdays 10am-1pm 40 yrs+
Redbridge Sports & Leisure Centre
£5.50 for Leisure Pass holders

Wednesdays 10am-12noon 16 yrs+
Redbridge Town Hall
£3.50

