



Lisa xx

How do I get back on court?



Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. A game of Walking Netball is for all ages and abilities and every session contains a gentle warm-up.

"Trying not to run is the hard part."
"It's a great leveler and is for all abilities and standards. There's no advantage to being quick on the court so this makes it fair."
"It's good for training too. Your health is the most important thing and it's not just netball, it's social too."

new: walking netball session coming to clements hall leisure centre- hawkwell

starting thursday 3rd may

- day:** every thursday
- time:** 9:30am- 10:30am
- where** clements hall leisure centre, clements hall way, hawkwell, SS5 4LN
- cost:** £5 for non-members/ £3.50 for members per session, which includes a **free** tea or filter coffee after the session!

for more information contact:

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Walk this way
englandnetball.co.uk/walking-netball



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