

How do I get back on court?



Lisa xx

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.”

Walking Netball

When: Thursdays starting 3rd October

Where: Newbold Comyn Leisure Centre

Time: 11am-12pm

Cost: Half Price offer at £1.75 for October
£3.50 from November onwards

For more information contact Newbold Comyn LC on 01926 358456 or email jasonstarkey@everyoneactive.com

A FREE Everyone Active card will be required to book in at reception.

England Netball require a Registration Form and PAR-Q to be completed before your 1st session.

everyone
ACTIVE

www

Walk this way
[englandnetball.co.uk/
walking-netball](http://englandnetball.co.uk/walking-netball)