



Lynda

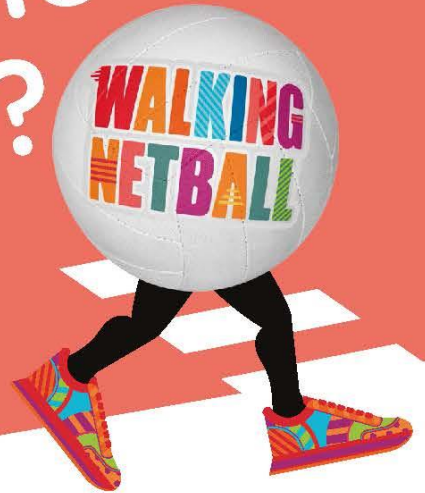
Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. A game of Walking Netball is for all ages and abilities and every session contains a gentle warm-up.

“The warm ups are great, they are really important as you get older to get everything moving.”

“I’m 61 and I never expected to put a bib on again.”

“It gives you confidence if you know you can still do things you did when you were younger.”

How do I take a walk on the mild side?



Walking Netball Session

As seen on BBC Breakfast and many BBC Radio Stations!

Where: Sale Sports Club, M33 2DE

When: Thursday’s 1.30pm-2.30pm (starting from 2nd August)

How Much: £3 per session (£2 for members)

What do I need to bring:

- Trainers
- Clothing you are comfortable in to move around a netball court
- No Jewellery when playing
- Water
- A friend/family member 16yrs+ if you can 😊

Who is the session for: All ladies of any age (16ys+), any size and any ability.

What to expect:

Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level.

To see a typical session, search on **YouTube:** Walking Netball (have a look at first 2 videos that show)

No need to register for this session in advance just turn up.

For more info: katie.thompson@englandnetball.co.uk or call/text/whatsapp 07595 086 752



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