

How do I get back on court?

The Solution
to your
Resolution



Princess Royal Sports Arena

Great Fen Rd, Boston PE21 7PB

Mondays 10 -11.30am

Cost £3.00

Includes a cuppa and chat

contact the centre to book your next session or just come and join us

01205 358666

Email

louise.key@englandnetball.co.uk

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."



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