

How do I get back on court?



Not played since school?
Want to meet new People?
Do something new?

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."

West Lindsey Leisure Centre

The Avenue, Gainsborough DN21 1EP

Starts October 3rd

Every Wednesday

2pm – 3pm

Cost £3.00

For more details contact

Louise.key@englandnetball.co.uk

Call/Text Louise 07545 924994

**Come along and see us on
Wednesday for wiggles and giggles.**

www

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