

# How do I get back on court?



The Solution  
to your  
Resolution

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.

## Kings School Sports Hall

North Parade Grantham NG31 8AU  
(Next door to the EDEN Hotel)

Thurs 6.00pm till 7.00pm

Cost £4.00

To book your place contact

Louise Key

call/text 07545 924994

Email

[Louise.key@englandnetball.co.uk](mailto:Louise.key@englandnetball.co.uk)

"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](http://www.englandnetball.co.uk/walking-netball)