

# How do I get back on court?

Come and join us for a  
Wiggle and Giggle  
and Walk and Talk.



**Borderville Leisure Centre**  
Ryhall Rd Stamford Rd PE9 1US

**Starts 3<sup>rd</sup> October**

**Every Wednesday**

New time of **7pm – 8pm**

**Cost £4.00**

**To book your place contact**

**Louise**

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

**Tel/Text 07545924994**

**Come and join in, make new friends,  
and have FUN.**



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