

# 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.

"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."

## Vale Academy

Atherton Way, Brigg DN20 8AR

**starts JANUARY 12<sup>th</sup>**  
**Friday 6.30pm till 7.30pm**

**Cost £2.50**

**To book your place contact**

**Vanessa**

**call/text 07836 598027**

**email [netball.nes@gmx.com](mailto:netball.nes@gmx.com)**

www

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