

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."

Queen Elizabeth Grammar School
West Street Horncastle LN9 5AD
Every Tuesday
6.30pm – 7.30pm

Cost £4.00

For more details contact

Louise.key@englandnetball.co.uk
Call/Text Louise 07545 924994

Come along and see us on Tuesday
for wiggles and giggles.

New friendships

And most importantly FUN!



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

