

How do I get back on court?

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



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."

Castle Sports Complex

Albion Street Spalding PE11 2AJ

Starts 12th October

Every Friday 2pm – 3pm

Cost £4.00

To book your place contact

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