

How do I get back on court?



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.”

Walking Netball!

When: Thursday mornings 10am-11:30am

Starting Thursday 30th June 2016

Where: Ipswich School Sports Centre,
Rushmere, IP5 1DE

Cost: £5 per session or 6 weeks for £25

First week is free!

Tea, coffee and cake provided afterwards, all ages and abilities welcome, no previous netball experience required!

For more information please contact:

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www

Walk this way
[englandnetball.co.uk/
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