

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.”

Wythenshawe Forum

Simonsway, Wythenshawe, Manchester M22 5RX

Walking Netball

Mondays 11am to 12 noon

£3 per session

All welcome

For more information ring

Frances on 07970211338

www

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