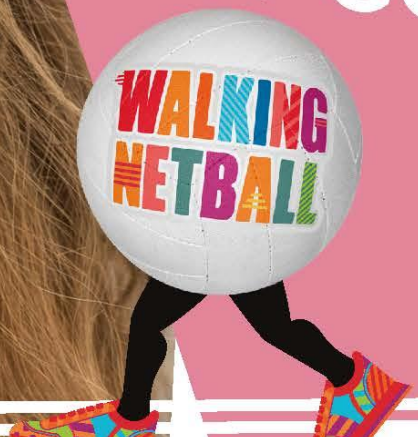
MyGame

How do I get back on court?



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."

Walk this way
englandnetball.co.uk/walking-netball

WALKING NETBALL

is coming to….

IBSTOCK

When: Tuesdays

(Starts: 7th January 2020 – 17th March 2020)

Time: 1:30pm –2:30pm

Where: Ibstock Palace Community Centre

High Street, Ibstock, LE67 6LH

Cost: £2.00 per session

For more information contact:

Georgia James (Physical Activity Assistant)
Email – Georgia.james@nwleicestershire.gov.uk
Contact Number - 01530454735
or
Val Kindred (Netball Development Officer)
07540 0126816
v.kindred@lrsport.org

North West Leicestershire District Council

England netball