

WALKING FOOTBALL



Walking football is a great way to get fit, have fun and make new friends. Whether you're playing with friends or family, it's easy to pick up and play. You don't even need any special equipment; just wear your trainers, grab a ball and begin! This sport is ideal for people of all ages, including people who haven't played sports before. It's also a great way of being active at any level.

Walking football is an amazing way to improve your balance and flexibility. As you get better at the sport, you'll find yourself becoming more agile as well. It's all about learning how to control your body, which requires a lot of coordination, strength and balance! If you're looking for ways engage with others while improving both physical fitness levels as well as mental health, then try taking up walking football today!



Where: Ashby LC & Lido 3G Football Hub
Day: Wednesdays / 11:00am – 12:00pm
First Session: Wednesday 12th April 2023
Cost: £3 per session
Book: At Reception / 01530 412181



Whitwick &
Coalville LC
01530 811215


North West
Leicestershire
District Council

Everyone Active manages these
facilities in partnership with North
West Leicestershire District Council


everyone
ACTIVE

Ashby Leisure
Centre & Lido
01530 412181