

WALKING NETBALL



Lunesdale Sports Centre

Queen Elizabeth School, Kirkby Lonsdale

Thursdays (Term time only) 5pm—6pm

Weekly
from
2nd May

Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level.

From those who have dropped out of sport due to serious injury, to those who believed they had hung up their trainers many years ago, it really is for everyone. All ages and gender welcome!

Come along, have fun, make new friends and keep fit. A suggested donation of £2.00 per session would be gratefully received.

To book a place or to find out more please contact:

Kim Bradshaw, Community Sports Co-ordinator on 07966 55 6944



Brought to you by Kirkby Lonsdale Netball Club

