



Lynda

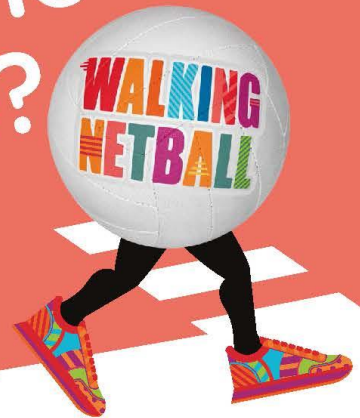
Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. A game of Walking Netball is for all ages and abilities and every session contains a gentle warm-up.

“The warm ups are great, they are really important as you get older to get everything moving.”

“I’m 61 and I never expected to put a bib on again.”

“It gives you confidence if you know you can still do things you did when you were younger.”

How do I
take a walk
on the mild
side?



WALKING NETBALL

at

**BUCKINGHAM
COMMUNITY CENTRE**

Cornwalls Meadow, Buckingham, MK18 1RP

Thursdays 7.00-8.00pm

Starting 7th February 2019

£4 per session

All ladies welcome!

No booking required

For more information visit

www.Englandnetball.co.uk/netball-sessions



www

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