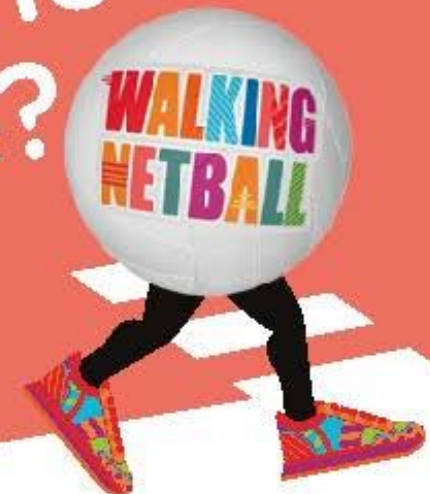




# How do I take a walk on the mild side?



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."

## WALKING NETBALL

Hamble Sports Complex, Satchell Lane, Hamble-le-Rice, Southampton, SO31 4NE

Every Thursday from 9-10am

From 4<sup>th</sup> January to 8<sup>th</sup> February

No need to book – Just turn up! Teas, coffees and biscuits will be made available afterwards!

Sessions are indoors

Just £3

[debbie.spindlow@englandnetball.co.uk](mailto:debbie.spindlow@englandnetball.co.uk)

or

07595 086751 for more information



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

