

# Walking Netball

Lead by Diane Lalor,

Walking Netball is a slower version of the game, designed so that anyone can take part regardless of age or fitness level. Whilst it's fair to say that walking netball can be challenging, there are slightly different rules to Netball that include no running or jumping. The game is played for the benefit of everyone regardless of their ability. The emphasis is on having fun, keeping fit, making new friends and keeping the game inclusive.

The group will meet at St John's Methodist Church on every Wednesday morning (except school holidays) with play between 10am and 11am followed by the option of coffee and cake afterwards at The Coffee Pot. The attendance fee will be £1 to cover cost of equipment.

We shall take breaks for Christmas and Easter. During the Summer there will be sessions throughout July and August held at The Austwick Playing Fields.