



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.

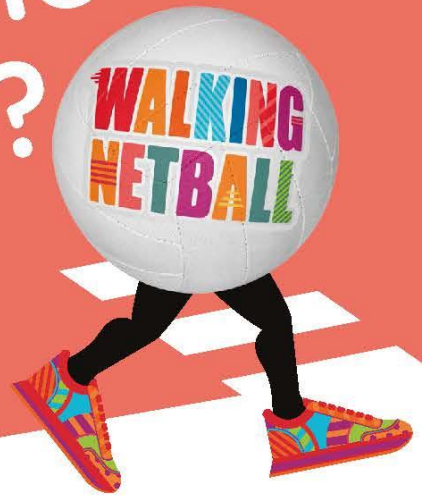
“The warm ups are great, they are really important as you get older to get everything moving.”

“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.”

Walk this way
www.Englandnetball.co.uk/walking-netball

How do I take a walk on the mild side?



BECOME A WALKING NETBALL HOST

NO coaching qualification needed

Course to be held at:

Cambridge Regional College, King Hedges Rd,
Milton, Cambridge CB4 2QT

Sunday 23rd January 2022
10am – 4pm

The aim of this six hour workshop is to provide people with the skills they need to be able to host a Walking Netball session. The workshop includes a mix of both theory and practical sessions.

Costs: £65 for EN Affiliated
£80 Not Affiliated

Outcomes: Understand the game and ethos of Walking Netball. Be clear on the role of a Walking Netball host. Know how to create a great first experience. Provide ideas for fun and relevant practices that can be used in a Walking Netball session. Ensure that the host is able to deliver safe, fun and inclusive sessions

For more info visit:

<https://www.Englandnetball.co.uk/get-involved/coaching/>
or email:

east@Englandnetball.co.uk