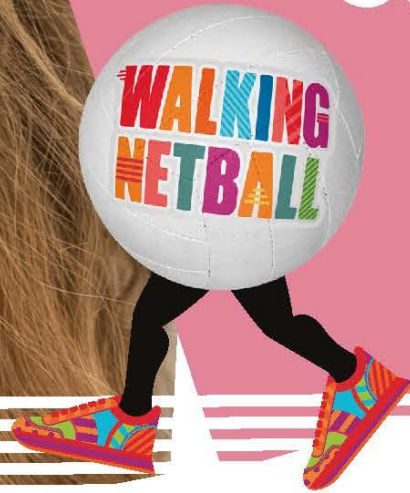


# How do I get back on court?



Lisa xx

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.

“Trying not to run is the hard part.”

“It’s a great leveler and is for all abilities and standards. There’s no advantage to being quick on the court so this makes it fair.”

“It’s good for training too. Your health is the most important thing and it’s not just netball, it’s social too.”

## Walking Netball in Abbots Langley!

**Starting Thursday 19<sup>th</sup> April!**

**Where: Abbots Langley Health Club, YMCA Centre, College Road, Abbots Langley, WD5 0GU (outdoor courts)**

**When: Thursdays 12.30pm-1.30pm**

**Cost: £3**

**For more information, please contact  
Florrie Jones:  
Florence.jones@englandnetball.co.uk /  
07525 703153**

www

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

