



Lynda

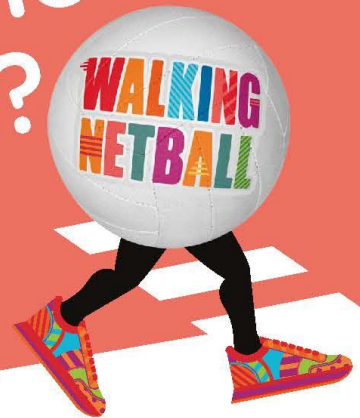
Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. A game of Walking Netball is for all ages and abilities and every session contains a gentle warm-up.

"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

STOKE MANDEVILLE STADIUM

Guttmann Road, Aylesbury, Bucks HP21 9PP

Tuesdays 6.00-7.00pm

Starting 2nd May 2017

FREE Taster on 2nd May

Prices from 9th May onwards:
£3 per session (1Life members)
£4 per session (non-members)

All ladies welcome!

No booking required

www

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



Stoke Mandeville Stadium

powered by

1Life
Live more. Live well.

