



*Dynda*

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  
[englandnetball.co.uk/  
 walking-netball](http://www.englandnetball.co.uk/walking-netball)

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



## BECOME A WALKING NETBALL HOST

Course to be held at:

**Congleton Leisure Centre, CW121DT**

**Sunday 10<sup>th</sup> March 2019**

**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 Non 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

[Online booking form](#), Course Ref CW0749

<https://webservices11.wufoo.com/forms/x10b71r61284gyb/>

or email [NWcourses@englandnetball.co.uk](mailto:NWcourses@englandnetball.co.uk)