



Dignda

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://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:

Lunesdale SC, QES Cumbria. LA6 2HJ

Saturday 27 April 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 if EN Affiliated / Partnership agreement
 £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

Course Ref CW 0747 27.4.19

Booking form link:

<https://webservices11.wufoo.com/forms/xqwjtiv104xom7/>