



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



## BECOME A WALKING NETBALL HOST

<https://www.EnglandNetball.co.uk/course/walking-netball-host-workshop/>

### Courses in the North West:

**Wellington School,**  
Altrincham, WA15 7RH  
**Sunday 24<sup>th</sup> October 2021**  
**10am – 4pm**

**Palatine Leisure Centre,**  
Blackpool, FY4 2AP  
**Sunday 9<sup>th</sup> January 2022**  
**9am – 3pm**

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.”

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.

Booking onto a course has changed, it is now centralised and online.

[Check your eligibility and book here.](#)

Before booking, make sure you have your ENA ID and password to hand.

If you need help finding your ENgage credentials, [Customer Services](#) will be happy to help.



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

