

# 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 Taster Session

- Where:** Impington Sports Centre  
Sports Hall, CB24 9LX
- When:** Tuesday 6<sup>th</sup> March 2018
- Time:** 7:00 – 8:15pm
- Cost:** £4
- Contact:** [LetsGetMoving@cambridge.gov.uk](mailto:LetsGetMoving@cambridge.gov.uk)

This is a new activity so please send us an email to let us know you are coming along.

We hope to continue more regular sessions from April. See you there!



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

