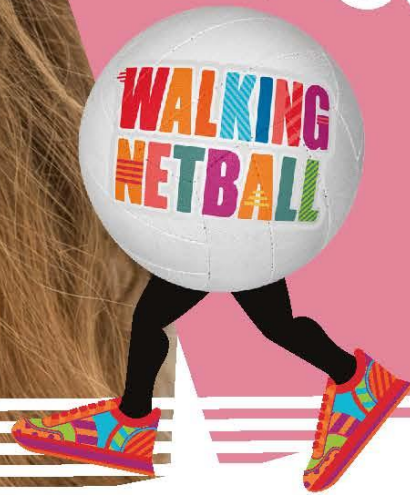


# How do I get back on court?



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 IN FILTON

Filton Sports & Leisure Centre, Elm Park, Filton, Bristol, BS34 7PS

MONDAYS 6:00-7:00PM

£2.50 a session

Or FREE with SportsPound vouchers



Please register your interest before your first session:

[sportspound@southglos.gov.uk](mailto:sportspound@southglos.gov.uk)



Macmillan Cancer Support fully endorse England Netball Walking Netball sessions as a great way for ladies who are recovering from cancer to get active

www

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