

WALKING NETBALL

Do you have fond memories of playing netball when you were younger?

Walking netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level.

Sessions are about having fun and socialising, as well as the amazing health benefits it can bring.

Citadel Leisure Centre

Friday's 1-2pm

FREE 'Come and try' 5 week block

25th January

1st, 8th, 15th and 22nd Feb

Sportsdevelopment@south-ayrshire.gov.uk

01292 269793

