



# Red Choughs Walking Netball

Sports Hall,  
Pool Academy,  
Church Rd, Redruth

£3 per session

## What is Walking Netball?

Walking Netball is a friendly and inclusive programme, allowing women the opportunity to find their place in the sport. It's netball, but at a walking pace where the rules are slightly tweaked. Usually held indoors, there are over 200 programmes running across the country all year round. Since its inception, more than 37,000 women have gotten involved in their local communities. Sessions are run by specially trained Walking Netball Hosts who run the activities and join in with all the fun and laughter! It's an experience; a one-of-a-kind programme that gives access to a whole world of connection, laughter and fun. You can pay and play for a single session and see how you like it – no long-term commitment is required. <https://youtu.be/7SfzMU8hwvA>

## Who is it for?

Walking Netball has been designed so that anyone can play, regardless of age or fitness level. From those who have dropped out of the sport they love due to injury to those who believed they had hung up their netball trainers many years ago. Walking Netball really is for everyone. It can give those who feel isolated an outlet, provide an activity for those who do not deem themselves fit enough to run anymore and offer a stepping stone for those looking for a pathway back into netball. It's also for people who have never played before. Whoever you are, there is a place for you within Walking Netball