

Walk, Don't Run!!

Walking Netball was “invented” in Scotland in 2017 from where it sauntered across the whole of the UK. Temporarily halted by the pandemic, post-2021 it quickly gathered pace with over 200 programmes now established, and 37,000 women playing the game. The game is a version of conventional netball with some rules adjusted to suit older or less agile players. All you need to play is a pair of sturdy trainers and loose, comfortable clothing.

Rotherham u3a Walking Netball team first stepped onto court in 2022, and soon discovered that not only did this enjoyable, low-impact game improve muscle tone and strength, but also balance, coordination, and stamina. It's gentle on the joints, increases flexibility, and personal reaction times.

Like all physical exercise, it boosts the release of “feel-good” hormones, whilst playing in a team gives that extra “buzz” that comes from sharing a fun activity with friends. Even “serious” games have been known to occasionally dissolve into laughter.

Walking Netball is an enjoyable way to make new acquaintances and friends and to stay active, happy and healthy. From absolute beginners to experienced players, all are welcome to join this friendly, exuberant group.

The Ru3a Walking Netball team plays each Monday between 1pm-2pm at St Anne's Leisure Centre Rotherham S65 1BL. If you'd like to try it, why not come along and play one or two games free of charge, to discover if it's for you ?

To arrange a visit or to join the Walking Netball group, contact the group coordinator via the Group link on : rotherham.u3asite.uk or by texting or calling 07359 778 361

