

**NEW WALKING FOOTBALL SESSIONS - ACTIVITY AIMED AT 50+  
INSIDE SPORTS HALL CARLTON COLVILLE COMMUNITY  
CENTRE, HALL ROAD, NR33 8BT  
£2 SESSION  
FRIDAY'S 3.00 pm – 4.00 pm**



**Walking Football is a slower paced version of the traditional game. If you have retired from the game, no longer play through injury, or want to give a new sport a try, then this group could get you back involved in the game. Meet new people and share your passion for the game.**

**What is Walking Football?** Walking Football is non-contact and anyone that sprints, runs or jogs whilst the ball is in play will be penalised with a free-kick awarded to the other team

**Are the rules the same?** Walking Football has the same rules as the five aside game but one main difference – no running

**What should I wear?** Comfortable loose clothing, appropriate for taking part in sport and trainers

**What should I bring with me?** A drink – water or sports drink