



Walking Football



Are you over 50 and football mad? Do you think you are too old to play football but would love to try? Are you recovering from an injury and want to get fit?

Walking football could be for you.

Walking Football is the perfect game for people in later life because the threat of pain or injury is reduced due to the slower pace of the game and no contact.

The pace might be slower, but it is still challenging and an excellent way to get fit.

Come along for a free taster session with Duffers United Walking Football®

(don't let the name fool you!!) at:

Jenner Park Tuesday 6pm - 7pm & Colcot Sports Centre Thursday 7pm - 8pm

Everyone is welcome regardless of football ability

For more information check us out at:

<https://www.duffersunited.co.uk/>

<https://m.facebook.com/groups/264107978098941/?ref=bookmarks>

or contact us at: duffersunited@virginmedia.com