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Walking Netball is a health and wellbeing program which caters to all fitness levels. The program brings together a variety of low-intensity cardio, strength, balance, stretching and netball skills over 60 minute sessions, finishing with a game of Walking Netball.

WALKING NETBALL IS BACK FOR 2020!

When: 6 week program, Wednesday's 5:45pm to 7pm, 19/02 to 25/03/2020

Where: Kiama Netball Association – Kiama Sports Complex, Havilah PI, 2533

Cost: Sessions are \$3.60, and can be paid online when booking in.

Registration: Online. It's a two-step process – Register, then Book In.

<https://www.playwalkingnetball.com.au/classes/10066/>

To find out more or sign up for the sessions, visit www.playwalkingnetball.com.au or call N i k i t a Sevula on 0420 960 886, or email nsevula@netballnsw.com.

