

A new form of the beautiful game...

Walking Football

Berkhamsted Raiders CFC in association with:



Weekly sessions start from
Monday 25th January
Just turn up and play!

Walking Football is a great way to keep fit, learn skills and have fun. It's perfect if you are recovering from injury, retired from game or just want to have a go at football.

The sessions will be held in the new Ashlyns Sports Centre and will be run by Watford FC Community Coaches, sessions will include basic fitness training and warm ups, skills tuition and a short game.

- Time:** 7pm
Venue: Ashlyns Sports Centre, Ashlyns School, Chesham Road, Berkhamsted HP4 3AE
Age: 14 years + (there are no limits!)
Ability: All abilities welcome - from beginner to experienced players
Cost: £4 per session.
(Your first session is free)

For further details please contact Carol Preedy on cpreeedy@ashlyns.herts.sch.uk

