



A WALK IN THE PARK

**WALKING
FOOTBALL
FOR OVER 55s**

TUESDAY EVENINGS 6-7pm

Starts 3rd August

The Beautiful Game you love - played in a new way. Smaller teams, simple rules but still big on fitness, friendship and fun.

- Your first session is FREE - then £3 per week
- Book online to reserve your space & pay at the gate
- FREE light refreshments



Book Now!
maximum 30 players
per session

BOOK ONLINE AT:
apex360.co.uk/bookings

GROVEHILL
3G FOOTBALL PITCH
Redbourn Road
Hemel Hempstead HP2 7BA
(large free car park)

