



Walking Cricket (6 week course)

October 31st - December 5th
Tuesdays, 10:45 – 11:45am

Sports Hall, Mary's Community Centre
Upper Street, Islington, N1 2TX



Claremont Project is a charity, arts and wellbeing centre for people aged 55+ in Angel, Islington. We have teamed up with Middlesex Cricket and Mary's Community Centre to offer a free, 6-week taster-run of Walking Cricket sessions for Claremont members at Mary's Community Centre, next to St Mary's Church (10-15 minute walk from Claremont).

What is Walking Cricket?

Walking Cricket is played at a slower pace – so it's perfect for people who are older, or less physically able, but who still want to enjoy the thrill of the game. Walking Cricket involves a team of six to eight players.

Everything is walking and the game is played with a soft ball, therefore no protective equipment is required. As a rule, no batter, fielder, or bowler is allowed to run!

Why play Walking Cricket?

Whether you're batting, bowling, or fielding, it's a great form of cardio exercise. Plus it improves both agility and hand-eye coordination. If you ever enjoyed playing rounders at school, you'll love a game of Walking Cricket. Walking Cricket is a very social sport, filled with team spirit and fun.

**Email martha@claremont-project.org
or call 02078373402 to sign up**

15 participant spaces available

No previous experience or knowledge of cricket needed

**To attend, you must become a member of Claremont. Membership is free, but you must be aged 55+ and be Islington based.*

You must, where possible, do your best to attend all six sessions. However, we quite understand if hospital, care-related and/or family commitments or other emergencies arise.





Walking Cricket *Extra Opportunity!*



Cricket Activators & Coach Education Programme

Are you Interested in coaching, volunteering or leading cricket sessions for the community?

If so, Middlesex Cricket are happy to train any interested individuals to become activators (fast tracked process to coaching) and make them capable of leading cricket sessions for boys, girls and adults (including 'Walking cricket') and provide them with bursaries to pursue further coach education and qualifications and the chance to gain part/full-time employment as coaches.

If you would like to opt in for this additional opportunity, please let us know upon getting in touch



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