

Walking Football Skills

A session to help you improve skills and build confidence to play a Walking Football Match



Friday's 2.00pm-3.00pm
The Parks, Howdon Road,
North Shields, NE29 6TL

Practice skills such as dribbling, passing, shooting, game strategy and teamwork

Improve your strength, coordination, fitness levels and your confidence

For more information please contact Caitlin:

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