

# SOUTH SOMERSET WALKING FOOTBALL

**TUESDAYS 5<sup>PM</sup> - 6<sup>PM</sup>**

at Huish Leisure Centre Astro,  
Langport, TA10 9SS

**JOIN US!  
EVERYONE  
WELCOME.  
£2.50 PER  
SESSION**

## WALK DONT RUN!

- **WANT TO TRY SOMETHING DIFFERENT?**
- **NEW TO EXERCISE?**
- **RETURNING FROM INJURY?**

**WALKING FOOTBALL IS GREAT FUN AND HAS EXACTLY THE SAME RULES AS FOOTBALL BUT NO RUNNING OR YOU'LL GIVE AWAY A FREE KICK.**

## TO FIND OUT MORE CONTACT

Sam Wenden-de-Lira: 01935 462346 Email: [sam.wenden-de-lira@southsomerset.gov.uk](mailto:sam.wenden-de-lira@southsomerset.gov.uk)

Terry Crocker (Football Development Officer, Huish Leisure): 01458 251055

Website: [www.southsomerset.gov.uk/walkingfootball](http://www.southsomerset.gov.uk/walkingfootball)



South Somerset  
District Council  
**Healthy  
Communities**

