



Looking to try a new sport.....
.....Keen to join a new club?

Play walking football with Harwich Walking Football Club Women's Team

Open to females aged 40+ of all abilities and experience levels.

**£4.00 per session, Tuesdays 4:00pm 5:00pm.
From Tuesday 24th August 2021. Your first session is free!**



For further information contact:

Call Jenny Hill on 07890 665883 or email her at jpsportscoaching@outlook.com

Women's Walking Football

The Harwich Walking Football Club are putting plans in place to create a Women's Walking Football team. The Club have received funding so that they would be able to form this team from 1st of August 2021.

Walking Football for women has been continuously developing across the UK over the last 2 years and with this increase in the number of individuals participating across Essex and Suffolk, we feel it is the right time to create a Women's Walking Football team to cater for this growth in our local communities and meet player needs.

The Club is intending to run at least one Women's Walking Football session a week, every week. All sessions will be run by Jenny Hill, who is a Level 1 FA qualified coach who is used to coaching from beginner level at walking football.

Walking Football is a great social sport - a good way to keep fit and making friends at the same time. If you're 40 years old or older and want to try playing Walking Football, then please come along. You will meet a great bunch of women who enjoy playing football, having a laugh whilst keeping fit.

All abilities are welcome, just turn up!

"I didn't know walking football was so much fun! I've made new friends and even though it's walking, it gives you a good workout, I would recommend it! Come along and give it a try. You will amaze yourself!" — **Linda, Women's Walking Football Participant**

What to wear / bring:

The sessions take place outdoors on Little Oakley FC's 3G pitch, so please wear suitable trainers and comfortable clothes suitable for the activity. It is advisable to bring a bottle of water with you.

We will teach you at your own pace and help give you the confidence. Whatever level you are, you will be fully involved and part of the Women's Team. The main thing is to have fun, learn, have some gentle exercise, and have some great laughs along the way. Have you ever fancied playing in a team and playing our wonderful game? There is absolutely no need to have played in the past or to be competent footballer.

There is no regular competitive league for women in Essex yet, but as more women become involved in walking football, we anticipate leagues will naturally follow. We will enter occasional friendly tournaments whenever possible. All we ask is for you to turn up and enjoy the game in a relaxed safe environment.