

Walking Football Brisbane Inc

Welcome to Walking Football Brisbane which offers you the chance to play the beautiful game albeit at a slower pace. Walking Football is one of the fastest growing activities for older people in Brisbane and our group, which was formed in 11-10-2017, offers you the opportunity to:

- get fitter
- lose a little weight
- enjoy a feeling of well being
- socialise and have a bit of a laugh with like minded folk
- rediscover the joys of football!

The Sessions: We meet every (*Saturday*) at (*Brisbane City Indoor Sports, 8 Castlemaine St Coorparoo*) from (*2pm – 4pm*). Participants are encouraged to arrive at *1.45 pm* where we can warm up, have a friendly chat and selected evenly balanced teams ready to start promptly at (*2.00pm*).

Registration: Please ensure you read and sign a registration form before your first session.

Footwear & Clothing: We recommend wearing astro or rubber studs footwear and shin pads. We also suggest you bring drinking water and warm clothing in the colder months.

Rules: Very similar to 5 a side football except no running or jogging and **minimum physical contact** which includes no side or slide tackling. Full rules will be explained at your first session.

Social: All participants are most welcome to meet at the bar after the game for a bit of friendly chat and banter over a soft drink or what ever you prefer.

Cost: \$10.00 per session

Further information:

Tel: 0432 967 829

email: info@walkingfootballbrisbane.com.au

Web: walkingfootballbrisbane.com.au - [Facebook/walkingfootballbrisbane.com.au](https://www.facebook.com/walkingfootballbrisbane.com.au)

Other Sessions: *Brisbane City Indoor Sports – 117 Mina Parade, Newmarket Sunday 12 – 2.00pm*
Northside Indoor Sports & Fitness – 17 Flinders Parade North Lakes 3pm – 5pm
We are also looking to expand to other indoor venues around Brisbane



Walking Football Brisbane is a not-for-profit organisation

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