

**HDNA’S WALKING NETBALL**

**starting Saturday 11th May at 1.30pm**

**Firth Park, Somerset Drive, Mudgeeraba.**

**Cost: $5 per person per session**

**Focuses on fitness and fun for EVERYONE**

**who can no longer play the fast game!**

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| * **Walking Netball** is a new program
* For those who cannot participate in the fast game and want to join the slower game, or just want to learn walking netball.
* Enjoy the health and social benefits of netball in a welcoming and fun environment
* Age and fitness are no barrier

 HDNA’s program will run for the following dates:11th May / 18th May / 25th May / 1st June / 8th June / 15th June / 22nd June This program may be extended depending on numbers.**Enquires: please call Rosemaree Bradford – mobile # 0418 737 862**HAPPY WALKING NETBALLING!!!!!!!!!!!! |
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WALKING NETBALL USES A MODIFIED VERSION OF THE TRADITIONAL NETBALL RULES:

* No running or jumping
* An extra step may be taken
* A player has 4 seconds to throw or shoot the ball
* When defending, a player must be 4 feet away from the opposition player
* Rolling substitutions are allowed during play