

BARRY TOWN UNITED WALKING FOOTBALL



Are you a woman over 40, man over 50, and football mad? Do you think you are too old to play football but would love to try? Are you recovering from an injury and want to get fit?

Walking football could be for you.

Walking Football is the perfect game for people in later life because the threat of pain or injury is reduced due to the slower pace of the game and no contact. The pace might be slower, but it is still challenging and an excellent way to get fit.

Free taster sessions with Barry Town United Walking Football at:

Jenner Park Tuesday 6pm - 7pm or Colcot Sports Centre Thursday 7pm - 8pm

Everyone is welcome regardless of football ability

For more information check us out at:

<https://barrytownunitedwalkingfootball.com>

<https://m.facebook.com/groups/264107978098941/?ref=bookmarks>

or contact us at: duffersunited@virginmedia.com