

Adults 'Back to Netball' Sessions

Enjoyed playing netball at school? Stopped playing and would love to start again? Looking for a new fun activity?

'Back to netball' sessions are fun and social gentle re-introductory sessions for ladies aged 16+ yrs wishing to get back in to netball or to increase their fitness levels. The sessions consist of skill sessions, circuit fitness sessions and game play. This is a brilliant way to improve your fitness and to get back playing netball. Never played before? Fear not, most of the ladies are like you and brand new to the sessions, so come and long and give it a go!!

'Back to netball' sessions:

Morley leisure centre, circuitNET, Tuesdays, 12.30-1.30pm, Standard £4.80, Leeds card £4.30, Leeds card Extra £2.90, Leeds card Senior Adult £4.30

Kirkstall leisure centre, Back to Netball, Tuesdays, 5.00-6.00pm, Standard £4.80, Leeds card £4.30, Leeds card Extra £2.90, Leeds card Senior Adult £4.30

Armley leisure centre, Back to netball, Tuesdays 7.00-8.00pm, Standard £4.80, Leeds card £4.30, Leeds card Extra £2.90, Leeds card Senior Adult £4.30

Carr Manor High School, Back to Netball, Wednesdays, 6.00-7.00pm, £2, starts Wednesday 16th November.

Kirkstall leisure centre, Back to netball, Wednesdays, 8.00-9.00pm, £2.50

St Matthews Community Centre, Holbeck and Beeston, Back to Netball, starts 5th January, Thursdays, 1.00-2.00pm, Free

Rothwell leisure centre, Back to netball, Thursdays, 7.00-8.00pm, Standard £4.80, Leeds card £4.30, Leeds card Extra £2.90, Leeds card Senior Adult £4.30

Morley leisure centre, back to netball, Fridays, 7.30-8.30pm, Standard £4.80, Leeds card £4.30, Leeds card Extra £2.90, Leeds card Senior Adult £4.30

Bruntcliffe High School, Morley, Leeds, Back to Netball – ladies over 40 only, Sundays, 6.00-7.00pm, £2.50.

Bruntcliffe High School, Morley, Leeds, Back to netball – ladies 18-40 years, Sundays, 7.00-8.00pm, £2.50

Rothwell leisure centre, back to netball, Sundays 7.00-9.00pm, £4.50

If you would like any further information please don't hesitate to contact me, Emily Hearle at emily.hearle@englandnetball.co.uk or on 07872407218. See you there!!

