



# WALKING FOOTBALL

Walking football is a slow-paced version of the game, designed to help people have an active lifestyle regardless of their age and ability. It is a great way to keep fit, have fun, make new friends and learn new skills.

The game is non-contact and free kicks are given against those who sprint or jog. Everton Walking Football Club are an affiliated club and in addition to weekly training sessions compete in local, regional and national tournaments.

**SESSIONS EVERY MONDAY AND WEDNESDAY**

**6:30-8PM**

**THE PEOPLE'S HUB, L4 4DF**



**TO FIND OUT MORE INFORMATION OR TO GET INVOLVED PLEASE CONTACT  
LEWIS GARSIDE AT [LEWIS.GARSIDE@EVERTONFC.COM](mailto:LEWIS.GARSIDE@EVERTONFC.COM) OR CALL 0151 319 4018.**