

FOOTBALL TOGETHER

FREE FAMILY-FOCUSED WALKING FOOTBALL SESSION



WHEN: EVERY SATURDAY MORNING

TIME: 10AM - 12PM

(1 hour football, 1 hour social (in the Retreat) free tea/coffee & healthy snacks)

VENUE: THE PORTLAND CENTRE, MUSKHAM STREET, NOTTINGHAM, NG2 2HB



**NOTTINGHAM FOREST
COMMUNITY TRUST**



**Notts County
Foundation**



NO PRESSURE, JUST FUN

The rules are simple, and the atmosphere is relaxed and friendly. We want everyone to feel comfortable, build confidence, and have fun with family and friends.

PHYSICAL AND SOCIAL BENEFITS

Promotes cardiovascular health, improves fitness, and helps with coordination and balance. It's also a fantastic way to meet new people, make friends, and bond as a family. Sessions end with a cuppa and a healthy snack.

INCLUSIVE FOR ALL ABILITIES

Beginners, experienced players, or those who might be new to football can all participate comfortably and enjoy the game.

Whether you're looking for a fun way to get active, introduce your children to football, or connect with others in your community, our walking football session offers a welcoming space for all.



SCAN TO
BOOK

