

# borders walking football

Do you love playing football but want to play at a slower pace?  
Come along and try our Walking Football. All the rules are the same, but players have to walk - no running or jogging!

**Come along and see what it is all about!**

Day	Venue	Time	Cost	Contact:
Mon	Langlee Community Centre, Galashiels	2.30-4pm	£1	Lynne Marshall 07717 548 105 Lynne.Marshall@scotborders.gov.uk
Tues	Old Baths, Hawick	2.30-3.30pm		Rob Hale 01450 363730
Tues	High School Games Hall, Kelso	6-7pm	£1	Allan Dorward 07818288744 atd2206@aim.com
Tues	Newcastleton polysport astroturf cage (Please contact prior to play as times/days can vary)	1-2pm	by donation	Paul Smith 07527 592 725 p.smith@churcharmy.org.uk
Wed	Home Park, Coldstream	7-8pm	free	Juliana Amaral 07917277139 Julliana.Amaral@scotborders.gov.uk
Wed	Games Hall, Gala Adademy, Galashiels	6-7.30pm	£1	Lynne Marshall 07717 548 105 Lynne.Marshall@scotborders.gov.uk
Thurs	3G Cage @ Netherdale, Galashiels	3-4pm	£1	Lynne Marshall 07717 548 105 Lynne.Marshall@scotborders.gov.uk
Fri	Community Centre, Peebles	3-4pm	free	Jillian Scott 07786477950 jillian.scott@scotborders.gov.uk

**Walking Football - a great way to keep active**