



# Lauder 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!**

Walking Football sessions will take place indoors on Tuesday evenings from 22nd August 7 - 8pm at **Lauder Leisure Centre**.

Cost: £2 per session

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

Keep active and make the most of your social time

Contact Lauder Leisure Centre: 01578 722 833 or  
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find the Community Capacity Building Team on Facebook

