



# WALKING FOOTBALL

Sign up now for **FREE** walking football sessions. There are sessions for men aged over 35, women and girls (aged 10+), and families with children of all ages.

Take part in as many sessions as you like. Spaces are limited so book fast.

To book your place email  
@ [sdurner@hillington.gov.uk](mailto:sdurner@hillington.gov.uk)

## FOR MEN (AGED 35+):

**At Botwell Green Sport and Leisure Centre,  
Thursdays, 6pm to 7pm**

- 1 July to 16 September 2021
- 30 September to 16 December 2021
- 6 January to 24 March 2022

**At Hillingdon Sports and Leisure Centre,  
Mondays, 10am to 11am**

- 30 June to 15 September 2021
- 29 September to 15 December 2021
- 5 January to 23 March 2022

## FOR WOMEN AND GIRLS (AGED 10+):

**At Botwell Green Sport and Leisure Centre,  
Mondays, 4pm to 5pm**

- 26 July to 27 September 2021
- 11 October to 13 December 2021
- 10 January to 14 March 2022

## FOR FAMILIES (ALL AGES):

**At Botwell Green Sport and Leisure Centre,  
Mondays, 2.30pm to 3.30pm**

- 26 July to 30 August 2021
- Half term weekdays, 2.30pm to 3.30pm**
- Monday 25 to Friday 29 October 2021
- Monday 14 to Friday 18 February 2022

**At Hillingdon Sports and Leisure Centre,  
Fridays, 3.30pm to 4.30pm**

- 23 July to 27 August 2021
- Half-term weekdays, 3.30pm to 4.30pm**
- Monday 25 to Friday 29 October 2021
- Monday 14 to Friday 18 February 2022



**HILLINGDON**  
LONDON



[www.hillingdon.gov.uk/walking-football](http://www.hillingdon.gov.uk/walking-football)