

# Over 50's Walking Football

Tuesdays 3:30pm-4:30pm

Supporting the Local Community

Walking Football is a slower version of the game, designed so that anyone can take part regardless of age or fitness level.

To find out more, please contact the Admin Team at Age UK South Lakeland on 01539 728118. [admin@ageuksouthlakeland.org.uk](mailto:admin@ageuksouthlakeland.org.uk)



Kendal Leisure Centre, Burton Road, Kendal, LA9 7HX