

Walking Football (Soccer).

Join our Keilor Life Activities Team every **Wednesday**

Time: 1.00pm - 2.00pm. **Venue:** Brimbank Netball & Basketball Stadium, Stadium Drive, KEILOR PARK

Mixed Teams

- Sessions begin with 'Warm-up exercise'.
- Drills
- Followed by a 15 minute game.
- Ending with 'Cool down exercise'.
- Refreshments available.
- As an indoor activity, participation is not restricted by the weather. Heat, cold, or rain.

Designed for Seniors of a reasonable fitness level...Non contact and No running. 7 players per side..

Selective rules apply eg: Ball must not be kicked above waist height.



