

## Back to Netball



**Back to Netball is returning on Tuesday after it's summer break. The free sessions are hosted in CitySpace from 12pm-12.45pm by a qualified coach and all levels are welcome to attend.**

Back to Netball sessions are running across England and provide women of all ages with a gentle re-introduction to the sport. Ran by passionate and enthusiastic coaches, sessions cover the basics of the game including passing, footwork and shooting. Sessions finish with a friendly game to put the skills you have learnt into practice.

You don't need any special kit, just clothes that you feel comfortable exercising in and trainers ideally that lace up. Make sure you bring some water and that you've had a snack a couple of hours before hand so you've got plenty of energy.

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