

Social Walk Ball (Netball) Frequently Asked Questions

What is Walk Ball (Netball)?

Walk Ball (Netball) is a fun, modified version of netball designed for adults and those looking for a more relaxed pace. This game encourages participation over competition by reducing the intensity and physical demands, making it enjoyable for everyone. It's a low-impact version that promotes safety, reducing the risk of injury or falls. Walk Ball helps participants gradually return to physical activity by focusing on basic motor skills, balance, coordination, and footwork. More importantly, it offers a great way to have fun, meet new friends, and develop social networks!

Who is Walk Ball (Netball) For?

Walk Ball (Netball) is open to participants aged 15 years and over, and it welcomes all abilities and backgrounds.

What are the Benefits of Playing Walk Ball (Netball)?

Walking Netball provides more than just a safe environment for staying active—it also has amazing physical benefits, such as improving strength, balance, flexibility, and circulation. Plus, it's great for long-term fitness and weight management.

Not only that, but you'll get the chance to build team spirit and enjoy social interactions with others. It's the perfect way to have fun, stay fit, and make lasting friendships!

How Long Does a Walk Ball (Netball) Game Last?

Each game lasts between 30 and 45 minutes, depending on the quarter length. Quarters typically range from 6 to 8 minutes, and don't forget to leave time for a warm-up and cool-down!

What Equipment Do I Need?

- Comfortable sneakers
- Your favourite workout gear
- A water bottle or sports drink to stay hydrated
- Bibs are supplied

Do I Need Medical Clearance to Participate?

While there's no official requirement for medical clearance, it's always a good idea to consult your doctor if you're unsure of your ability to participate. If you have any concerns, a quick check-up before registration is highly recommended to ensure you can enjoy the game safely!