

**SPORTS, HEALTH & WELLBEING**

**ACTIVITY DETAILS**

Walking Football



**Solihull Moors Football Club**

**SportNation.bet Stadium**

**B92 9EJ**

**COST**

£3 per person

**TIMES**

 11am-12pm every Thursday (apart from 3rd Thursday of every month due to pool competition)

**DELIVERED BY**

 Coaches from Solihull Moors Football Club deliver the session.

**DETAILS OF ACTIVITY**

* Inform Sports team if you are interested in taking part and then turn up
* Wear appropriate footwear and clothing suitable for sports
* Qualified football coaches onsite
* Bring drinks or money to purchase drinks at the café.

**KNOWN RISKS**

 There is always a change of trips and falls and collision with other players, which could cause possible bruising, sprains or possible fractures.

**DIRECTIONS TO VENUE** (if difficult to find)