



Lancashire
Cricket
FOUNDATION

WOMEN'S WALKING

OLD TRAFFORD SPORTS BARN, SEYMOUR PARK, CARVER ST, M16 9PQ

CRICKET

Walking Cricket is a fun, social and welcoming format of the game, played at a slightly slower pace and is ideal for women aged 50 plus, it is the perfect way to remain involved with the game and meet new people whilst staying active

EVERY TUESDAY, 12.30PM - 1.30PM

- SUITABLE FOR ALL ABILITIES**
- IMPROVE PHYSICAL FITNESS**
- SOCIAL INTERACTION**
- MEET NEW FRIENDS**
- HAVE ACTIVE FUN**
- IMPROVE MENTAL HEALTH**

For more information, contact:

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OR CALL **07917 750 924**

Lancashire Cricket Foundation is a Company Limited by Guarantee (6394384) and a Registered Charity (1121855).

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