



Would you or someone you know like to join our Walking Basketball program?

Wednesdays at 10am – **starting MARCH 10TH 2021**
Southern Basketball Centre (Tulip Street, Cheltenham)
Morning tea provided in the upstairs social room afterwards

PROGRAM DATES*:

March: 10th, 17th, 24th and 31st
(School holidays)
April: 21st and 28th
May: 5th and 12th

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**the Walking Basketball Program will be subject to Covid restrictions at the time of operation*



***“Keep people moving
and having fun.”***

Move It Aus – Better Aging

Sport Australia’s Move It Aus – Better Ageing Grants Program objective is to increase participation in physical activity among Australians aged 65 years and older. The Walking Basketball initiative should contribute to improving overall health and well-being of older Australians. Walking Basketball is now being delivered Australia wide.

What is Walking Basketball?

Walking Basketball is a low impact, social and fun way to improve the levels of physical activity for older and inactive Australia, including those recovering from injury. Walking Basketball is played with a size 5 basketball, on a modified hip-height, or lowered, ring. Five on five game play, with rest breaks where required.