

Have fun after COVID
LADIES WALKING FOOTBALL
for all ages
Coming to your area soon

Girvan FC Community Walking Football are looking to start up and run walking football sessions at Hamilton Park Girvan for ladies of all ages when restrictions are lifted.

Girvan already holds twice weekly sessions for men which has been highly successful and are looking to do the same for ladies.

After the constraints we have all been through what better way to get back to normality than by having fun, meeting people safely and improving health and well being by having a try at walking football.

People have found walking football to be:

- great fun
- a tremendous way of meeting people
- a fun way of gently getting fitter and improving well being

We are keen to find out from you what days and times you would like the session to be held.

So if you think you would be interested and would like to register your interest or would like more information contact John Logan by email on john.ross.logan@gmail.com and / or visit Girvan FC's facebook page for news and updates on when we will start the walking football sessions for ladies.