

Republic of Ireland **Walking Football Association (ROIWFA)**



Walking Football comes to Leeds Irish Centre!

Walking Football (WF) is a fantastic, safe way of getting a little exercise, especially designed for older men and women. There are over 200,000 players already regularly taking this form of exercise in the UK where it has been established 12 or more years, and the sport is growing well in Ireland.

The Republic of Ireland Walking Football Association (ROIWFA), are bringing WF to the Leeds Irish Centre! The first one-hour session is due to take place on Saturday mornings, 4th November 2023 (10:00 – 11:00) and will continue over the autumn/winter period for a period of 15 weeks. Dependant on uptake and interest, we may be able to offer a Thursday evening session once established.

No special kit is required, just a pair of trainers (initially) and a pair of shorts and a T shirt. The game is played at walking pace with no contact (tackling) allowed and no heading the ball, so it is a gentler version of the game suitable for all older people. Sessions will take place at Football World Leeds, a fantastic indoor 3G facility located on Pontefract Lane, LS9 0RA

If you are interested in trying out a session, contact Dermot Hurley, your local ROIWFA representative on 07756 249415

The first session will be delivered FREE of charge, funded from an Emigrant Support Programme grant from the Irish government provided to ROIWFA to set up Walking Football Hubs in partnership with Irish cultural centres across the UK. All subsequent sessions during the initial 15-week period will be subject to a nominal charge of £2 per session per player.



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