



# WALKING BASKETBALL

Walking Basketball at Ashburton Pool and Recreation Centre brought to you by Camberwell District Basketball Association.

Walking Basketball is a low-impact, social and fun way to improve physical activity for all individuals, including those recovering from injury, and is for participants of all ages and abilities.

Enjoy FREE tea and coffee after each session.

**When:** Every Tuesday starting Tuesday 22 April

**Time:** 10:00am - 11:00am

**Where:** Ashburton Pool and Recreation Centre

**Cost:** FREE

For more information and to register, scan the QR code or contact [programs@camberwellbasketball.com](mailto:programs@camberwellbasketball.com).

