

Come & Try

Walk Soccer



**Wednesdays
10am-12noon**

SYNTHETIC FIELD

Jim Graham Field McCarthy Reserve - Farr St Rockdale

Walk Soccer represents an adapted rendition of the beloved sport, tailored to cater to older individuals seeking a safe and enjoyable playing experience. This format emphasizes safety while maintaining the essence of the game.

Played on a reduced pitch with no goalkeeper, no running, no physical contact, or high balls, this small-sided game promotes physical and mental well-being with a strong emphasis on inclusivity.

Irrespective of your prior experience with the sport, whether a seasoned player or a novice, Walk Soccer is suitable for all genders playing together and offers an inviting opportunity for all.

**WALKING FOOTBALL NSW
INCORPORATED**



Bayside Council

Serving Our Community

Thank you to Bayside Council for their support and encouragement in bringing this program to life.

REGISTER YOUR INTEREST NOW



Facebook Event
[Walk Soccer Rockdale](#)



contact Nic or Frank: rockdale@walksoccer.au