



Walking Football? Is that a thing?

The short answer is yes! If your footballing peak's behind you but you're not ready to stop playing the beautiful game, then it's time to go again.

With no running and where physical contact is against the rules, Walking Football is a fun, safe way for players to enjoy football and socialise together.

Dexter Sports Walking Football Club was established in 2015 for the benefit of its members' physical and mental health. We compete in the Dorset Walking Football League each season.

We're keen to welcome new players over the age of 50 (or approaching that milestone). Tournaments aren't compulsory, so if you're just after a bit of exercise and a touch of team spirit, you're welcome too.

We meet every Friday evening for training at The County Ground, Hamworthy.

Please contact Paul on kybert@hotmail.co.uk or [07708 406232](tel:07708406232)

Find us on Facebook: [Dexter Sports – Walking Football Club](#)

On the web at: walkingfootball.dextersportsyfc.org.uk