

# Love hockey? But hate the injuries?

## ***Floorball hockey for parents***

**Floorball** is a new form of mixed hockey that is sweeping across Europe, it's fun, easy to learn, cheap and is great exercise. It's played in a gym with a lightweight ball and **because the stick weighs less than 3 Mars Bars** it's much safer than field hockey or ice hockey.

Following the great success of the one-off floorball for parents session that we ran in January, **we are now going to run the sessions on a regular basis**. We have managed to get space at Farnham Sports Centre on the following dates and then will run it weekly during school term time from on Saturdays from 3:30pm to 4:30pm.

- 22<sup>ND</sup> January
- 12<sup>th</sup> February and then
- every term time Saturday from 5<sup>th</sup> March onwards  
i.e. 5<sup>th</sup> March – 2<sup>nd</sup> April then a break for Easter

Everyone there will be new to the sport so don't worry if you've never played before. Only a basic level of fitness is required and the sessions aren't too strenuous. All equipment will be provided, just come along wearing trainers. 1st session free then:

- £4/week or a £20/6 week block

If you have any questions  
please call:

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