

Want to get fit in 2009 but don't fancy the gym?
Want to meet new people and play a new, exciting team sport?

Then try **KORFBALL!!**



Korfbal is an exciting mixed team sport for everyone from the complete beginner to international performer.

The principles of the game are similar to handball, netball and basketball but the defending and mixed sex rules makes it a fast and exciting game.

The sport is fun and sociable with no previous experience necessary!

So, if you want to find out more, why not come along to the free beginners session!

Where: Talybont Sports Centre, Off Excelsior Road, CF14 3UX

When: Saturday 19 September 2009

Time: 12:30 – 2pm

It's free so give it a go and have some fun while getting fit!

For further information please see www.welshkorfbal.org

