



WALKING FOOTBALL



Improve your physical & mental wellbeing
Meet new friends
Get back into the game

Open to everyone

Just turn up & play



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Titan PCN





Walking football has experienced a surge in popularity due to its unique concept of playing a standard game of football at a walking pace.

It caters to individuals who aim to improve their fitness levels or maintain an active lifestyle, regardless of their age or physical condition.

Additionally, it provides an avenue for those who may have given up football due to age or injury to reintegrate themselves into the sport.

Engaging in walking football has proven to yield numerous advantages for older participants. It contributes to a decrease in heart rate and blood pressure, aids in reducing body fat and increasing muscle mass, and enhances overall mobility and agility.

Beyond the physical benefits, walking football also offers valuable social advantages. By joining these sessions, participants can meet new people, thereby avoiding social isolation. It

fosters interactions with individuals and small groups, promoting a sense of camaraderie and connection within the community.

Overall, walking football combines the benefits of exercise, improved health, and social engagement, making it an appealing choice for individuals seeking a fulfilling and inclusive activity.

Dunstable Town Football Club is excited to announce a **new indoor program** designed exclusively for individuals seeking to enhance their overall well-being, both physically and mentally.

The sessions will take place at The Dunstable Centre, located at Court Drive, in Dunstable.

All sessions will start at 10:00 on Thursdays.

First Sessions September 7th, and 14th, 21st, and 28th, as well as October 5th and 12th.

For further information and registration, please contact Ian Bateman via email at



walkingfootball.dunstabletownfc@gmail.com or via telephone on **07973 810036**

Previous experience in walking football is not necessary.

There is no charge for participants; the sessions are **free of charge**.

Carers are welcome to attend, either to observe or participate.

It is important to note that this is not a competitive event. The focus is on providing a supportive and enjoyable environment.

The laws of the game will be explained during the sessions, ensuring that everyone is familiar with the rules.

Dunstable Town Football Club looks forward to welcoming individuals to these sessions, promoting an active and inclusive community through these sessions.

Dunstable Town Football Club is also very proud of our free walking football sessions at Creasey Park in Dunstable.

Competitive Sessions

Every Friday from 19:00 to 20:00
Artificial Training Pitch 2 (ATP2)

This session is designed for participants aged 18 and above who are seeking a more competitive environment.

Non-Competitive Sessions

Wednesday fortnightly from 11:00 to 12:00 (noon)
Artificial Training Pitch 1 (ATP1)

This session is open to all individuals and does not emphasise competition.

Dates for Non-Competitive Sessions:

July 19th

August 2nd and 16th

September 13th and 27th

October 11th and 25th

November 8th and 22nd

December 6th and 20th

Participants can join these sessions to enjoy the benefits of physical activity, socialise with like-minded individuals, and have fun playing football in a welcoming and inclusive environment.



Creasey Park Stadium, Brewers Hill Road, Dunstable, LU6 1BB

The Dunstable Centre, Court Drive, Dunstable, LU5 4JD

