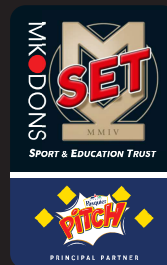




WOMEN'S 20 EURO 22 LEGACY PROGRAMMES



TOUCHLINE MUMS

Touchline Mums is an enjoyable session for **women** to play casual football! This is a fun and inclusive group, engaging **women** who may have a lack of fitness and experience in football.

It's an opportunity to have **FUN** and do something for **YOURSELF!**

WHEN.

Mondays and Wednesdays
8pm-9pm

WHERE.

Fairfield's 3G

PRICE.

£4 per Session
£36 for 10 Weeks



WALKING FOOTBALL

We welcome all females aged 55+ to an introduction to Walking Football in partnership with Age UK Milton Keynes. This session provides the opportunity to get outside, meet new people and do some exercise.

A great way to start something new! No experience is required.

Enjoy a free tea or coffee in the club house afterwards

WHEN.

Mondays
12.30pm-1.30pm

WHERE.

Sports Central

PRICE.

£3.50 per Session



FIT FANS *extra*

Fit Fans Extra is a session for like-minded women coming together for football-based activities to help lead a healthier, more active lifestyle. This programme aims to encourage exercise through football whilst providing new skills for all participants.

Become part of a supportive group of women!

WHEN.

Thursdays
7pm - 8pm

WHERE.

Kents Hills Park 3G
(Secondary School)

PRICE.

£4 per Session
£36 for 10 Weeks



TURN UP & PLAY

This session provides a fun and flexible way for females aged 16+ to play recreational football. Turn Up and Play provides the ideal opportunity to meet new people, continue playing football or simply play without the commitment.

Turn up and get put straight into the action!

WHEN.

Fridays
6pm - 7pm

WHERE.

Sports Central

PRICE.

£3 per Session



MUSLIM WOMEN'S FOOTBALL

This session is for Muslim Women aged 16+ who want to play football in an inclusive environment. This programme is a great way to have fun and make new friends whilst doing some exercise. All abilities are welcome!

Regular participants will receive a **Free Nike Pro Hijab!**

WHEN.

Thursdays
7pm – 8pm

WHERE.

Kents Hills Park 3G
(Secondary School)

PRICE.

£4 per Session
£36 for 10 Weeks



WOMEN'S PAN DISABILITY FOOTBALL

This session is for identifying females aged 16+ who wish to participate in an inclusive environment where activities can be adapted to their needs, allowing participants to go at their own pace.

No previous football experience is required, all sessions include flexible activities.

WHEN.

Mondays
10am – 11am

WHERE.

Woughton Dome

PRICE.

First session **FREE** then
£3 per session



DEMENTIA WALKING FOOTBALL

This session is for women living with dementia and their female carers or family members. The programme focuses on individuals getting out, meeting new people and getting enjoyment from it. These sessions will cover light activity, skills and play, all at walking pace! You do not need any experience playing football. This programme is supported by **Dementia UK Admiral Nurses**.

Sessions will offer availability of refreshments whilst providing information and support to all accompanying carers, family members or friends.

WHEN.

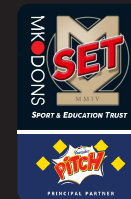
Thursdays
12.30pm – 1.30pm

WHERE.

Sports Central

PRICE.

£5 per participant
Carers go **FREE!**



MORE INFO.

For more information visit
mkdonsset.com/weuro22-legacy

Any questions email
ellie.reid@mkdonsset.com
or call 01908622885

We are open Monday-Friday
10am – 4pm