

Interested - What next?

If you would like to try bowls, please contact your local club directly, using the details contained within this leaflet.

The club will be able to provide you with all the equipment you need to try the sport of bowls - all you need to do is go along and join in the fun!

Alternatively, you can get more information on the sport of outdoor bowls, including a 'Beginner's Guide' from Bowls England.

Just visit the website at: www.bowlsengland.com

We look forward to seeing you on the green soon.



Your local club is:

Contact:

In association with



'Bowls - The Sport for All' is supported by Bowls England. For more information contact us:

☎ 01903 820222

💻 enquiries@bowlsengland.com

🌐 www.bowlsengland.com



One sport brings all these people together ...

Bowls

THE SPORT FOR ALL

Make new friends and learn new skills at your local club.

See inside for details



'Bowls - The Sport for All' is supported by Bowls England - the National Governing Body for the sport of outdoor bowls.

For more information go to our website at:

www.bowlsengland.com

Bowls - The Generation Game

Bowls truly is the 'sport for all'.

It can be played by all ages, abilities and sexes - making it the perfect sport for all members of your family to enjoy together.

Like all sports, the object of bowls is essentially simple, but to be able to play consistently well demands determination, concentration and practice.

Bowls is a sport for life - just try it!

It has been medically proven that bowls improves your general health and helps to strengthen the immune system.

Bowls is not only a sport, you can also have a varied and active social life at your local club. It is the ideal sport for meeting new people, socialising and meeting new challenges head-on.



Bowls - Keeping you healthy

Bowls gives your muscles and joints good exercise and keeps the tendons and ligaments you use limber.

Due to the extensive muscles you use during the approach, bowls is a good full-body motion and the social side boosts psychological and emotional health.

Bowls is primarily anaerobic because you aren't giving your cardiovascular system a workout. Bowls stretches the muscles you use and conditions others.

The sport of bowls also exercises your mind as you try to outwit your opponent.

All of this means during an average game, you will:

- bend 42 times
- walk approximately 1,260 metres
- swing your arm more than 40 times to deliver a bowl weighing more than three pounds

Bowls - The Social Benefits

Making new friends

Bowls clubs welcome new members.

Don't become isolated

If you have lost a loved one joining a bowls club can help you to enjoy life once again.

Feel safe

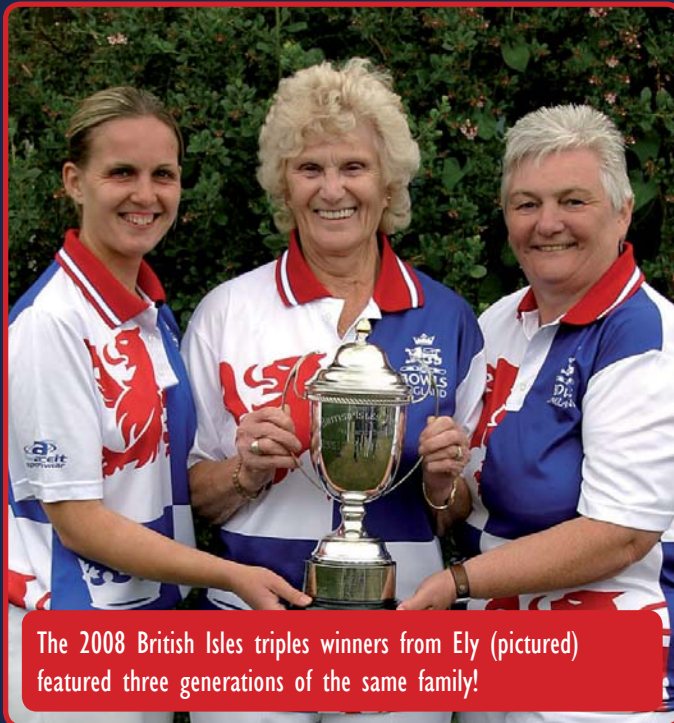
People feel safe in familiar surroundings and company.

Using bowls as a life line

Great friendships can be formed.

Community spirit

All members of the community can enjoy bowls and lead a healthier lifestyle.



The 2008 British Isles triples winners from Ely (pictured) featured three generations of the same family!

