

# BELMONT BOWLING CLUB

**Belmont Bowling Club is your local bowling club located adjacent to Belmont Community Centre and tennis courts**

## **NO EXPERIENCE NECESSARY**

Bowls is a sport that anyone can play; any age, any sex, any ability and it's not expensive as your own equipment is not necessary to get you started. We'll supply the bowls and friendly advice – all you need is a pair of flat soled shoes and you are bowling.



So, why not come along to try, and enjoy, the pleasure of bowling in pleasant surroundings. Those who came in the past found that they enjoyed the bowling, social gathering, including tea/coffee & biscuits, and are now ardent club members. But be warned, once you've done it, you will want to do it again and again and may even want to join our teams which play in leagues on a Tuesday/Thursday evening and a Wednesday afternoon. Experienced bowlers also welcome.

## **IS BOWLING HEALTHY**

Did you know that if you play 21 ends of lawn bowls you will

- walk at least 1.5km,
- lift up to 92 kilos,
- bend and stretch up to 88 times,
- step up 81 times and
- use up to 247 different muscles.

**Interested?** No need to book. Just come along to one of our practice days on a Monday & Thursday from 1.30pm for a **free taster session**. *We just ask that you wear flat shoes.*

**Season Starts - 14th April, 2025**

**Membership - £40 Annual Fee** (includes subscriptions & playing fees)

**If you would like more information call Tom Dixon on 0191/3862845 or Mike/Jean Duffitt on 0191/3864221 & they will be pleased to help.**