**FANCY SOMETHING DIFFERENT? WANT TO TRY A NEW SPORT?**

Bowls is a game which is played and enjoyed by people of all ages. Many of the world’s top bowlers started playing from the age of 8 or 9 and began winning competitions in their teens. It is not as fast and physical as some of the more popular sports, but it can be played by anyone, whatever their level of fitness or mobility.

A number of Bowls Clubs in Norfolk are offering ‘taster’ sessions of 1½ to 2 hours to small groups of local Scouts who would like to give it a try. The sessions are run by qualified Bowls Coaches with help from experienced bowlers. After the taster session, if anyone wishes to take up bowling as a sport, they can make arrangements with the Club for coaching sessions and possibly to join as a member.

Bowls will be provided during the taster session and no special equipment or clothing is needed, except for flat soled shoes to wear on the bowls green.

Minimum age is 10 years and some clubs may request a small fee for the trial.

To find out more about the nearest Club that is offering taster sessions, please contact Brian Deakins, County Coach – telephone 01603 748610 or email briandeakins555@btinternet.com

**COME AND GIVE IT A TRY**

