

# GEDLING INDOOR BOWLING CLUB

invites you all to an **OPEN DAY** to be held at the Richard Herrod Centre on **SUNDAY 8TH SEPTEMBER 2024** from **10.00 am to 2.00 pm** in the bowling hall.

Everyone is welcome - bring friends and family along to experience what indoor bowls is all about - this is a sport that is open to all ages, is great fun, good exercise, easy to pick up and is inexpensive to play.



We will be running some free target bowls, taster sessions and options to "have a go" with your friends. All equipment will be provided so all you need to do is turn up and if you don't have smooth soled bowling shoes then just play in your socks.

Members will be on hand to tell you all about our Club, the physical and mental health benefits of bowls and what an inclusive bunch of people we are.

We will take you through the basics as you take to the green for a free taster session.

You are then free to have a go at the target bowls or play a few ends with friends.



Tea/Coffee, cake and biscuits will be available on the day.

Have a look at our website to find out more about us.

[www.gedlingibc.co.uk](http://www.gedlingibc.co.uk)