



# SOFTBALL



*Fancy trying something sporty'ish and meeting new people?*



And you don't have to be mega-fit or brilliant at sport to play

- It's a mixed recreational game with teams made up of both men and women with an overall emphasis on just having fun.
- The **SOLENT SOFTBALL LEAGUE** are looking for new male & female players to join one of its many recreational teams.



## *what is softball ???*

*Softball is a cross between baseball and rounders and caters for any size, shape, age and ability of player. It's also one of the only sports where men and women participate together on equal levels.*



## Why not come along to our weekly **BEGINNERS SESSIONS**

specifically aimed at people who have never played before. We'll teach you the basics of the game and then if you fancy carrying on we'll get you signed up to one of our recreational teams so you can start playing during the Summer season. *Or why not let us help you perhaps start up your own team at work?*



All these sessions are **FREE** to anyone wishing to come along and have a go!

*all equipment will be provided - just wear your trainers*

*Venue:*

**Redbridge Lane playing fields**

*Lordshill, Southampton, Hants. SO16 8FA*



**WEDNESDAY** evenings & various **SUNDAYS**  
from **APRIL** through to **SEPTEMBER**

*for more information contact:*

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