

LOOKING FOR A NEW HOBBY? SOCIALISE WITH NEW FRIENDS,

HAVE FUN AND GET SOME LIGHT EXERCISE

COME AND TRY BOWLS

The 2023 outdoor bowling summer season starts in April. There are quite a number of bowling greens in Ryedale and all of them will be delighted to welcome new members and give a free introduction to the game if you've never played before. The club contact details are given below.

Easingwold	01347823262	Settrington	01653692522
Harome	01751432565	Sheriff Hutton	07789326664
Helmsley	07946742928	Stillington	07869467541
Hovingham	01439788524	Strensall	01904499670
Huby	01347811081	Swinton	01751475138
Hutton Le Hole	01751431001	Terrington	01653648394
Kirkbymoorside	01751472341	Thornton Le Dale	07944265932
Malton	07971779378	Welham (Norton)	01653697349
Pickering	07825877429	Wiggington	07785921226

You can enjoy bowls at any age and with no experience. It is a great way to stay active, engages the brain in tactical thinking and gameplay, as well as being good for posture, flexibility, balance and hand eye co-ordination. It's also a great way to socialise with people in your community. A quick and easy way to get into bowling is to make contact with your local club from the list above, ask when you can have a go, and arrange for someone to show you how to play.

Many of the clubs have social sessions each week so see if you could join one of those.

You don't need to have any experience at all and clubs can lend you the equipment required. All of the clubs also play in a wide range of league competitions throughout the outdoor season.

For those wishing to gain experience before venturing outside, Ryedale Indoor Bowls extends a warm welcome to both beginners and experienced bowlers.

Up until April social sessions are held on Mon at 1.00 pm, Tue at 2.00 pm and Thur and Sun at 10.30 am

The social sessions are geared to accommodate all levels of skills and new bowlers can come along and enjoy 2 free taster sessions using equipment provided by the club.

There is a varied weekly program of League bowling throughout the winter season and a reduced program of Tue and Thu social sessions at 10.30 am throughout the summer.

All you need to do is turn up at:

Ryedale Indoor Bowls Club, Bowling Lane, Norton Malton YO17 8EG

Website: ryedalebowls.com

● Contact Dave on: 07950136371 or ryedalebowls@outlook.com ●



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