

So, you have decided that you would like to play Indoor Bowls. As with any sport it's a good idea to learn the techniques, rules and etiquette from a qualified coach. The Peterborough & District Indoor Bowls Club has a coaching session every Saturday morning between 10am and noon. Two coaches will normally be in attendance so we can promise that you will learn the sport in the correct way.

Interested? Just turn up any Saturday morning about 9.45am and ask for Tony, Maurice or Martin. We will fit you up with the right equipment, loaned free of charge and get you bowling straight away. Your first session is free but after that it's just £3 for a 2 hour coaching session. How's that for value?

Once your training is completed you will be eligible to join Peterborough & District Indoor Bowls Club and take part in any of the rollup sessions or play in one or more of the many leagues.

Bowling is a gentle form of sport that can help you to keep fit and active. It's also a very Social sport and I can guarantee that you will meet a lot of friendly people and make many new friends.

We all look forward to meeting you.