

Indoor Bowls for Everyone



Discover a Sport, Make Friends and Have Fun

**Open Day — Sunday 6th September,
10am–3pm**



Looking for something new to try? Why not come along to **Adur Indoor Bowls Club** for our Open Day on **Sunday 6 September, from 10am to 3pm?**

Everyone is welcome, whether you have never picked up a bowl before or you are an experienced player.

Come along, meet our friendly members, have a look around the club and enjoy a **free introduction to indoor bowls**. It is the perfect opportunity to have a go, learn the basics and perhaps discover a sport that could become a lifelong hobby.

Refreshments will also be available throughout the day.

Never Played Before?

If you have always wondered what indoor bowls is all about, this is your chance to try it for yourself.

Adur Indoor Bowls Club offers **beginner courses designed specifically for people who are new to the sport**. You can learn alongside other newcomers in a relaxed and friendly environment, developing your skills and confidence at your own pace.

Indoor bowls really is a sport for everyone. It is enjoyed by people of all ages and abilities, with complete beginners playing alongside experienced bowlers.

And you don't need to buy lots of equipment to get started. Just wear comfortable clothing, flat-soled shoes and bring along a willingness to have a go.

More Than Just a Game

Indoor bowls is not only about competition. It can be a great way to keep active, meet people and support your overall wellbeing.

Regular play can help with:

Physical health

Gentle exercise can help improve balance, coordination and flexibility.

Keeping your mind active

Bowling requires concentration, memory and decision-making, providing a healthy challenge for the brain.

Social connection

The club provides a welcoming place to meet people, make friends, share a laugh and become part of a community.

Low-impact exercise

Indoor bowls is gentle on the joints and can be enjoyed by people of different ages and abilities.

Mood and wellbeing

Regular activity, new challenges and good company can all contribute to feeling happier and less stressed.

Something for Everyone

There is much more to Adur Indoor Bowls Club than simply playing a game.

Members can enjoy:

- Casual and social bowling
- Friendly roll-ups
- Leagues and club competitions
- County and National competitions
- Open tournaments
- Restaurant and licensed bar
- Social events, Barn Dances, BBQs,
- Quiz Nights, Cribbage, Table Tennis,
- Meat Draws, Raffles, Club Choir etc
- Free car parking



Fun Bowls



Plant Sales



held every first Thursday
of the month

Whether you want to play simply for fun, meet new people or eventually test yourself in competition, there is an opportunity for everyone.

From Beginners to Champions

Adur Indoor Bowls Club welcomes people who play purely for enjoyment and friendship, as well as players who want to compete at the highest level.

The club is proud to have **Vinnie Minter from Lancing** who attends Robert Woodard academy, and who, this year, at just 16 years of age, became **England Under-18 Captain**. He captained the side to a resounding win to achieve gold in the British U18 international series



The club also celebrates the success of **Lorraine Kuhler and Katherine Hawes Watts** who last season were the Women's National Pairs Champions and then together with **Doreen de Silva** became the current **British Isles Triples Champions**.



Their achievements highlight the opportunities available at Adur Indoor Bowls Club. You can come along simply to enjoy a friendly game, while those who want to develop their skills and compete can progress through club, county and national competitions.

A Club at the Heart of the Community

Adur Indoor Bowls Club has been part of the local community since **1990**.

The club operates as a **charitable trust**, with profits reinvested into the club for the benefit of its members and the wider community.

Membership offers excellent value at approximately **£3.75 per week**, with bowling sessions available from just **£1.50 per hour**. Social Membership also available

For more than three decades, Adur Indoor Bowls Club has brought people together through friendship, activity and wellbeing.

Come Along and Give It a Try

Friendship. Activity. Wellbeing.

You don't have to be sporty, experienced or know anyone at the club. Simply come along, have a go and see what you think.

ADUR INDOOR BOWLS CLUB

**Old Barn Way
Southwick
Brighton BN42 4NT**

Open Day

Sunday 6th September | 10am–3pm

Can't make the Open Day?

Don't worry. Contact the club and arrange a **free taster session** at a time that suits you.

Telephone: 01273 9870670

Email: info@aduribc.club

Come along. Have fun. Feel better.