



Why join a Bowls Club ?

Joining a Bowls Club offers numerous benefits, including improved mental well-being, a sense of community, enhanced fitness and coordination, and great socializing opportunities.

An outdoor lawn bowling club can be a fantastic way to enhance your physical and mental well-being while fostering social connections. It's a sport that offers a unique blend of leisure and exercise, suitable for all ages and skill levels. Engaging in lawn bowls provides low-impact cardiovascular exercise, which is great for heart health and muscle strength, without putting too much strain on the joints. It's also a wonderful way to sharpen your mind, as the strategic planning involved in the game can improve cognitive functions like concentration and problem-solving. But perhaps one of the most appealing aspects of lawn bowling clubs is the social environment they provide. They are vibrant communities where friendships are formed, and a sense of belonging is fostered, contributing significantly to one's emotional state and mental health. Whether you're looking to stay active, meet new friends, or simply enjoy the outdoors, lawn bowling clubs offer a welcoming and inclusive atmosphere for everyone to enjoy.

What does Fishbourne Bowling Club have to offer ?

We cater for all standards of bowlers.

Social Bowling for those who wish only to play once to twice a week and see it is a way to get fresh air, exercise, and a sociable two hours with others. We have a Monday morning and

a Thursday afternoon roll up for all standards. We are also trying to have a Tuesday evening roll up for those not taking part in the Tuesday evening league.

More Competitive Bowling for those who are little more competitive we have the Tuesday evening league, several afternoon competitions and fun games at weekends and friendly games against other clubs.

Competitive Bowling for those who wish to improve their bowling skills we participate in a triples league and two knockout competitions against other clubs. We also have internal competitions which work on a round robin / knock out basis and culminate in a finals weekend at the end of the season.

Practice Sessions You can always come and have a practice on the green on your own when the green is free. We also can provide coaching to point you in the right direction.

Why come to our Open Day ?

We are happy to see you come and have a go.

You may be looking for a new sport that you feel you could take part in at a level that would give you satisfaction.

You may be curious to see if you are physically fit enough to play and we could advise you on that.

You might just want to give it a go out of curiosity.

It would be nice that we could attract some new members but not everyone will be able to commit at the present time. It might be in a few years' time, and we would have sown the seeds.

Bowls is not an expensive sport compared to some others and second-hand bowls can be purchased at a reasonable price. If you do join, we have spare bowls to be used until you know what type of bowls, you are happy with. If you are only playing in roll ups no special clothing is required.

Any other questions

Email us at fishbournebowlingclub@gmail.com The Bowling Green can be found at The Fishbourne Centre, Blackboy Lane, Fishbourne, Chichester. We are behind the Centre next to the Tennis Club.

<https://maps.app.goo.gl/bwtspaSfzrKgcccGc8> Make sure you come via Blackboy Lane.