



Destination Stratford
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FROM OLD SOCCER PLAYER TO KIDS – LEARN ABOUT WALKING SOCCER AT STRATFORD’S FIRST WALKING SOCCER COMMUNITY DAY | SEPTEMBER 20, 2025

FOR IMMEDIATE RELEASE:

Stratford, Ontario, September 2, 2025 –Walking soccer is a modified version of soccer, played a slower pace to increase participation and reduce the risk of injury. A fast-growing sport, walking soccer is accessible, low-impact and fun to play – giving adults a chance to play the world’s favourite sport, whether it’s for the first time or a return to the sport. Walking soccer has proven to improve fitness, reduce stress, lower blood pressure, improve balance and strength, and reduce the risk of cardiovascular disease.

To give the Stratford community a first-hand experience of walking soccer, the Stratford Sloths Walking Soccer Club and Destination Stratford invite the community to join a Walking Soccer Tournament & Community Day on **Saturday, September 20 from 11:00 AM – 3:00 PM at Cowan Field (Festival Hydro Park)**. This free, family-friendly event will showcase walking soccer being played by kids and adults, offering something for everyone, from curious first-timers to those former soccer players who would like to take up the sport again.

From 11:00 AM – 12:00 PM, attendees can:

- Learn the basics of Walking Soccer in fun, accessible scrimmages.
- Meet members of Canada’s Women’s and Men’s Walking Soccer National Teams, including several players from Stratford.
- Connect with local Walking Soccer players and explore opportunities to get involved.

- Take part in a guided warm-up and cool-down session led by a certified trainer and kinesiologist from Ritual Studio, who will provide expert tips on safe movement, stretching, and recovery.

The day culminates in an exciting match play from 1:00 PM – 3:00 PM, with the [Stratford Walking Soccer Team](#) taking on Canada's Women's and Men's National Teams in friendly showcase matches.

"We want more people to experience the joy of playing walking soccer, as well as the many health benefits it offers. It's easy to join, easy to play, and easy to have fun and be connected to a community," said Peter Mitchell of the Stratford Sloths Walking Soccer Club. *"We want to bring more people to this sport and grow the game in this area for men and women of all ages. Everybody who's playing here has had a lot of fun and improved their fitness."*

"Walking Soccer is for everyone, regardless of age or ability – it's about staying active for life, being social, and having fun," said Kylie Wasser, Director of Sport Tourism at Destination Stratford. *"We're especially proud that Stratford is home to national team players who will be on the field, showing our community what this sport is all about. This event welcomes youth, seniors, families, and even coaches or teammates who just want to give it a try."*

This event has been made possible through the generous support of the Ontario Ministry of Seniors and Accessibility through the 2025-26 Seniors Community Grant Program.

The event is free of charge, with all ages encouraged to attend, participate, or cheer from the sidelines.

[Event Details](#)

Date: Saturday, September 20

Time: 11:00 AM – 3:00 PM

Location: Cowan Field – Festival Hydro Park. 1030 Erie St N4Z 0A1, Stratford, ON

Cost: Free

The project will be delivered collaboratively between [Destination Stratford](#) and the [Stratford Sloths Walking Soccer Club](#).

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For more information, please contact:

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