

how *cool*

is

bell ringing?

great workout (no gym needed!)

Bell ringing is the equivalent exercise as a **brisk walk**



Can burn **140 calories** per hour

Tones biceps, triceps, quads and calves (no more bingo wings!)

Good for **posture** and co-ordination

Not strenuous so **gentle** on the joints

Also exercises the **mind!**

make **great friends**

Ringers are friendly people of **all ages** and from all backgrounds.

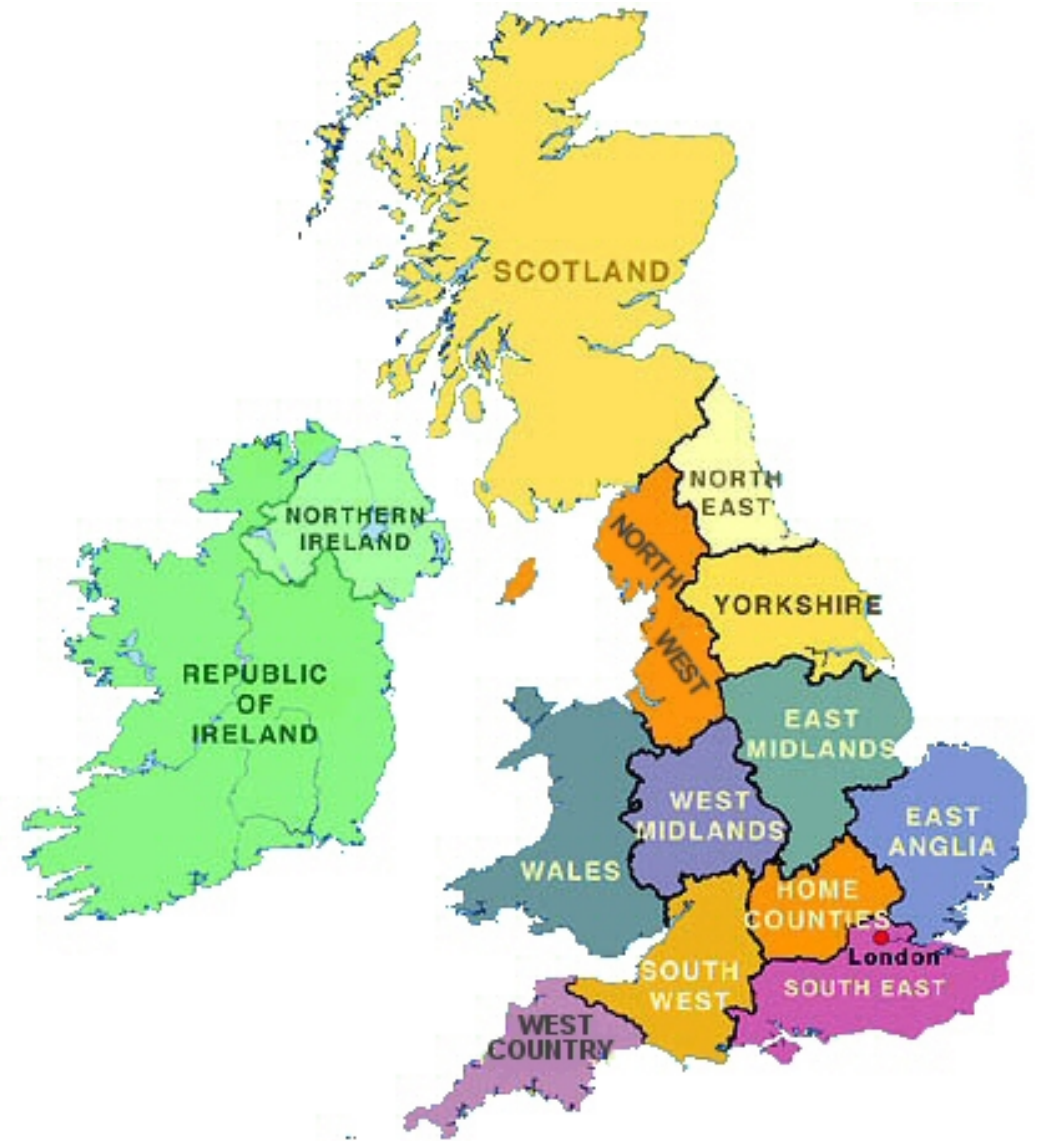
Make **great friends**
for life.



anywhere!

On **holiday** you
will be welcome
at the local
tower's practice.

mainly in **England & Wales**
plus rest of the UK, USA,
Canada, Australia, New
Zealand, South Africa



brilliant **social life**

young ringers events

practice nights

competitions

Sunday ringing

pub meals

outings

games

barn dances

BBQs

dinners

association events

visiting other towers

etc...



going to **university?**

or moving home?

For an **instant group of friends** with a great social life join the university or local ringing society.



inexpensive hobby

Ringling lessons are **cheaper** than most music lessons and are sometimes **free**.

Practices and Sunday ringling is usually **free**.

(Joining an association costs only approx £5-£10 per year)



get paid for ringing

Earn approx **£15**
for ringing for a
wedding.



learn in **easy stages**

1. **Bellhandling** (pulling the rope)
2. **Rounds** (ringing in time with others)
3. **Change ringing** (methods)

You will not get bored
- there is always something
new to learn!



a ringing lesson in progress



a skill for your lifestyle



Once a trained ringer you
keep that skill for life!

Ring as frequently as you like
to **fit in with your lifestyle.**

*You can even take a break from
ringing and come back to it.*

Regular lessons are preferable while learning to ring.

Some commitment is normally expected for **Sunday service** ringing.

traditional (but not boring!)

Join a **centuries-old** tradition.

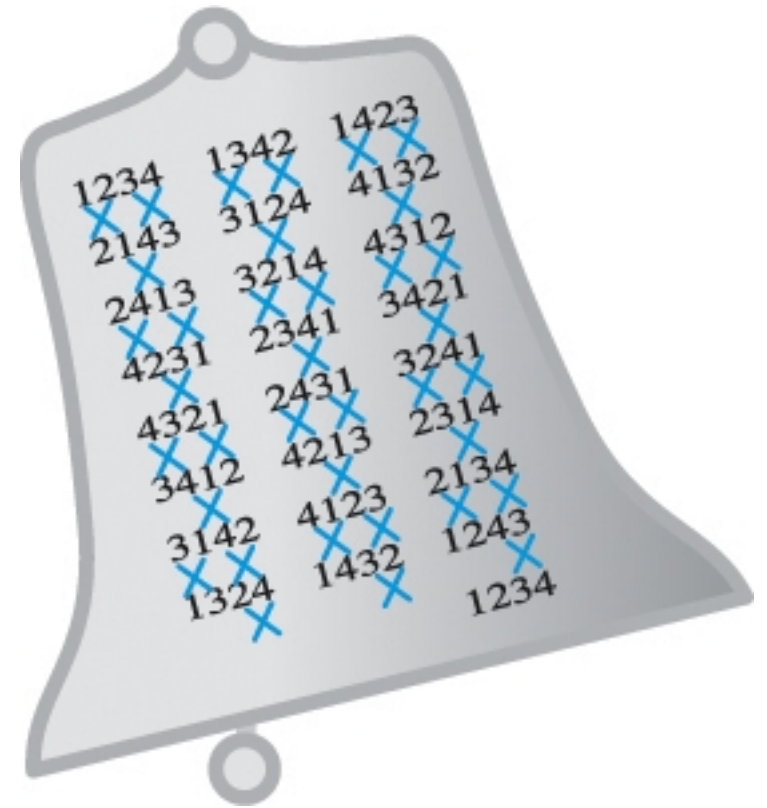
Lots of
opportunities to
visit **beautiful**
ancient church
towers.



not **musical** or **strong**?

You don't need to be musical or strong.

You just need to be **able to count!**



ultimate **heavy metal**

Church bells are the **loudest**

(unamplified)

and **heaviest**

musical

instruments

in the world!

*...and they're **metal!***



stuff for **younger ringers**



There are special **fun events** for younger ringers.



Ringling World National Youth Contest