

HOBBIES

Animal Hobbies

Careel Bay Dog Owners Group

See Page 21

Frenchs Forest Agricultural & Horticultural Society Inc

See Page 22

Manly & District Kennel & Dog Training Club Inc

See Page 22

The Dundundra Falls Reserve Trust

See Page 158

Art Appreciation

Avalon Recreation Centre

See Page 24

Bingo

Balgowlah, Seaforth, Clontarf RSL Womens Auxiliary

Phone: 9948 7393 Fax: 02 9948 7393

Balgowlah RSL Club, Ethel St, Seaforth 2092

Mail to: 96 Clontarf St, Seaforth 2092

Email: ditrav@bigpond.net.au

Service Description: Social group with benefits; combine with other groups for Bingo, bus outings.

Hours: 2nd Tues of each month 1.30pm.

Board Games

Balgowlah School for Seniors

See Page 25

Dee Why School for Seniors

See Page 132

Dee Why Senior Citizens Centre Club

Phone: 9905 3851

34 Howard Ave, Dee Why 2099

Service Description: Activities include indoor bowls, chess, social dancing & mah jong. Sequence dancing and new vogue on Tues 10am-2pm. Chess Monday Wednesday Friday 10am-12pm.

Hours: 4 days 9.30am-2:30pm

Forestville and Terrey Hills Senior Citizens Club Inc

Phone: 9948 5939

3 Starkey St, Forestville 2087

Mail to: PO Box 153, The Centre, Forestville 2087

Service Description: Mahjong Mon 10am.

Hours: 10am-2pm Mondays

Alternative Names: Terrey Hills Senior Citizens Club; Forest Senior Citizens Club

Mah Jong

Phone: 9452 2145

Service Description: Playing of mah jong (Western) for those who know how to play the game. No half limit games. All equipment supplied. Private lessons available from Kay Simkins at her home in Belrose.

Hours: Fri 10am-1pm

Manly Club for Seniors Inc.

See Page 108

Narrabeen Senior Citizens Club

See Page 26

Book Appreciation

Avalon Community Library

See Page 61

Book Lovers Club, Warringah Inc

Phone: 9913 8968

Tramshed, 1395b Pittwater Rd, Narrabeen 2101

Email: one32@optusnet.com.au

Service Description: An organisation for people interested in books. Holds monthly meetings with lectures by guest speakers. Subsidiary groups meet for discussions on books. Library with 5650 volumes. Open Mondays, Tuesdays, Thursdays & Saturdays 10am to 11:30am.

Hours: Meetings 2nd Tue each month, book discussion 4th Tue.

Dial a book- book shop

Phone: 9913 2354

1340 Pittwater Rd, Narrabeen 2101

Email: books@dialabook.com.au

Web: www.dialabook.com.au

Service Description: Second hand, out of print, rare and scarce books for sale. Large Penguin library, science fiction, general fiction and many reference books.

Hours: Mon-Fri 9 to 5pm, Sat 9 to 3pm, Market day (3rd Sunday of every month) 10 to 3pm.

Manly Library - Book Discussion Group

See Page 63

Pittwater Library Service - Mona Vale Library

See Page 25

Reading Groups@Mona Vale Library

Phone: 9970 1608 **Fax:** 02 9979 1465

Pelican Room, Mona Vale Library, 1 Park St, Mona Vale 2103

Email: jane_smith@pittwater.nsw.gov.au

Web: www.pittwater.nsw.gov.au/library

Service Description: The aim of the Groups is to have fun, meet like-minded people and to expand literary horizons. Mona Vale Library currently runs 3 Reading Groups on: -1st Monday of the month between 10.00am-12pm -2nd Tuesday of the month between 2.30-4.30pm - Last Wednesday of the month between 6.30-8.30pm Rather than the whole group reading a single title, the groups choose a book (or books) from a selection based on a common theme. The lists include books from all areas of the library, including non-fiction and young adult, as well as from the different fiction genres. The idea is to encourage people to read outside their personal comfort zone and to encourage a lively debate based on the theme. Recent themes have included literary prize winners, South African fiction and Scandinavian crime writing.

The Tramshed Arts & Community Centre

See Page 25

Cake Decorating

Cake Decorators Association of NSW Inc Chatswood Branch

Phone: 9451 5792 **Fax:** 02 9451 5792

14 Paxton St, Frenchs Forest 2086

Service Description: All aspects of cake decorating and sugarcraft. Meetings held at Roseville Uniting Church Hall, 7 Lord Street, Roseville. Meetings held 4th Sat bi-monthly from 10:30am to 2:30pm.

Camping

BIG4 Sydney Lakeside Holiday Park Narrabeen

See Page 10

Southern Cross Outdoors Group (SCOG)

Phone: 9907 9144 **Fax:** 02 9907 9144

Mail to: PO Box 411, Dee Why 2099

Email: scog@scog.asn.au

Web: www.scog.asn.au

Service Description: Founded in 1981, SCOG is a group that organises a wide range of outdoor activities for the gay and lesbian community such as bush walking, hiking and camping trips.

Terrey Hills Motel and Caravan Park

See Page 10

Warringah Bushwalking Club Inc

Phone: 9971 8079

Mail to: PO Box 1452, Dee Why 2099

Email: pcross5@bigpond.com

Web: www.bushwalking.org.au/~warringah

Service Description: Walks to suit all adults & levels of fitness in local area, National Parks and Blue Mountains.

Hours: Sun and occasional weekdays

Card Games

Balgowlah School for Seniors

See Page 25

Dee Why - Balgowlah Bridge Club

Phone: 9970 8814

Mail to: 19/7 Narrabeen St, Narrabeen 2101

Email: jabbenbroek1@bigpond.com

Service Description: Bridge club offering games at DY RSL and Balgowlah Hts Bowling Club. Learners are offered supervised training.

Hours: Dee Why RSL: Tue 11am; Sat 12.30pm. Balgowlah Heights Bowling Club; 12.30pm

Dee Why School for Seniors

See Page 132

Forest Bridge Club

Phone: 9982 9962

Meets at Seniors Citizen Club, 3 Starkey St, Forestville 2087

Mail to: Apt. 57, 8 Dee Why Pde, Dee Why 2099

Email: malmerle@optusnet.com.au

Service Description: Contract bridge.

Hours: Fri 11:45am-3pm

Forestville and Terrey Hills Senior Citizens Club Inc

See Page 178

Gordon Bridge Centre

Phone: 9975 2708

Mail to: 36 Angophora Cres, Forestville 2087

Email: gregquittner@hotmail.com

Web: www.gordonbridgecentre.com

Service Description: Bridge played at East Lindfield, Gordon and Thornleigh. Friendly duplicates Monday to Saturday. Improvers' lessons and free beginners lessons available.

Mah Jong

See Page 178

Manly Club for Seniors Inc.

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Narrabeen RSL Memorial & Recreational Club Ltd

See Page 74

Narrabeen Senior Citizens Club

See Page 26

Nelson Heather Centre

See Page 70

Peninsula Bridge Club Inc

Phone: 9970 6527 **Fax:** 02 9970 6527

Nelson Heather Senior Citizens Club, Cnr Pittwater Rd & Jackson Rd, Warriewood 2102

Mail to: PO Box 512, Mona Vale 2103

Email: bridgeinc@optusnet.com.au

Web: www.peninsula.bridge-club.org/

Service Description: Duplicate bridge, visitors welcome. Beginners lessons. Supervised play. Please be seated 15mins beforehand - all sessions.

Hours: Mon, Wed, Thur & Sat 12.30pm-4pm, Tues 10.30am & 7.30pm, Fri. 12.30pm & 7.30pm. Supervised group Fri. 10-12pm.

Cooking

Cake Decorators Association of NSW Inc Chatswood Branch

See Page 179

Newport Yoga Centre

See Page 175

Creative Writing

Fellowship of Australian Writers NSW Inc - Forest Regional

See Page 67

Fellowship of Australian Writers, Manly Peninsula Regional

See Page 67

I Can Read Pittwater

See Page 52

Kids First Children's Service

See Page 52

Drama

Bilgola Plateau Public School

See Page 35

Creativity Through Drama

Phone: 9949 3352

St Peter's Uniting Church, 16 Mamora Av, Freshwater 2096

Mail to: 9/123 Sydney Rd, Fairlight 2094

Service Description: Play reading and appreciation

Hours: Mon 11am-12.30pm

Drama and Music for Youth and Adults with Disability

See Page 126

Elanora Players Inc

Phone: 9451 5373

Elanora Community Centre, Kalang Rd, Elanora Heights 2101

Mail to: PO Box 154, Narrabeen 2101

Email: elanora.bookings@bigpond.com

Web: www.elanoraplayers.com.au

Service Description: Amateur dramatic society, providing high quality performances of comedies & dramas. Scope for members to take part in all facets of theatre, off-stage as well as on. Performances are generally during school holidays. The club has a good range of technical equipment, sets and props.

Hours: Rehearsals Tue & Thu nights

FAMS Theatre Company Inc

See Page 83

Helen O'Grady Drama Academy - Northern Beaches

Phone: 9982 9085 **Fax:** 02 9982 9769

Mail to: Unit 17, 55 Delmar Pde, Dee Why 2099

Email: sydneyntbaches@helenogrady.com.au

Web: www.helenogrady.com.au

Service Description: Drama classes for children specialising in speech, movement, creative improvisation. Aim is to develop self confidence & communication skills. Classes held at Avalon, Balgowlah, Cromer, Frenchs Forest, Warriewood and Harbord.

Hours: Mon-Fri after school classes, Sat morning classes

Jumping Jelly Beans

Phone: 9401 9412; 0402 219 157 **Fax:** 02 9401 9443

Mail to: 21 Woolrych Cres, Davidson 2085

Email: jeannette_lyall@hotmail.com

Service Description: A service for parents, preschools and playgroups providing classes of movement, music, drama and workshops for parents. This is not suitable for birthday party entertainment

Hours: Call for class times

Manly Dance Arts Centre

See Page 105

Manly Village Church

Phone: 9949 5041

4 West Promenade, Manly 2095

Mail to: 29 Woods Pde, Fairlight 2094

Email: manlyvillage@optusnet.com.au

Web: www.manlyvillage.org.au/

Service Description: Sunday Services Uniting Church 10am.

Arts studio, dance studio, speech drama, acapella singing.

Alternative Names: Manly Uniting Church

Mona Vale Memorial Hall

See Page 37

North Narrabeen Community & Tennis Centre

See Page 25

Northern Beaches Youththeatre

Phone: 0407 403 757, 0437 341 327

Woorarra Ave Community Centre, 2 Woorarra Ave, North Narrabeen 2101

Email: twoollams@aol.com

Web: www.nbyt.org.au

Service Description: Creative drama, dance drama, masks, radio, speech, production. 1 or 2 full scale productions each year. Productions at own theatre & in the community.

Hours: Fri 5pm-6:30pm

Northside Enterprise - Drama Class for Young Adults

See Page 117

Peninsula Theatre Company

Phone: 0414 345 137

Narrabeen Community Centre, 2-10 Woorarra Rd, North Narrabeen 2101

Mail to: Po Box 632, Narrabeen 2101

Email: info@peninsulatheatre.com.au

Web: www.peninsulatheatre.com.au

Service Description: Amateur Theatre Company presents 3 to 4 plays per year for a 12 night season. Also conducts acting seminars, classes, play reading, Theatre workshops etc. Most plays are Australian or contemporary, or both, or classics. We also produce some local writers work.

Hours: Meetings every first Wed of month. Rehearsals Mon & Thu

Alternative Names: PTC

Plie, Groove n' Shuffle School of Performing Arts

See Page 105

Point Break Drama Acting School

Phone: 9973 2790

New Life Baptist Church Hall, 28 Fisher Rd, Dee Why 2099

Email: info@pointbreakdrama.com.au

Web: www.pointbreakdrama.com.au

Service Description: Adult evening classes: Acting Basics 1, 2, 3 and Camera Course. Youth drama 10-13 years & 14-17 late afternoon Wed/Thurs. Kids acting 7-9yrs on Thurs. All courses are 10 weeks, include people with mild disabilities. Private singing lessons available.

Hours: Vary

Scotland Island Community Centre

See Page 70

Stage Artz

Phone: 9971 5147 **Fax:** 02 9971 5187

Dee Why Public School Hall, Regent St, Dee Why 2099

Mail to: 73 Carawa Rd, Cromer 2099

Email: sam@stageartz.com.au

Web: www.stageartz.com.au

Service Description: Drama, Singing & Musical Theatre Classes. Also Theatre Company for those aged 17 yrs and over. Phone 02 9401 0755 for tickets.

Stageworks Performing Arts School

See Page 107

Star of the Sea Theatre

See Page 150

Ted Blackwood Narrabeen Youth & Community Centre

See Page 71

Theatre Appreciation with Charlie Little

Phone: 9389 7316

Manly Senior Citizens Centre, 275 Pittwater Rd, Manly 2095

Mail to: 64 Prescott Ave, Dee Why 2099

Service Description: Discussion of playwrights, acting and current productions. Theatre Parties arranged.

Hours: Alternate Wed 9.30am-11.30am

Vocal Arts Centre Sydney

Phone: 9976 5552 **Fax:** 02 9976 5988

10 Wentworth St, Manly 2095

Mail to: Vocal Arts Centre, PO Box 431, Manly 1655

Email: info@vac.com.au

Web: www.vac.com.au

Service Description: Singing lessons for adults and children in both individual and group classes.

Private tuition available in voice, theory, guitar, piano, flute, clarinet, and saxophone.

Group classes available in drama, and yoga.

Entertainment for events management bodies, from council and community-run events to corporate functions.

Hours: See website for group classes timetable.

Alternative Names: Sydney Vocal Arts Centre, Manly

Warringah Performing Arts School

See Page 105

Waves Youth and Creative Arts Centre

See Page 26

Gardening

Australasian Native Orchid Society - Warringah Group Inc

See Page 159

Australian Plants Society - Northern Beaches Group

See Page 159

Frenchs Forest Agricultural & Horticultural Society Inc

See Page 22

Frenchs Forest Garden Club Inc

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Manly Vale Community Garden

See Page 159

Manly Warringah Orchid Society Inc

See Page 160

Mona Vale Garden Club Inc

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Narrabeen Lake Garden Club

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Pittwater Community Gardens

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Genealogy

Avalon Beach Historical Society

See Page 65

Harbord Family History Centre

See Page 65

Manly Library Local Studies, Wellings Local Studies Collection

See Page 64

Manly Warringah & Pittwater Historical Society Inc

See Page 65

Warringah Library Service, Local Studies

See Page 66

Guns

Manly Small Bore Rifle Club Inc

Phone: 0417 404 110

Lot 1, Campbell Pd, Manly Vale 2093

Mail to: PO Box 302, Balgowlah 2093

Email: kenwillis@westnet.com.au

Service Description: Instruction & practice in the safe use of the Small Bore (.22) Rifle. Coaching for beginners, both male & female members welcome. Applicants aged 14-18 years require parental or guardian approval plus compliance with NSW Firearms ACT 1996 and regulations.

NSW Gun Club Ltd

See Page 74

NSW Shooting Association Ltd

Phone: 9486 3162, 0412 504 176 **Fax:** 02 9486 3497

PO Box 393, Terrey Hills 2084

Email: nswsa@nswshooting.com.au

Web: www.nswshooting.com.au

Service Description: Umbrella organisation for shooting sports, including archery and antique arms collecting. Its charter is to promote, advance and coordinate elite and recreational shooting, including hunting.

Massage Courses

Harbourside Massage Clinic

Phone: 9977 0122

Level 4, 39 East Esplanade, Manly 2095

Email: info@harboursidemassage.com.au

Web:

www.harboursidemassage.com.au/massage_classes.html

Service Description: Massage courses - short courses held evenings and weekends.

Reiki classes - beginners to advanced.

Yoga classes - gentle, dynamic and meditative. Yoga classes are held at north Curl Curl Lifesaving Club Hall at the beach end of Hudson Pde North Curl Curl.

Hours: See website or phone/email for details.

Meditation Courses

MY Manly Yoga

Phone: 9977 4725

27 Pittwater Rd, Manly 2095

Email: info@manlyyoga.com.au

Web: www.manlyyoga.com.au

Service Description: Yoga classes including postures, breathing techniques, deep relaxation, and meditation from beginners through to experienced students. Classes for the elderly and pre-natal mums and little ones, corporate. Individual tuition also available.

Alternative Names: Manly Yoga, Manly Yoga and Meditation Centre

Nelson Heather Centre

See Page 70

Motor Clubs

Dutch Australian Society Neerlandia Club Ltd

See Page 55

Manly Warringah Motor Cycle Club Ltd

Phone: 9948 6688, 0407 401 064 **Fax:** 02 9948 6688

Neerlandia Club, Cnr Grattan Cres & Bantry Bay Rd, Frenchs Forest 2086

Mail to: PO Box 78, Manly 1655

Email: manlywmcc@optusnet.com.au

Web: www.manlywarringahmcc.com.au

Service Description: The Club promotes & maintains the general interest of motor cycle riders & encourages comradeship & co-operation among all motor cycle enthusiasts. The Club has a social & competitive following in trials, endurance, touring, motor-cross, dirt-track, road racing, trail riding.

Hours: Meetings Mon night (except public holidays)

Pittwater Motor Enthusiasts Association

Phone: 0418 753 875

Mona Vale Guide Hall, Barrenjoey Rd, Mona Vale 2103

Mail to: PO Box 499, Newport 2106

Email: secretary@pittwatermotorclub.org.au

Web: www.pittwatermotorclub.org.au

Service Description: This club has a membership of approximately 200 and caters for members on the Northern beaches who have historic and collectable vehicles, machinery or motor cycles (or an interest in them).

Hours: Meeting every 2nd Tuesday at 7.30pm Mona Vale Girl Guides Hall

Alternative Names: Pittwater Motor Club

Music Appreciation

Elanora Music School & Blossom Musical Instruments

Phone: 9979 2466

4 Cicada Glen Rd, Ingleside 2101

Email: elanora.music.school@bigpond.com.au

Service Description: Teach small groups of children of the same age to play, read, write & enjoy music. Violin, Flute and Oboe tuition also available. Use of acoustic, digital pianos, sequencers & percussion instruments. Exam & eisteddfod preparation. Private lessons also available. Also some new musical instruments available (flute, clarinet, saxophone, violin etc)Pre-school children during school time, older students after school or Saturday mornings. Special arrangements possible.

Hours: Please contact for new location

Kindermusik

Phone: 0402 013 449

at Manly Vocal Arts Centre, 10 Wentworth St, Manly 2095

Mail to: Lifesong, 62 Kens Road, Frenchs Forest 2086

Email: km@molins.net.au

Web: www.lifesong.com.au

Service Description: Award winning early childhood music and movement classes for children aged 0-6, intimate group numbers, run by experienced music teachers who teach parents and children to relax. Also at North Balgowlah, Mona Vale. Infants (newborn to 1.5 yrs) also. Director Cliona also does music programs at Dalwood, Bear Cottage etc. Golden Apples Lullaby CD (harp and voice) for sale online for \$20 plus \$5 shipping anywhere in Australia. Child centres can buy a 6-pack for \$100.

Hours: Infants: Mon 11am Manly, Tue 11am Manly & Mona Vale, Wed 10.30am Nth Balgowlah

Peninsula Music Club

Phone: 9972 3556 (Secretary)

Loquat Valley School, 1977 Pittwater Rd, Bayview 2104

Mail to: 16/67 Lynwood Ave, DEE WHY 2099

Email: tmackin@bigpond.net.au

Service Description: Lovers of classical music on the Peninsula. Organises regular concerts with professionally qualified artists in the provision of vocal and orchestral performances. Concerts organised for members but visitors always welcome. Concerts held at street address.

Hours: As per programme 4-5 concerts a year

Wyvern Music Club

Phone: 9416 5234 **Fax:** 02 9416 5234

Forestville Uniting Church, 9 Currie St, Forestville 2087

Email: wyvern@fcma.org.au

Web: wyvern.fcma.org.au

Service Description: Four subscription performances annually of classical music including instrumental chamber music (strings, guitar, woodwind, piano), singers and choral groups. Held at the Our Lady of Good Counsel Catholic Church, Forestville on Sundays at 4pm. Complimentary refreshments are served and all are very welcome.

Painting and Drawing

Avalon Active Seniors Group Inc.

See Page 106

Forest Community Arts Centre

See Page 24

Life Drawing Studio

Phone: 9976 1421 **Fax:** 02 9948 6938

Manly Art Gallery & Museum, West Esplanade Reserve, Manly 2095

Email: artgallery@manly.nsw.gov.au

Web: www.manly.nsw.gov.au/attractions/art-gallery-museum/manly-art-gallery-society

Service Description: Life drawing classes, no tutors, just models, refreshments included.

Hours: 2nd Tuesday night of each month 7.15-9.15pm.

Alternative Names: Manly Art Gallery & Museum

Northern Beaches Community College Inc

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Northern Beaches Community College Inc

See Page 133

Pioneer Clubhouse

See Page 129

The Tramshed Arts & Community Centre

See Page 25

Waves Youth and Creative Arts Centre

See Page 26

Photography

Manly Warringah League Club Camera Club

Phone: 9882 1101

Manly Warringah Leagues Club, 563 Pittwater Rd, Brookvale 2100

Mail to: 29 Barcoo St, East Roseville 2069

Email: pbennun@iinet.net.au

Web: www.manly.photographynsw.org.au

Service Description: Members assisted with photography techniques, judge and critique prints & digital. Lectures and seminars held.

Hours: 2nd and 4th Thu 7:45pm

Pittwater Camera Club Inc.

Phone: 9973 1885

B.Y.R.A. Hall, 1842 Pittwater Rd, Bayview 2104

Mail to: PO Box 276, Newport 2106

Email: secpcc@bigpond.com

Web: www.pittwatercameraclub.org

Service Description: Aim is to aid and benefit by mutual co-operation, those interested in photography. Competitions, lectures, social activities.

Hours: 8pm alternate Mon

Point Break Drama Acting School

See Page 181

Scale Modelling

Maritime Model Club of NSW Inc

Phone: 9452 2901

Middle Creek, Wakehurst Parkway, Narrabeen 2101

Mail to: PO Box 1731, Dee Why 2099

Service Description: Construction and running of Scale Radio controlled Model Boats.

Hours: 1st & 3rd Sun each month 9am-2pm

Maritime Model Museum

Phone: 9986 0688;0419 287 140

2 Peninsular Plaza, 20 Bungan St, Mona Vale 2103

Mail to: PO Box 692, Mona Vale 1660

Email: maritimemuseum@bigpond.com

Service Description: Displays a large range of scale-model replicas of boats, ships, working steam engines and collectable artifacts. Skilled craftsman can also build and restore replicas made to order.

Hours: Mon-Sat 9.30am to 3pm

Warringah Radio Control Society Inc

Phone: 9488 9973

Off Morgan Rd, Belrose 2085

Mail to: PO Box 349, Brookvale 2100

Web: www.wrsc.org.au

Service Description: Building & flying radio-controlled model aircraft. Flying site available all year round.

Qualified instructors available to assist beginners. Monthly club social meetings at The Cove Sporting Club Castle Cove, 2nd Tue of each month at 7.30pm.

Hours: 9am to dark 7 days a week.

Self Defence

Australia's Youth Self Defence Karate

Phone: 9904 5667

Seaforth Public School Seaforth., Kempbridge Ave, Seaforth 2092

Mail to: 144/322 Military Rd, Cremorne 2090

Web: karate-kids.com.au

Service Description: Self Defence Karate and safety awareness program for boys and girls ages 5 to 16 featuring American Kenpo karate.

Classes are every Tuesday for during school term. Classes divided by age and experience:

New students ages 5 to 8 and Yellow Belts through to 8 years old.

New students ages 9 to 16 and returning students through to 3rd Degree Orange.

Returning students Purple through to Blue belt.

Returning students Green through to Black tip belt.

Black belts and Junior Black Belts only.

Parents/adults karate.

Hours: Tuesdays 4pm-8.45pm. See website for specific class times.

Body Zone-Self Defence and Fitness

Phone: 0431 326 541

Email: info@bodyzone.net.au

Web: www.bodyzone.net.au

Service Description: Body Zone courses are designed to increase overall fitness, strengthen and tone the body. Learn effective self defence techniques, build confidence and increase awareness.

Hours: Please call for course start dates

Bulldog Gym Balgowlah

Phone: 9949 3533

4 Hayes St, Balgowlah 2093

Email: ndstone@ozemail.com.au

Web: www.thaiboxing.com.au/

Service Description: Full time gym available for traditional Thai boxing (Muay Thai kickboxing).

Our full time school in Balgowlah caters for men, women only class and children. Our school is clean well maintained and fully insured.

Hours: Various classes, please call for details

Fight Gym Manly Beach

Phone: 9977 2961 **Fax:** 02 9977 3902

11 The Corso, Manly 2095

Email: info@fightgym.com.au

Web: www.fightgym.com.au/

Service Description: Fitness gym, Boxing fitness classes, Kyokushin Karate, Children's Karate and Capoeira.

Hours: Monday to Friday 6am-8.30pm; Saturdays 8am-1pm

Alternative Names: Fight Gym