

SPORTS AND PHYSICAL FITNESS

General Sports Administration

Northern Beaches Cricket Council

Phone: 8302 6034 **Fax:** 02 8302 6080

Diggers on the Park, Manly Oval, Manly 2095

Mail to: PO Box 333, Paddington 2021

Email: steve.mulally@cricketnsw.com.au

Web: www.cricketsnsw.com.au

Service Description: The NBCC is an advisory body for cricket in the Northern Beaches area, providing policy on matters such as grounds, amenities, development, coaching, local government liaison, promotion etc.

Warringah Council Sportsfields and Ovals

See Page 159

Wet Weather Lines

Manly Council Wet Weather Line

See Page 157

Pittwater Council Wet Weather Line

See Page 157

Warringah Wet Weather Hot Line

See Page 159

Aerobics

Body Shape Female Fitness Centre - Dee Why

Phone: 9984 7733 **Fax:** 02 9984 7711

Shop 4, 645-647 Pittwater Rd, Dee Why 2099

Email: deewhy@bodyshape.com.au

Web: www.bodyshape.com.au

Service Description: Fitness centre for women only

Body Shape Female Fitness Centre - Warringah Mall

Phone: 9939 3311 **Fax:** 02 9939 3377

Shop 601 Warringah Mall, Brookvale 2100

Email: warringahmall@bodyshape.com.au

Web: www.bodyshape.com.au

Service Description: Fitness centre for Women only

Carlile Swimming Killarney Heights

Phone: 9451 3677 **Fax:** 02 9975 3086

14 Tralee Ave, Killarney Heights 2087

Email: killarneyheights@carlile.com.au

Web: www.carlile.com.au

Service Description: Swimming lessons, babies to adults. Stroke correction. No public swimming.

Hours: 5.30am-8:30pm

Alternative Names: Killarney Swim Centre

Forestville Memorial Hall & Senior Citizens Centre

See Page 24

New Image Gym and Fitness World

See Page 186

Northern Beaches Indoor Sports Centre

Phone: 9913 2688 **Fax:** 02 9913 7819

access via Jacksons Rd, Warriewood 2102

Mail to: PO Box 1621, Warriewood 2102

Web: www.indoorsports.net.au

Service Description: Regional indoor sporting facility catering to a variety of sports and activities such as netball, basketball, volleyball, gymnastics and school sports. It can also accommodate futsal, handball, badminton, table tennis, jazzercise & aerobics and more.

Hours: Office hours Mon-Fri 9am-1pm

Alternative Names: NBISC

Sokol Sydney Ltd

See Page 55

War Vets Day Therapy Centre

See Page 200

Air Sports

Australian Air League Inc, Manly Squadron

Phone: 9486 3034 **Fax:** 02 9486 3045

Hinkler Park, Pittwater Rd, North Manly 2100

Mail to: 28 Terrigal Rd, Terrey Hills 2084

Email: kbaero@inet.com-net

Web: www.airleague.com.au

Service Description: Aviation based youth organisation

Hours: Friday at Hinkler Park 7.30pm to 9.30pm

Manly Parasailing

Phone: 9977 6781 **Fax:** 02 9977 4618

Manly Wharf, Manly 2095

Mail to: Unit 203, 11 Wentworth St, Manly 2095

Email: parasail@parasail.net

Web: www.parasail.net/shp/about.htm

Service Description: Parasailing from Manly Wharf, no experience required. Five parasail flights per hour of approximately 10 minutes each. On most trips you will have at least an hour on the boat.

Season operates October to end of April/early May. Friday to Monday 10am-4pm (weather permitting).

Hours: Office hours 9am to 5pm

Alternative Names: Sydney Harbour Parasailing

No 305 Squadron Australian Air Force Cadets

Phone: 9972 5709 (During Parade Hours) **Fax:** 02 9971 1627

The Pittwater House Schools, 70 South Creek Rd, Collaroy 2097

Mail to: PO BOX 244, Manly 1655

Email: admino.305sqn@aafc.org.au

Web: 305sqn.aafc.org.au/news.php

Service Description: Aims are to instil a sense of discipline, leadership, citizenship and air mindedness in the youth of Australia. Also to encourage them to follow an aeronautical career, either in private industry or the RAAF.

Governed & sponsored by RAAF Type: Educational.

Hours: Wednesday nights 6:30pm to 9:30pm (during school term)

Alternative Names: No 305 Squadron

Sydney Paragliding and Hangliding Club

Phone: 0414 668 424

Harbord Bowling Club, Cnr Bennet & Stirgess Av, Freshwater 2096

Mail to: PO Box 840, Mona Vale 2103

Email: secretary@flsydney.com.au

Web: www.flysydney.com.au

Service Description: Hang gliding, paragliding, introduction flights, training and development of pilot skills.

Hours: Anytime, subject to weather and wind. Meetings 7pm on 1st Tues.

Aquarobics

Cerebral Palsy Alliance - Aquability (hydrotherapy)

See Page 119

Cerebral Palsy Alliance - Recreation Program, Met North & East Sydney

Phone: 9975 8405 **Fax:** 02 9975 8420

189 Allambie Rd, Allambie Heights 2100

Mail to: PO Box 184, Brookvale 2100

Email: smarmont@cerebralpalsy.org.au

Web: www.cerebralpalsy.org.au

Service Description: Recreation information, accessible holiday and travel information. Advocacy training and liaison/support to recreation providers in the community. Community development and training, consultancy to generic service providers. Integration and training support. After-hour activities. Also Aqua Fitness programs for people with physical disabilities on Tuesday nights in school term.

Hours: Mon Tue Wed 9.30am-2.30pm

Alternative Names: Formerly The Spastic Centre

Healthy Lifestyle

Phone: 8877 5300 **Fax:** 02 8877 5339

Mail to: Locked Bag 2220, North Ryde 1670

Web: www.nscchahs.health.nsw.gov.au/healthylifestyle.htm

Service Description: Offers exercise programs for the over 50s: aquafitness, falls prevention, gentle exercise, strength training, tai chi and yoga. Held in various venues across Northern Sydney. Phone for the term program or check website.

Hours: Office Mon-Fri 9am-4pm

Manly Andrew 'Boy' Charlton Swim Centre

Phone: 9976 1495 **Fax:** 02 9976 3913

Balgowlah Rd, Manly 2095

Email: records@manly.nsw.gov.au

Web: www.manly.nsw.gov.au/attractions/swim-centre/

Service Description: Coaching, learn to swim, lap swimming, school carnivals, organised swimming groups, scuba, water polo, aqua aerobics, recreational swimming. Learn to swim for persons with disabilities.

Season passes available - check website for details

Hours: Mon-Fri 5.30am-7pm; Sat and Sun 6am-7pm.

Public Holidays 6am-6pm.

Centre closed during July each year for maintenance.

Manly Warringah Rugby League Club Ltd

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Northern Beaches, Health Promotion Unit

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Pat Taylor Swimming School

See Page 46

Warringah Aquatic Centre

See Page 47

Archery

J.J. Melbourne Hills Memorial Reserve

See Page 156

NSW Shooting Association Ltd

See Page 183

Warringah Archers Inc

Phone: 9981 5819

Cromer High School, Cnr South Creek Rd and Inman Rd, Dee Why 2099

Mail to: PO Box 143, Dee Why 2099

Email: cbeckett@bigpond.net.au

Web: www.warringaharchers.com.au

Service Description: Instructional/coaching lessons. Ground available to members on Saturday and Sunday. Beginners courses are run over 4 weekends/2 hour lesson(about \$60); Junior Aussie Sports Program OzBow held Sun mornings (\$5/visit + registration \$80/yr); Parental Ozbow Program (\$5/visit + registration \$30/yr); special groups (ie scouts, disabled, veterans) catered for.

Hours: Sat & Sun 9:30am-5pm. During daylight saving, selected weekdays for group sessions. Indoor last Fri evening each month

Athletics

Beacon Hill Playing Fields

See Page 76

Communities NSW, Sport and Recreation - Squad Programs for Basketball and Athletics

Phone: 9006 3723 **Fax:** 02 9006 3880

Sydney Academy of Sport and Recreation, Wakehurst Parkway (1.5 km from Pittwater Rd), Narrabeen 2101

Mail to: Locked Bag 1422, Silverwater 2128

Email: margot.zaska@communities.nsw.gov.au

Web: www.dsr.nsw.gov.au/sydneyacademy

Service Description: Squad programs for high school students aged 13+ and adults with disabilities needing low/moderate support, during school term to develop skills required in basketball on Tue 5:30pm-6:30pm and athletics on Fri 4:30pm-5:30pm. Eligibility grading by head coach.

Hours: Office Mon-Fri 8:30am-5pm.

Alternative Names: NSW Sport and Recreation

Lionel Watts Playing Fields

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Manly Warringah Little Athletics Centre Inc

Phone: 9450 1792 **Fax:** 02 9450 1822

Sydney Academy of Sport, Wakehurst Parkway, Narrabeen 2101

Mail to: 224 Forest Way, Belrose 2085

Web: www.manlywarringahlittleathletics.org.au

Service Description: Athletics competition for boys and girls aged 6-16. Co-ordinates Little Athletic Clubs in the Manly Warringah area. Clubs participating in this competition include Beacon Hill Athletics Club 94021513; Cromer Athletics Club 94501792, 43761318; Manly Athletics Club 99059691; Peninsular Athletics Club; Seaforth Athletics Club 0411160616; Wakehurst Athletics Club 0419765580. Events include running (sprints & long distance), long jump, high jump, triple jump, shot put, discus, walk, hurdles, javelin.

Hours: Sat morning 7.45am-12.30pm

Seaforth Oval

See Page 161

Special Olympics - Sydney Northern Region

See Page 116

Star Sports Camps

See Page 47

Wakehurst Little Athletics Club

Phone: 9453 3673

Belrose Rugby League Clubhouse, Lionel Watts Oval, Frenchs Forest 2086

Mail to: 5 Edgeware Place, Belrose 2085

Email: info@wakehurstlittleathletics.org.au

Web: www.wakehurstlittleathletics.org.au

Service Description: Little Athletics. Events include : Sprints, hurdles, middle distance, long jump, high jump, shot put, discus, walks. Competition held at Narrabeen Sports Academy

Hours: Training : Wed 6-7.30pm; Competition : Sat from 8am

Weldon Oval - John Fisher Park

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Australian Rules

Lionel Watts Playing Fields

See Page 78

Manly Bombers Junior Australian Football Club

Phone: 0414 236 365;

Weldon Oval, Stirgess St, Freshwater 2096

Mail to: 14 Augusta Rd, Manly 2095

Email: amparker@bigpond.net.au

Web: www.afl.gsj.com.au

Service Description: Junior Aussie Rules for under 9 to under 16 in the Northside AFL. Auskick for younger children.

Hours: From 8:30am Saturday

Manly Warringah Australian Football Club Inc

Phone: 0409 255 586

Weldon Oval, Stirgess St, Freshwater 2096

Mail to: PO Box 44, Collaroy Beach 2097

Web: www.manlyafcl.com

Service Description: Club has 4 open age teams plus U/18. Training at No 6. Narrabeen for 2009 only.

Normally at Weldon Oval, Stirgess Ave, Freshwater.

Hours: Training Mon, Tue, Thu, Fri 6:30pm-8.30pm, games Sat/Sun

Alternative Names: Manly Wolves AFL

Pittwater Junior AFL Club Inc

Phone: 0417 896 645

Walsh St, Warriewood 2102

Mail to: PO Box 1721, Warriewood square, Warriewood 2102

Email: pittwatertigers@gmail.com

Web: www.pittwaterafl.com.au

Service Description: Junior Aussie Rules Club for the northern beaches. Competition for Under 9 to Under 16 in the Sydney Harbour association. Auskick for 5 to 8 year olds. Training at North Narrabeen ground. Can be played by both boys & girls (up to 14yrs) with modified rules.

Hours: Training Tues-Thu 4-7pm. Games Sundays 8am-4pm

Alternative Names: Pittwater Tigers

Weldon Oval - John Fisher Park

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Badminton

Avalon Badminton Club - Friday night

Phone: 9918 2000; 02 9918 7567

Avalon Recreation Centre, Old Barrenjoey Rd, Avalon 2107

Mail to: 49 Hilltop Rd, Avalon Beach 2107

Web: www.avalonbadmintonclub.com

Service Description: Some previous experience of badminton preferable.

Hours: Fri 8pm-10pm

Greater Badminton Association of Sydney

Phone: 9451 6978

Mail to: PO Box 216, Forestville 2087

Email: gbaofsydney@yahoo.com.au

Web: www.gbaofsydney.com

Service Description: Ring for information on various venues and teams to join. Organises games and tournaments throughout the metropolitan area.

Hours: Evenings and weekends.

North Curl Curl Badminton

Phone: 0411 649 731; 02 9918 7567

Curl Curl Youth & Community Centre, Abbott Rd, Curl Curl 2096

Mail to: PO Box 345, Avalon 2107

Service Description: Social badminton at local venue

Hours: Tues; Thurs; 12.30-3pm;

Northern Beaches Badminton Club

Phone: 0414 388 741

Cromer Community Centre, 150 Fisher Rd North, Cromer 2099

Email: schonb@wda.net

Service Description: Badminton club for players of a A, B or C grade. Aims to foster a high standard of badminton for experienced players. Participate in tournaments regularly.

Hours: Mon 7:30pm-9:30pm

Northern Beaches Indoor Sports Centre

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Seaforth Badminton Group

Phone: 9451 6978

Seaforth Community Centre, Baringa Ave, Seaforth 2092

Mail to: PO Box 216, Forestville 2087

Email: gbaofsydney@yahoo.com.au

Web: www.seaforthbadminton.50webs.com/

Service Description: Badminton for players with advanced, intermediate and beginner levels.

We host a social session on Wednesdays from 8-10pm and provide adult coaching to those who are new to the sport with no additional charge.

We also train juniors (7-16yrs) on Sundays from 4:30-6:00pm.

Hours: Must call to check availability before you turn up.

Wednesday Social Session 8pm-10pm.

Junior Coaching Sundays 4:30pm-6pm

Alternative Names: Seaforth Youth Club, Badminton Group

Baseball

Abbott Road Ground - John Fisher Park

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Adams Street Ground - John Fisher Park

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Aquatic Reserve Baseball Diamonds

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Ararat Playing Field

See Page 155

Beacon Hill Playing Fields

See Page 76

Beverly Job Playing Fields

See Page 76

County Road Reserve Playing Fields

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Hews Parade Playing Fields

See Page 77

James Morgan Playing Fields

See Page 77

Macfarlane Playing Fields

See Page 78

Manly Seaside Baseball Club Inc.

Phone: 0423 450 734

John Fisher Reserve, Abbott Rd, Curl Curl 2096

Mail to: PO Box 857, Brookvale 2100

Email: secretary@seasiders.com.au

Web: www.seasiders.baseball.com.au

Service Description: Home ground is John Fisher Reserve at North Curl Curl. Fields teams in Manly Warringah Junior Baseball Leagues summer competition between Sept & March for children 5 to 15 years. For Manly Warringah Adult Winter League see separate entry.
Hours: Games played between 8.15am and 12.30pm each Saturday throughout summer.

Manly Warringah District Baseball Club Inc

Phone: 9944 4800 **Fax:** 02 9944 4800

Fitzpatrick Reserve, Aquatic Drive, Frenchs Forest 2086

Mail to: PO Box 6190, Frenchs Forest 2086

Email: rjfox@optusnet.com.au

Web: www.manly.baseball.com.au

Service Description: Major League Club, 1st Grade, 2nd Grade, 3rd Grade, U/18's. Also run summer competition for senior teams and metropolitan league.
Hours: All day Sun & Sat pm, plus training Mon-Fri
Alternative Names: Manly Grade Club

Manly Warringah Winter Baseball Association Inc

Phone: 9999 0890 **Fax:** 02 9979 8703

Mail to: PO Box 408, Dee Why 2099

Email: si2167@bigpond.com

Web: www.winterbaseball.org

Service Description: Conduct of winter baseball competition in Manly, Warringah, Pittwater area. Participants include both men and women, aged from 16 to 55 plus.

Hours: Sat, Sun beginning April to end August

St Mathews Farm

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Stirgess Ave Ground (9,10,11,12) - John Fisher Park

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Basketball

Avalon Recreation Centre

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Communities NSW, Sport and Recreation - Squad Programs for Basketball and Athletics

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Manly Warringah Basketball Association

Phone: 9913 3622 **Fax:** 02 9913 3644

Northern Beaches Indoor Sports Centre, Jacksons Rd, Warriewood 2102

Mail to: PO Box 396, Narrabeen 2101

Email: mwba@manlybasketball.com.au

Web: www.manlybasketball.com.au

Service Description: Organise and administer basketball competition and representative teams for the local area.

Hours: Mon-Fri 9am-5pm

Midnight Basketball

See Page 149

Special Olympics - Sydney Northern Region

See Page 116

BMX

J.J. Melbourne Hills Memorial Reserve

See Page 156

Manly Warringah BMX Club Inc.

Phone: 0411 203 289

J J Melbourne Hills Memorial Reserve, Thompson Drive off Kamber Rd, Terrey Hills 2084

Mail to: PO Box 372, Narrabeen 2101

Web: www.bmxnsw.com.au

Service Description: BMX club providing club racing, training and coaching.

Hours: Thu training 6:30pm-8:30pm

Alternative Names: Manly Warringah Mustangs

Boating

Barrenjoey Boating Services

Phone: 9974 4229; 0416 218 868 **Fax:** 02 9974 5534

Barrenjoey Boathouse, Governor Phillip Park, Palm Beach 2108

Web: www.barrenjoeyboathire.com

Service Description: Self drive boat hire on Pittwater for 1-12 persons in aluminium boats, party pontoon or 21ft cruisers. No licence required. Paddle boards and kayaks for hire. Commercial barge for hire for all equipment, building requirements and water support for TV and films. Located at northern end of Palm Beach golf course.

Hours: 7days per week 7am to 5pm.

Careel Bay Trailer Boat Club Inc.

Phone: 9918 2255

Mail to: 93 Marine Pde, Avalon 2107

Email: cbtbc@hotmail.com

Service Description: Trailer boat club.

Alternative Names: CBTBC

Marine Rescue NSW - Broken Bay Unit

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Palm Beach and Hawkesbury River Cruises Pty

Phone: 0414 466 635 **Fax:** 02 9974 1203

Mail to: PO Box 770, Avalon Beach 2107

Email: emailnow@sydney scenic cruises.com

Web: www.sydney scenic cruises.com

Service Description: Scenic cruises departing from Palm Beach Wharf at 11am and returning 3.30pm cruising lower Hawkesbury River and Cowan Waters with a one hour stop at Bobbin Head. Daily services to Patonga also available. Operates Friday, Saturday, Sunday and Monday. Daily in school holidays.

Royal Motor Yacht Club - Broken Bay, NSW

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Skipper a Clipper & EOS Yacht Charter

Phone: 9979 6188 **Fax:** 02 9979 6933

Gibson Marina, 1710 Pittwater Rd, Bayview 2104

Mail to: PO Box 1199, Mona Vale 1660

Email: enquiries@skipperclipper.com.au

Web: www.skipperclipper.com.au

Service Description: Luxury bareboat charter specialising in motor catamarans & cruisers. Yachts also available. Cruising functions, weddings, 21st birthdays etc.

Hours: Daily 8:30am-5:00pm

Smart Boating

Phone: 9997 5344 **Fax:** 02 9979 9724

1714 Pittwater Rd, Bayview 2104

Email: info@smartboating.com.au

Web: www.smartboating.com.au

Service Description: Yacht Charters, Shared Boat Ownership Program, Sailing School, Yacht Club, Team Sailing events and Charter Boat Ownership Program. Sailing school offers courses for all levels of ability for adults and youth over 12 years.

Hours: Sunday to Monday, see website for details.

Bowling

AMF Dee Why Bowl

Phone: 9972 3400 **Fax:** 02 9984 8681

(behind Dee Why RSL), 932 Pittwater Rd, Dee Why 2099

Email: amf_deewhy@amfbowling.com.au

Web: www.amfbowling.com.au

Service Description: A 24 lane tenpin bowling centre for general public. Team bowling (leagues) for juniors, adults (day & night) and senior citizens, people with disabilities. Cater for birthday parties, corporate & group functions, fundraising activities. Friday and Saturday nights include Xtreme Disco bowling (glow in the dark bowling, music, huge video screen with latest music videos). Cafe and refreshment facilities, amusement machines. Child minding for League members.

Hours: Sun-Thurs 9am-11pm, Fri-Sat 9am-12am

Bookings essential.

Arranounbai Kids Boccia Club CLOSED

Phone: 0414 771 033 **Fax:** 02 9907 2633

Arranounbai School, 5 Aquatic Drive, Frenchs Forest 2086

Mail to: c/o P King, 43 Carter Rd, Brookvale 2100

Email: pking@tscnsw.org.au

Web: www.bocciansw.org.au

Service Description: Boccia NSW provides two coaches and equipment for a club for kids and teens (K-18) with disabilities. Parents and carers are expected to stay, join in and learn the game, with the focus on fun, skills and being part of a team. Players from ambulant to those restricted to a wheelchair, with limited or non-existent hand function, can play this sport with soft leather bowls.

Hours: Thu 4pm-5pm during school term

Avalon Beach Bowling & Recreation Club Ltd

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Avalon Womens Bowling Club

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Balgowlah Bowling Club Limited

Phone: 9948 6377, 9948 6700 (Bowling Enquiries) **Fax:** 02 9948 6388

Bareena Drive, Balgowlah Heights 2093

Email: bowling@bigpond.net.au

Service Description: The Balgowlah Bowling Club Limited incorporates The Balgowlah Mens Bowling Club and The Balgowlah Heights Women's Bowling Club. Lawn Bowling, Twilight Social Bowls, Social Committee. Seafood Buffet nights & Friday night seafood. Venue for all types of functions.

Balgowlah School for Seniors

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Belrose Bowling Club

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Bowling for People with Disabilities

Phone: 9972 3400 **Fax:** 02 9984 8681

AMF Dee Why Bowl, 932 Pittwater Rd (behind Dee Why RSL), Dee Why 2099

Email: amf_deewhygr@amfbowling.com.au

Web: www.amfbowling.com.au

Service Description: This 24 lane tenpin bowling centre for the general public has cafe and refreshment facilities, amusement machines. It provides special bumpers along gutters, and ramps for bowling. SATURDAY 9:30am-11.30 Dolphin League. Other times \$7/game for people with disabilities.

Hours: Centre Mon-Thu 9am-9.30pm, Fri-Sat 9am-11pm, Sun 9am-10pm

Dee Why Bowling & Recreation Club Ltd

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Dee Why RSL Bowling Club

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Dee Why RSL Club Ltd

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Dee Why Senior Citizens Centre Club

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Friday Boccia Club - Northern Beaches

Phone: 0418 467 702 **Fax:** 02 9907 2633

Avalon Recreation Centre, 59 Old Barrenjoey Rd, Avalon 2107

Mail to: McLeod House, 189 Allambie Rd, Allambie Hts 2100

Email: pking@cerebralpalsy.org.au

Web: www.bocciansw.org.au

Service Description: People (aged 15+) with any level of disability (from ambulant to those restricted to a wheelchair, with limited or non-existent hand function) can play this sport with soft leather bowls. Equipment, qualified coaches, uniforms, referees are provided. Bring own carer if required. Elite squad trains 4days/week.

Hours: Office Mon-Fri 9am-3pm; train Mon 10am-12noon in Avalon

Harbord Bowling & Recreation Club

See Page 73

Manly Bowling Club

Phone: 9938 7657 **Fax:** 02 9977 3786

Ivanhoe Park, Raglan St, Manly 2095

Email: manlyinfo@mountiesgroup.com.au

Web:

www.harborddiggers.com.au/index.cfm?page_id=1222&page=Manly+Bowling+Club&var_sw=1&dd=0&d0=1222&d1=0&d2=0&d3=0&pp=0&cp=1222

Service Description: Lawn bowls facilities and groups for lawn bowlers in the area.

Manly Bowling Club - Ladies

Tuesdays and Thursday's each week from 9am - 2pm
Contact; President , Leonie Boylan. Tel; (02) 9905 5192 or at the Club on (02) 9977 3114

Manly Bowling Club - Mens

Wednesdays, Fridays and Saturdays from 12:30pm
Contact: Jeffrey Boyd. Tel: (02) 9977 3114 or Mob: 0438 883268

Manly Bowling Club - Social

Sundays from 9am - 12 noon.
Contact the Club on (02) 9977 3114

Hours: Mon-Tue: 10am-10pm

Wed-Sat: 10am-12midnight

Sun: 9am-9pm

Alternative Names: also Rock n Bowls Barefoot Bowling

Manly Club for Seniors Inc.

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Manly Vale - Calabria Bowling Sports and Social Club Ltd

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Manly Warringah Pittwater Division of Legacy, Widows Club

Phone: 8976 3500 **Fax:** 02 9982 3852

18 Howard Av, Dee Why 2099

Mail to: PO Box 80, Dee Why 2099

Email: manly@sydney-legacy.com.au

Web: www.legacy.com.au

Service Description: Activities include crafts, bingo, cards, entertainment, outings.

Hours: Meets each Thu 10am-2pm

Mona Vale Bowling Club Ltd

Phone: 9999 3271 **Fax:** 02 9999 2631

1598 Pittwater Rd, Mona Vale 2103

Mail to: PO Box 737, Mona Vale 2103

Email: monavalebc@live.com.au

Service Description: Outdoor bowls, pool table, table tennis.

Hours: 7 days hours vary each day.

Mona Vale Womens Bowling Club

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Narrabeen Senior Citizens Club

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Newport Bowling Club Ltd

Phone: 9999 1661 **Fax:** 02 9999 0259

Cnr Palm & Barrenjoey Rd, Newport 2106

Mail to: PO Box 135, Newport Beach 2106

Email: newportbowling@bigpond.com

Service Description: Men and women's bowling club and social club.

Hours: Mon, Wed, Sat 10am-7pm; Tue & Thur 4pm-7pm

North Manly Bowling and Recreation Club Ltd

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NSW Boccia League

Phone: 0418 467 702 **Fax:** 02 9907 2633

c/o P King, 43 Carter Rd, Brookvale 2100

Email: pking@tscnsw.org.au

Web: www.bocciansw.org.au

Service Description: People (aged 15+) with any level of disability (from ambulant to those restricted to a wheelchair, with limited or non-existent hand function) can play this sport with soft leather bowls. Equipment, qualified coaches, uniforms, referees are provided. Bring own carer if required. Teams selected at Nationals in May attended Hong Kong regionals in July, then the 2012 Australian Paralympics in London. Elite squad trains 4 days/week. (For the non-disabled version of bocce, phone 02 9822 1040, www.bocce.net)

Hours: Office Mon-Fri 9am-3pm.

Pittwater Indoor Bowls

Phone: 9450 1723; 02 9999 1213

Pittwater RSL Club, Cnr Foley St & Mona Vale Rd, Mona Vale 2103

Service Description: Enjoy some good fun and good company playing indoor bowls in the auditorium. Competitions held throughout the year. New members and visitors most welcome. Please phone to enquire about a friendly roll-up.

Hours: Monday 7.30pm; Saturday 1pm

Pittwater RSL Club Ltd

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Seaforth Bowling Club Limited

Phone: 9948 1119 **Fax:** 02 9907 9450

Kirkwood St, Seaforth 2092

Mail to: PO Box 37, Seaforth 2092

Email: seaforthbowlingclub@bigpond.com

Web: www.sportingpulse.com/assoc_page.cgi?c=1-7857-0-0-0

Service Description: Lawn bowls. Provides bowling facilities for gentlemen and ladies together with a programme of varying social events.

Hours: Tuesday to Saturday - see website for details
The administration office is staffed only part time on Tuesdays and Thursdays between 10am and 3pm.

Special Olympics - Sydney Northern Region

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Boxing

Bulldog Gym Balgowlah

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Empower Health

Phone: 0415 748 062

Checkers Resort, 331 Mona Vale Rd, Terrey Hills 2084

Mail to: PO Box 63, Terrey Hills 2084

Email: nick@empowerhealth.com.au

Web: www.empowerhealth.com.au

Service Description: Personal training, circuit classes, kids fitness, boxing cardio, DIY for anyone aged 8+. Babysitting available. No sign up fees, no lock in contracts. People with disabilities welcome.

Hours: Mon-Sun 6am-9pm

Fight Gym Manly Beach

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Bushwalking

Chase Alive Discovery Program

Phone: 9472 9300 **Fax:** 02 9457 9054

Ku-ring-gai Chase National Park, Ku-ring-gai Chase Rd, Mt Colah 2079

Mail to: PO Box 723, Hornsby 1630

Web: www.environment.nsw.gov.au

Service Description: Organises walks regarding birds, flowers, possums, Aboriginal culture, astronomy, canoe trips, bike rides, sketching days, bushdancing etc. Runs school holiday activities for children and ferry cruises. Bookings essential.

Hours: Kalkari 9am-5pm, 7 days. Activities day & night 7 days. Free entry

Deep Creek Reserve

See Page 21

Manly Warringah War Memorial Park

See Page 157

Southern Cross Outdoors Group (SCOG)

See Page 179

Warringah Bushwalking Club Inc

See Page 179

Canoeing and Kayaking

Barrenjoey Boating Services

See Page 233

Bei Loon Dragon Boat Club

Phone: 9982 8000

Rowland Reserve, Pittwater Rd, Bayview 2104

Mail to: 240 South Creek Rd, Wheeler Heights 2097

Email: kiwidragon@hotmail.com

Web: www.beiloon.com.au

Service Description: Pittwater Dragon Boat Club with training base in Bayview. Juniors 12-17 yrs, Premiers 19-39yrs, Masters(40+) and Pittwater Pinks for breast cancer survivors.

Hours: Sun 8-10.30am, Tues & Thurs 6-7.30pm (Sept-Apr)

Alternative Names: Northern Dragons

Manly Warringah Kayak Club

Phone: 9971 8389; 02 9401 0425 **Fax:** 02 9971 8389

Operates from Clubhouse at Berry Reserve, 1395b Pittwater Rd, Narrabeen 2101

Mail to: PO Box 621, Narrabeen 2101

Web: www.mwkc.com.au

Service Description: Kayak racing, sprint and marathon.

Pittwater Outrigger Canoe Club

Phone: 0418 442 329 (George Floth-President)

Bayview Yacht Racing Club, Bayview 2104

Mail to: PO Box 1143,, Mona Vale 2103

Email: gfloth@gfloth.com.au

Web: www.pittwateroutriggers.com

Service Description: Provides training and opportunities to race OC6 outrigger canoes. Members also have access to the club's single and double canoes for extra training.

Several training sessions are run each week from BYRA (Bayview Yacht Racing Association) and Rowland Reserve. The club is affiliated with Bayview Yacht Racing Association and enjoys the facilities of the BYRA clubhouse which include free parking for training sessions, equipment storage, a meeting place, hot showers and change rooms.

Hours: Call Club President or check website for current training times.

Pro-Kayaks on Narrabeen Lake

Phone: 9970 7081 **Fax:** 02 9970 7020

11 Narrabeen St, Narrabeen 2101

Mail to: PO Box 784, Narrabeen 2101

Email: info@prokayaks.com

Web: www.prokayaks.com.au

Service Description: Canoes, kayaks, sea kayaks, paddle boards and surf skis for hire. Kayak tuition available. Retail shop. People with disabilities welcome.

Hours: Closed on Monday in winter.

Climbing

Northern Beaches Rockhouse Indoor Climbing Centre

Phone: 9905 6202 **Fax:** 02 9905 2419

Unit 4E Winbourne Estate, 9-13 Winbourne Rd, Brookvale 2100

Email: n.b.rockhouse@bigpond.com

Web: www.rockhouse.com.au

Service Description: Only indoor climbing centre on the Northern Beaches. Also holds birthday parties, school sports, vacation care, group bookings, corporate functions, climbing clinic; mother's group Thursday 10am-12pm; individual tuition and teambuilding. MONDAY - Junior Climbing Club 4-6 & Junior development squad 6-8; WEDNESDAY Junior development squad 4-6.

Hours: Mon 4pm-10pm, Tue-Fri 12pm-10pm, Sat-Sun 10am-9pm, public/school holidays 10am-10pm

Alternative Names: Rockhouse Indoor Climbing Centre

Cricket

Abbott Road Ground - John Fisher Park

See Page 154

Beacon Hill Playing Fields

See Page 76

Beverly Job Playing Fields

See Page 76

Collaroy Plateau Cricket Club

Vic Huxley Oval, Collaroy Plateau 2097

Mail to: 300 Alfred St, Cromer 2099

Email: info@collaroyplateau.org.au

Web: www.collaroyplateaucc.org.au

Service Description: Cricket club suitable for all age groups.

Collaroy Plateau Playing Fields

Phone: 9942 2111

Blandford St, Collaroy Plateau 2097

Mail to: Warringah Council, 725 Pittwater Rd, Dee Why 2099

Service Description: Cricket and Soccer played here. Enclosed playground.

Alternative Names: Vic Huxley Oval

David Thomas Playing Fields

Phone: 9942 2111

Sloane Cres, Manly Vale 2093

Mail to: Warringah Council, 725 Pittwater Rd, Dee Why 2099

Service Description: Fields for soccer, cricket and touch football

Dee Why Playing Fields

See Page 77

Forestville War Memorial Playing Fields

See Page 77

Griffith Park Playing Fields

See Page 22

Harbord Bowling & Recreation Club

See Page 73

Harbord Park Playing Fields

See Page 77

Hews Parade Playing Fields

See Page 77

Keirle Park Playing Fields and Skateboard Ramp

See Page 157

Killarney Heights Playing Fields

Phone: 9942 2111

Melwood Av, Killarney Heights 2087

Mail to: Warringah Council, 725 Pittwater Rd, Dee Why 2099

Service Description: Fields for cricket

Lionel Watts Playing Fields

See Page 78

Manly Warringah Cricket Association Inc

Phone: 0411 560 767

Service Description: Local mens cricket played on hard surfaces in the Northern Beaches Area. Call for Clubs participating in this competition.

Hours: Sat 1pm-5.30pm September-March

Manly Warringah District Cricket Club Inc

Phone: 9400 0098; 0409 999 972

Email: munchol1@optusnet.com.au

Web: www.manly_cricket.org.au

Service Description: Club plays competitive cricket in NSW Cricket Association, Sydney Grade Competition, 20 club competition. From this level, players are selected for NSW & Australia. All 5 grades play on turf pitches throughout Sydney on Saturdays. Resources: Manly Oval & Graham Reserve (lease through Manly Council).

Hours: 8am - 10pm

Millers Reserve Playing Fields & Skateboard Park

See Page 78

Nolan Reserve

See Page 78

North Shore Cricket Club Inc

Phone: 0405 104 617

Mail to: 35 Tennyson Rd, Cromer 2099

Email: northshorecc@ozemail.com.au

Web: www.northshorecc.org.au

Service Description: Fields senior teams in the Northern Suburbs Cricket Association competition. Teams suitable for players of all standards are available. Venues throughout the north shore.

Northern Beaches Cricket Council

See Page 228

Passmore Playing Fields

See Page 78

Peninsula Cricket Club

Phone: 9918 5206

Mail to: 48 Ruskin Rowe, Avalon beach 2107

Email: arcadius@bigpond.net.au

Web: peninsulajunior.nsw.cricket.com.au

Service Description: Junior Cricket Club.

Hours: Saturday 8am-12pm plus training afternoon

Star Sports Camps

See Page 47

Terrey Hills Playing Fields

See Page 78

Warringah Cricket Club

Phone: 0412 083 521

Weldon Oval, Stirgess Ave, North Curl Curl 2099

Mail to: PO Box 313, Belrose 2085

Email: pandchapman@hotmail.com

Web: www.meningreen.com.au

Service Description: Participate in Sydney Shires cricket competition. Field 5 grades, Open, U/24 & Masters (Over 40s). Games played throughout Sydney.

Alternative Names: Men in green

Weldon Oval - John Fisher Park

See Page 79

Wyatt Reserve

See Page 79

Croquet

Avalon Beach Bowling & Recreation Club Ltd

See Page 72

Avalon Womens Bowling Club

See Page 72

Manly Croquet Club Inc

Phone: 9977 7216

Cnr Pittwater and Balgowlah Rds, Manly 2095

Mail to: PO Box 144, Manly 1655

Email: dupreeza1511@bigpond.com

Web: croquet-nsw.org/?/clubs-sydney.html

Service Description: Association Croquet and Golf Croquet played regularly.

Hours: 9:30am-5pm

Cycling

Bicycle Tracks - Pittwater

Web:

www.rta.nsw.gov.au/trafficinformation/downloads/bicyclicycsydne_dl2.html

Service Description: To help bicycle riders travelling around their communities, the RTA have produced cycleway maps. These maps cater for all levels of bicycle users and are easy to understand. Cycleway maps are current at time of printing and are subject to change. Bicycle riders using cycleways do so at their own risk and the RTA will not accept liability for personal injury and/or damage to property.

Manly Warringah BMX Club Inc.

See Page 233

Manly Warringah Cycling Club

Mail to: 9 Devitt St, Narrabeen 2101

Email: mwcc@gamnet.au

Web: www.manlywarringahcc.org.au

Service Description: Cycle racing (road) every second Sunday at National Park or Terrey Hills. Cycle coaching and cycle training under supervision at JJ Hills Memorial Reserve, Kamba Rd, Terrey Hills every 2nd and 4th Sunday.

Hours: Weekends

Northern Beaches Bikers

Phone: 9982 1608 Fax: 02 9971 3152

Mail to: 4 Randall Court, Collaroy 2097

Email: austen@iinet.net.au

Service Description: Group of recreational & commuting cyclists who organise & participate in bicycle rides/tours of a few hours to all weekend duration. Not very serious but for enjoyment.

Hours: Most of rides take place on Sun & occur up to twice a month

Skater HQ

Phone: 9976 3833 Fax: 02 9976 3780

Shop 2, 49 North Steyne, Manly 2095

Email: bill@skaterhq.com.au

Web: www.skaterhq.com.au

Service Description: Inline and Roller skates and skateboard hire \$20 for 1 hour, \$25 for 2 hours, \$30 full day. Tandem bike hire \$25 for 1 hour.

Bikes and Scooter hire \$15 for 1 hour, \$20 for 2 hours, \$25 full day.

Located opposite Manly beach. Lessons available. Open 7 days.

Hours: 7 days 9am-6pm.

Sokol Sydney Ltd

See Page 55

Darts

Manly Warringah Master Builders Club Ltd

See Page 74

Dog Racing

Greyhound Adoption Program (NSW) Inc.

See Page 20

Dragon Boating

Pittwater Pinks Dragon Boat Team

See Page 118

Fencing

Manly Warringah Fencing Academy

Phone: 9949 1869

Queenscliff Life Savers Club (Main Hall), North Steyne, Queenscliff 2096

Email: mwfencingacademy@gmail.com

Web: mwfencing.wordpress.com/

Service Description: Fencing club specialising in 2 weapons - Foil & Sabre. Children's class: 4:30pm to 5:15pm
Adult Beginners class: 6:15pm to 7:00pm
Advanced class: 7:15pm to 8:00pm

Hours: Mondays: 4pm-9pm.

Classes: 4:30pm to 8:00pm

General training/social fencing: 8:00pm to 9:00pm

Alternative Names: Manly Warringah Fencing

Fishing

Anglers Action Group (Sydney Northside) Inc

See Page 86

Collaroy Services Beach Club Ltd

See Page 72

Fishabout Tours

Phone: 8922 2651

Suite 223, 117 Old Pittwater Rd, Brookvale 2100

Email: fish@fishabout.com.au

Web: www.fishabouttours.com.au

Service Description: Fishing tour with expert tuition on Sydney Harbour or Hawkesbury River. 6.1m motorboat, or 5.5m motorboat with drop-down side. Tour provides tackle, bait, lures, light refreshments. Tour maximum is 5 (4 if 2 wheelchair users included). Skipper is experienced with wheelchairs. Very informative newsletter. Kids fishing clinics (parent welcome) in holidays.

Hours: Bookings anytime 8am-9pm. Fishing from sunrise + 7 hours

Manly Fishos

See Page 74

Manly Warringah Master Builders Club Ltd

See Page 74

Newport Arms Fishing Club

Phone: 9997 4900 **Fax:** 02 9979 6919

Newport Arms Hotel, 2 Kalinya St, Newport 2106

Email: info@newportarmsfishingclub.com

Web: www.newportarmsfishingclub.com

Service Description: Family orientated club focused on fun & safe fishing combined with awareness of environment & ecosystem. Owning boat not necessary. Club also holds social events.

Hours: Competitions held 2nd weekend of each month. Fishing time can start 5pm Fri-12noon Sun. Weigh-in 1.00pm Sun

Warringah Anglers Club Inc

Phone: 9808 4819

Dee Why Bowling Club, 223 Fisher Rd North, Dee Why 2099

Mail to: PO Box 266, Narrabeen 2101

Email: waynetonkin@hotmail.com

Web: www.warringahanglers.org.au

Service Description: Fishing & social activities.

Gentle Exercise

Avalon Recreation Centre

See Page 24

Balgowlah School for Seniors

See Page 25

Dee Why School for Seniors

See Page 132

Feldenkrais Method

Phone: 1800 001 550

25 Wanganella St, Balgowlah 2093

Web: www.feldenkrais.org.au

Service Description: The Feldenkrais Method is practised in two parallel forms. 1. Awareness through Movement Lessons is verbally directed movement sequences. The lessons are precisely structured explorations based on motor development and functional activities. 2. Functional Integration lessons are designed for the individual. The practitioner creates a learning environment for the student. This is through touch and verbal communication. From those lessons students learn to direct attention to subtle movement differences, perceive connections through their body, explore their actions through a cognitive-sensory process. As a result students become aware of their habits, expand their movement options, choose efficient movement patterns in their daily lives. NSW 02 9907 7689QLD 0406320414SA 0419805856VIC 03 8307 8351WA 08 9367 0666

Forestville Memorial Hall & Senior Citizens Centre

See Page 24

Healthy Lifestyle

See Page 229

Heartmoves

See Page 123

Northern Beaches, Health Promotion Unit

See Page 172

Qi Natural Therapies & Yoga

Phone: 9976 6880 **Fax:** 02 9976 6990

53 The Corso, Manly 2095

Mail to: PO Box 1138, Manly 2095

Email: qi@qiyoga.net

Web: www.qiyoga.net

Service Description: Classes include Yoga: for Relaxation, Ashtanga Yoga, Pre-natal Yoga, Hatha & Iyengar Yoga and Pilates, Massage, Acupuncture, Shiatsu, Naturopathy, Chiropractic, Kinesiology, Counselling, Spiritual healing, pre and post natal care .

Also located at: 2/1 Moore Road, Freshwater.

Hours: Class timetable changes each month

War Vets Day Therapy Centre

See Page 200

Golf

Avalon Public Golf Course

Phone: 9918 2606 **Fax:** 02 9918 2026

32 Old Barrenjoey Rd, Avalon Beach 2107

Email: info@avalongolfcourse.com.au

Web: www.avalongolfcourse.com.au

Service Description: 9 hole public golf course. Offers a sporting facility to the public. Do not have to be a member.

Resources: Hire clubs & buggies. Restaurant 'Royal Av Cafe & Bar' overlooking golf course.

Hours: Mon-Fri 7.30-sunset; Sat-Sun 6am-sunset

Balgowlah Golf Club

See Page 72

Bayview Golf Club Ltd

See Page 72

Belrose Bowling Club

See Page 72

Collaroy Services Beach Club Ltd

See Page 72

Cromer Golf Club Ltd

See Page 73

Elanora Country Club Ltd

See Page 73

Long Reef Golf Club Ltd

See Page 73

Manly Golf Club Limited

Phone: 9948 0256 **Fax:** 02 9948 3325

38-40 Balgowlah Rd, Manly 2095

Mail to: PO Box 166, Manly 1655

Email: administrator@manlygolf.com.au

Web: www.manlygolf.com.au

Service Description: Golf and refreshments for members and invited guests.

Golf and Clubhouse facilities - enquiries for weddings, functions, corporate and charity Golf days welcome.

Hours: Office: Mon-Fri 9am-5pm. Clubhouse: Dawn to 6pm, 7 days (7pm during daylight saving).

Manly Warringah Master Builders Club Ltd

See Page 74

Manly Warringah Rugby League Club - Golf (Men)

Phone: 0412 580 472

Warringah Golf Club, 397 Condamine St, North Manly 2100

Mail to: PO Box 607, Brookvale 2100

Service Description: Outings are on the last Sunday of the month at Warringah Golf Club. Simply place your name and card number on the starting sheet on the notice board at Leagues Club.

Hours: Last Sun of month

Manly Warringah Rugby League Club - Ladies Golf Club

Phone: 9979 3858

563 Pittwater Rd, Brookvale 2100

Mail to: 2 Southbourne Way, Mona Vale 2103

Service Description: A 9 hole competition occurs each Wednesday morning at Warringah Golf Club. Afterwards meeting at the Leagues Club.

Hours: Wed morning

Mona Vale Golf Club Ltd

See Page 74

Monash Country Club Ltd

Phone: 9913 8282 **Fax:** 02 9913 8784

Powderworks Rd, Ingleside 2101

Mail to: PO Box 99, Narrabeen 2101

Email: enquiries@monashcc.com.au

Web: www.monashcc.com.au

Service Description: Private members golf club.

Hours: Course from sun-up to sun-down, Office Mon-Sat 9am-5pm

Northern Beaches Golf Centre

Phone: 9913 7991 **Fax:** 02 9913 7961
1500 Pittwater Rd via Walsh St, Warriewood 2102
Mail to: PO Box 471, Narrabeen 2101
Email: info@northernbeachesgolfcentre.com.au
Web: www.northernbeachesgolf.com.au
Service Description: Practice golf range, Pirates Mini Golf, equipment sales and repair by House of Golf, and tuition by Northern Beaches Golf Academy.
Hours: Daily 7.30am-9pm

Palm Beach Golf Club Ltd

Phone: 9974 4079 **Fax:** 02 9974 1091
2 Beach Rd, Palm Beach 2108
Email: palmbeachgc@bigpond.com
Web: www.palmbeachgolf.com.au
Service Description: Golf Course, golf club facilities - dining room, bar service etc. Locker rooms, showers, toilets. Catering facilities & function room. Resources: restaurant, bar facilities for hire for wedding reception, private parties & fundraising functions.
Hours: Daily 9am-4pm Office

Paradise Golf Entertainment Centre

Phone: 9450 2155 **Fax:** 02 9450 1989
1a-1b Myoora Rd, Terrey Hills 2084
Web: www.paradise-golf.com.au
Service Description: Complex contains two storey golf driving range, 18 hole mini golf course, restaurant, pro-shop, 6 lane baseball practice facility, function room.
Hours: Mon 11am-10pm, Tue-Fri 9am-10pm, Sat 8am-10pm & Sun 8am-9:30pm
Alternative Names: Golf Paradise

Pittwater Rugby Park

See Page 158

Special Olympics - Sydney Northern Region

See Page 116

Terrey Hills Golf & Country Club

See Page 75

Wakehurst Golf Club Ltd

See Page 75

Warringah Golf Club Ltd

Phone: 9905 1326 **Fax:** 02 9905 4756
Cnr. Condamine St & Kentwell Rd, North Manly 2100
Mail to: 397 Condamine St, North Manly 2100
Email: enquiry@warringahgolfclub.com.au
Web: www.warringahgolfclub.com.au
Service Description: Public golf course and licensed club.
Hours: Golf course, daylight to dusk. Club office, 9am-5pm

Gymnastics

Beacon Hill War Memorial Hall Community Centre

See Page 68

Chatswood Gymnastics Centre

Phone: 9402 1405 **Fax:** 02 9402 1670
3a Kew Close, Belrose 2085
Email: dearth@iprimus.com.au
Service Description: Rhythmic gymnastics for girls 6-18 years
Hours: Wed 4pm - 7pm, Sat 9.30am - 12.30pm

Kindergym / Gymnastics

Phone: 9982 3331; 0411 803 318
35 Willandra Rd, Beacon Hill 2100
Mail to: 18 Carrington Ave, Cromer 2099
Email: barbaraquinn@optusnet.com.au
Web: www.beaconhillyouthclub.org.au
Service Description: Gymnastics classes for pre-schoolers, run by Beacon Hill Youth Club. For boys and girls 1 to 5 years, accompanied by an adult, semi-structured group and an optional structured class for 4-year-olds in preparation for school. Saturday and afternoon classes for school children 5+ years. Children with disabilities (special needs) integrated in all classes. Free come and try.
Hours: Mon, Thu from 9:30 am, Sat from 8am; Mon 3.30 boys; Wed, Thurs 3.30 girls; Sat 11am mixed;

Manly Warringah Gymnastic Club Inc

Phone: 9453 5481 **Fax:** 02 9453 5093
Unit1/8 Aquatic Drive, Frenchs Forest 2086
Mail to: PO Box 537, Frenchs Forest 1640
Email: info@mwgymclub.com
Web: www.mwgymclub.com
Service Description: Gymnastics classes for girls & boys aged from 2 years to approximately 17 years. Girls & boys recreational to competition. Kindy Gym 2 years to 5 years boys and girls. Adult classes Mondays 7:30pm-9:30pm.
Hours: M-F 9am-7pm; Sat 8am-12pm.

Pittwater Sports Centre P/L

See Page 46

Sokol Sydney Ltd

See Page 55

Special Olympics - Sydney Northern Region

See Page 116

Toddler Kindy Gymparoo

Phone: 9907 8975; 0424 361 649

Cromer Community Centre, Fisher Rd North, Cromer 2099

Mail to: 44 Tallowood Way, Frenchs Forest 2086

Email: cromer@gymparoo.com.au

Web: www.gymparoo.com.au

Service Description: Parent/child education for children from 6 weeks through early school years. Gymparoo is designed to stimulate co-ordination & concentration by using specialised equipment, expert guidance, songs, dance movement to music etc. Parents & children experience fun and achievement. Resources: Video for hire (the Importance of being an infant), available to give talks anytime.

Hours: Wed & Thurs 9:30am-2:30pm during school term

Alternative Names: Cromer Gymparoo

Handball

Manly Andrew 'Boy' Charlton Swim Centre

See Page 229

Hockey

Australian Floorball Association

Phone: 0419 629 511

Balgowlah Boys High School, Maretimo St, Balgowlah 2093

Web: www.floorball.org.au

Service Description: Similar to ice hockey, but played on a basketball court. Coaching and referees, displays, events and festivals, corporate days, sponsorship opportunities, school activities. People with disabilities welcome.

Hours: Tues 7-9pm;

Alternative Names: Northern Beaches Floorball Club

Griffith Park Playing Fields

See Page 22

Manly Warringah Districts Hockey Club

Phone: 0409 310 292

Mail to: Cameron Gregor, PO Box 12, Balgowlah 2093

Email: sec@manlyhockey.asn.au

Web: www.manlyhockey.asn.au

Service Description: Provides an outlet for competition for men, women & juniors at various sports grounds in the Metropolitan area. Contact Kevin Holloway 0419 547 942 juniorsvicepres@manlyhockey.asn.au for Juniors; Eilidh Calderwood 0423 498 601; ladiesclubcapt@manlyhockey.asn.au for Women; Colin Jones 0409 310 292 for Men.

Hours: Season April to August (finals in September)

Warringah Womens Hockey Association Inc

Phone: 9486 3941 **Fax:** 02 9450 0925

Frank Gray Reserve, Harbord Rd, Curl Curl 2096

Mail to: 31 Myoora Rd, Terrey Hills 2084

Email: info@warringah-hockey.com

Web: www.warringah-hockey.com

Service Description: Promotes modified hockey 8 to 11+ (mixed). Field hockey for girls 12-15 yrs; open womens competition; mixed competition for men and women over 15yrs. Conducts competition for above divisions on Saturday 11pm til 5pm. Season April to August. Open & veteran womens teams in astro turf competitions.

Hours: 12pm till 5pm

Horse Riding

Forest Hills Pony Club

Phone: 0423 513 260

J J Hills Memorial Grounds, Kamba Rd, Terrey Hills 2084

Mail to: PO Box 161, Terrey Hills 2084

Email: michaelsyme@mysoul.com.au

Web: www.foresthillssponyclub.com

Service Description: Horse riding activities including gymkhanas, dressage days, show jumping, mounted games and polocrosse.

Hours: 1st & 3rd Sun each month 8:30am - 4pm during school term

J.J. Melbourne Hills Memorial Reserve

See Page 156

Manly Warringah Pittwater Pony Club Inc

Phone: 0413 018 532

Clive Rogers Equestrian Park, Walsh St, Narrabeen 2101

Mail to: See Website, Narrabeen 2101

Email: mustil1@hotmail.com

Web: www.mwppc.org.au

Service Description: Horse riding under instruction for club members up to the age of 25 years. Horse management, safe riding and sporting activities, jumping & dressage. Adult riding available.

Hours: 1st & 3rd Sun each month 8.30am-2.30pm

North Shore Horse & Pony Association

Phone: 9450 0546

70 Cooyong Rd, Terrey Hills 2084

Mail to: PO Box 333, Terrey Hills 2084

Email: willpower33@bigpond.com.au

Service Description: Watchdog committee to keep bridle paths accessible to horses in Warringah & Pittwater areas, & to liaise with National Parks & Wildlife Service.

Palomino Riding School

Phone: 9450 1726

192 Forest Way, Belrose 2085

Email: palomino@tech2u.com.au

Service Description: Horse riding lessons; horsemanship; grooming lessons. Holiday camps organised. Sleep over camps.

Hours: 8am-4pm wkends, Mon-Fri 11am-8pm

Riding for the Disabled Association (RDA) - Ryde

Phone: 9868 2223

Marsfield Park, Culloden Rd (opposite Macquarie Univ), Marsfield 2122

Mail to: Secretary, RDA - Ryde Centre, PO Box 3821, Marsfield 2122

Email: ryde@rdansw.org.au

Web: www.rda.org.au

Service Description: New premises opened July 2011. Instructors and volunteers assist children (from age 4) and adults with disabilities to enjoy the therapeutic value and mental stimulation of riding horses, supported by trained coaches.

Hours: Office Mon-Fri, classes some days

The Dundundra Falls Reserve Trust

See Page 158

Indoor Cricket

Northern Area Recreation Association Inc (NARA)

See Page 127

Indoor Soccer

Beacon Hill War Memorial Hall Community Centre

See Page 68

New Life Sport & Fitness Centre

See Page 46

Northern Area Recreation Association Inc (NARA)

See Page 127

Northern Beaches Futsal Association - Beacon Hill

Phone: 9981 2328 **Fax:** 02 9981 2328

Email: info@nbfa.com.au

Web: www.nbfa.com.au

Service Description: Futsal 5-a-side indoor soccer for the Northern Beaches community.

Hours: 5pm-10pm

Northern Beaches Futsal Association Inc

Phone: 9981 2528 **Fax:** 02 9981 2328

Shop 3/2a Redman Rd, Dee Why 2099

Email: info@nbfa.com.au

Web: www.nbfa.com.au

Service Description: Summer indoor soccer played at Avalon Recreation Centre and Sydney Academy of Sport, Narrabeen.

Northern Beaches Futsal Association

Phone: 9981 2528, 0407 206 232 **Fax:** 02 9981 2328

Shop 3, 2A Redman Rd, Dee Why 2099

Email: nbfa@optusnet.com.au

Web: www.nbfa.com.au

Service Description: Provide 5-a-side indoor and outdoor soccer for all of the community.

Hours: 5pm-10pm

Alternative Names: N.B.F.A.

Martial Arts

Aikido Terrey Hills

3 Myoora Rd, Terrey Hills 2084

Mail to: PO Box 207, Matraville 2036

Email: thdojo@yahoo.com

Web: www.aikidoaustralia.com.au

Service Description: Aikido is a martial art suitable for all ages. It is self paced in a friendly environment.

Australia's Youth Self Defence Karate

See Page 185

Avalon Recreation Centre

See Page 24

Bulldog Gym Balgowlah

See Page 185

Fight Gym Manly Beach

See Page 185

Forestville Memorial Hall & Senior Citizens Centre

See Page 24

Kaisei Ryu Ju-jitsu Australia

See Page 186

Mona Vale Memorial Hall

See Page 37

Northern Beaches Hapkido

Fax: 02 9976 2675

7/505 Pittwater Rd, Brookvale 2100

Service Description: This martial art is suitable for men and women of all ages based on the philosophy of using minimal force to overcome an attack. Classes include women's self defence courses and childrens classes.

Hours: Mon- Fri 6:30pm- 8pm , Sat 4pm

Scotland Island Community Centre

See Page 70

Spirit Taekwondo

Phone: 0401 392 113; 02 9938 6466

Email: info@spirittaekwondo.com.au

Web: www.Spirittaekwondo.com.au

Service Description: Martial arts education studio catering for junior and adults.

Tai Chi - Wellbeing Centre of Traditional Chinese Medicine

See Page 55

Waves Youth and Creative Arts Centre

See Page 26

Mini Golf

Northern Beaches Golf Centre

See Page 241

Motor Sports

Manly Warringah Motor Cycle Club Ltd

See Page 183

Rovers, Platabeen Rover Crew

See Page 81

Netball

John Fisher Netball Courts

See Page 156

Lionel Watts Playing Fields

See Page 78

Manly Warringah Netball Association Inc

Phone: 9975 5060 Fax: 02 9975 5060

Curl Curl Sports Centre, Abbott Rd, North Curl Curl 2099

Mail to: c/- Mrs H Dean, PO Box 62, Forestville 2087

Email: deannetball@optusnet.com.au

Web: www.mwna.netball.asn.au

Service Description: All aspects of the game of netball. Coaching, umpiring seminars. Winter season April to August. Summer season September to December. Meetings held monthly at Curl Curl Sports Centre 4th Mon of each month.

Hours: Competition days 8:00am to 5:00pm

Mona Vale Commodores Netball Club

Email: worlands8@gmail.com

Web: www.commodores.netball.asn.au

Service Description: All welcome for Saturday netball competition. Net Set Go 5 to 7 yrs, Netta 8 to 9 yrs, Juniors 10 to 15yrs, Seniors 16 yrs and above.

Narrabeen Youth Club Inc

See Page 80

New Life Sport & Fitness Centre

See Page 46

Newport Breakers Netball Club

Phone: 9918 4446

Mail to: 5 Sanctuary Ave, Avalon 2107

Email: pjevans@smartchat.net.au

Web: www.newportbreakers.netball.asn.au/

Service Description: Health and fitness through team sports for women aged 8 to 80.

The Academy Netball Club Inc

Phone: 9918 0077 Fax: 02 9970 5512

Northern Beaches Indoor Sport Center, Jacksons Rd, Warriewood 2102

Email: gusaitken@hotmail.com

Web: www.academynetball.org.au

Service Description: Tuesday & Thursday nights womens competition, as well as mixed comp on Thursdays.

Hours: Tue 6.30pm-10pm

Physical Culture

Balgowlah Physical Culture Club Inc

Phone: 0419 272 161; **Fax:** 02 9858 5133

Manly West Public School, Hill St, Manly Vale 2093

Mail to: PO Box 361, Seaforth 2092

Email: physicalculture@bigpond.com

Web: www.balgowlahphysie.com

Service Description: Fitness, exercise & dance for ladies & girls of all ages. Classes also held at Uniting Church Hall Condamine St Manly Vale. Please ring for details.

Bjelke Petersen School of Physical Culture - Manly Warringah Clubs

Phone: 9858 5122 **Fax:** 02 9858 5133

Mail to: Suite 2A, 14 Glen St, Eastwood 2122

Email: physicalculture@bigpond.com

Web: www.physicalculture.com.au

Service Description: Exercise classes for girls and ladies. Basic ballet, floor and standing exercises, modern jazz dance. Manly Warringah contacts: Balgowlah Maxine Szalay 0419272161, The Peninsula Julie Pond 9913 3785, Narrabeena Michelle Walsh 0404835856.

Hours: Mon-Fri 9am - 6pm

Collaroy Plateau Girls Physical Culture Club

Phone: 9913 8558

Collaroy Plateau Youth Club, Blandford St, Collaroy 2097

Mail to: 4/7 Wilga St, Elanora Heights 2101

Email: collplatphysi@gmail.com

Web: www.physi.com.au

Service Description: Edith Parsons physical culture classes and marching team work to music.

Hours: Mon 4pm-9:15pm

Ted Blackwood Narrabeen Youth & Community Centre

See Page 71

The Peninsula Physical Culture Club

Phone: 0416 033 785 (Julie Pond) **Fax:** 02 9913 3785

Ted Blackwood Hall, cnr Boondah & Jacksons Rd, Warriewood 2102

Email: hodgesrj@optusnet.com.au

Web: www.peninsulaphysie.websyte.com.au

Service Description: Physical culture is a carefully constructed program of standing and floor exercises. Aerobic style warm-ups. Ballet movements and dance set to contemporary music to develop confidence, co-ordination, strength and flexibility.

Hours: Mon-Thurs children from 4pm, Mon & Wed ladies evening classes

Pilates

A Fine Balance Yoga & Natural Therapies

Phone: 9997 2121 **Fax:** 02 9997 1104

Level 1, 2 Bungan St, Mona Vale 2103

Email: afinebalance@tpg.com.au

Web: www.afinebalance.com.au

Service Description: Classes include Meditation, Iyengar, Hatha, Ashtanga, Dynamic or Restorative yoga. Pilates and pre natal yoga. Natural therapies include remedial, sports, swedish or relaxation massage. Acupuncture, homeopathy, chiropractic, counselling, reflexology, nutrition, naturopathy, spiritual healing, energy healing, mediation.

Hours: Class timetable changes each quarter please call or see website.

Avalon Recreation Centre

See Page 24

Body Shape Female Fitness Centre - Dee Why

See Page 228

Body Shape Female Fitness Centre - Warringah Mall

See Page 228

JS Dance Centre

See Page 104

Lionel Watts Shared Use Facility

See Page 69

Manly Vale Community Centre

See Page 70

Mona Vale Memorial Hall

See Page 37

Nelson Heather Centre

See Page 70

New Image Gym and Fitness World

See Page 186

North Balgowlah Community Centre

See Page 24

Northern Beaches Pilates and Zumba

Phone: 9999 0130

Email: northernbeachespilates@hotmail.com

Web: www.northernbeachespilates.com.au

Service Description: Pilates and Zumba classes for all levels held at Mona Vale, Narrabeen, Newport and Avalon. Classes for Pilates Fitball and ChiBall also available. Private sessions on request.

Hours: Day and evening classes. Please phone for details

PILATES 4 YOU

Phone: 9907 8478 **Fax:** 02 9949 8537

Nelson Heather Centre, Jacksons Rd, Warriewood 2102

Mail to: PO Box 12, Seaforth 2092

Email: lorraine@pilates4you.com.au

Web: www.pilates4you.com.au

Service Description: Beginners to advanced Pilates mat classes. Suits men and women of all ages and levels of fitness. Special classes for mums and bubs. PILATES 4 you runs pilates classes in Warriewood, Narrabeen, Crows Nest, Neutral Bay, Roseville, Chatswood, Waverton, Hunters Hill, Gladesville, Lane Cove, Randwick, Leichhardt, Dulwich Hill, Croydon Park, Balmain, Beecroft, Putney & Epping. Suitable for men and women from beginners to advanced levels. Mums and bubs sessions in some areas.

Hours: Please check website or phone for details

Plie, Groove n' Shuffle School of Performing Arts

See Page 105

Rock Lily Natural Health Care

Phone: 9999 2211 **Fax:** 02 9913 2977

Suite 1, 1 Vuko Pl, Warriewood 2102

Mail to: 1/1 Vuko Pl, Warriewood 2102

Email: therockinglily@bigpond.com.au

Web: www.rocklilynaturalhealth.com

Service Description: Various exercise classes available including yoga, pilates and Tai Chi . Natural therapy centre, Naturopathy, Homoeopathy, massage, osteopathy, herbal medicine, aromatherapy, reflexology, acupuncture, lymphatic drainage and counselling.

Hours: 7 days

Terrey Hills Community Seniors and Youth Centres

See Page 71

The Dance House

See Page 105

The Tramshed Arts & Community Centre

See Page 25

Warringah Aquatic Centre

See Page 47

Waves Youth and Creative Arts Centre

See Page 26

Rowing

Manly Rowing & Sailing Club

East Esplanade, Manly 2095

Email: penian16@bigpond.com

Service Description: Established 1875. Location: Manly N.S.W. 2095.

Rugby League

Bambara Oval

See Page 155

Beverly Job Playing Fields

See Page 76

Brookvale Park

See Page 76

Forestville Park

See Page 22

Frank Gray Ground - John Fisher Park

See Page 77

Harbord Park Playing Fields

See Page 77

Lionel Watts Playing Fields

See Page 78

Manly Warringah District Junior Rugby Football League Inc

Phone: 9451 3156 **Fax:** 02 9453 5227

Pittwater Rd, Brookvale 2100

Mail to: 46 Iris St, Frenchs Forest 2086

Email: pmenterprises@optusnet.com.au

Web: www.manlyjuniors.com.au

Service Description: Promotion & running of Junior Rugby League in Manly Warringah District.

Hours: 9am-5pm

Manly Warringah Sea Eagles Ltd

Phone: 9770 3000 **Fax:** 02 9772 4022
Sydney Academy of Sport, Wakehurst Parkway, Narrabeen 2101

Mail to: PO Box 607, Brookvale 2100

Email: info@manlyseaeagles.com.au

Web: www.manlyseaeagles.com.au

Service Description: Controlling body of the Manly Sea Eagles rugby league team in the NRL competition.

Hours: Mon-Fri 9am-5pm

Alternative Names: Manly Sea Eagles;

Pittwater Rugby Park

See Page 158

St Mathews Farm

See Page 78

Rugby Union

Dee Why Lions Rugby Club

Phone: 9984 7263

James Morgan Reserve, Fisher Rd North, Cromer 2099

Mail to: PO Box 1793, Dee Why 2099

Email: paul.rand@au.fujitsu.com

Web: www.dylionsrugby.com.au

Service Description: Junior and Senior Rugby Club for ages 3 and up

Denzil Joyce Oval - John Fisher Park

See Page 77

Forest Rugby Club

Phone: 9975 4028

Melwood Oval, 24 Melwood Av, Forestville 2087

Mail to: PO Box 140, Forestville 2087

Email: cmooney@bigpond.net.au

Web: www.forestrugby.com.au

Service Description: Junior and senior rugby club.

Forestville War Memorial Playing Fields

See Page 77

Griffith Park Playing Fields

See Page 22

Harbord Harlequins Rugby Club

Phone: 0433 112 631

Old Reub Hudson Oval, Abbott Rd, Freshwater 2096

Mail to: PO Box 879, Brookvale 2100

Email: president@harbordharlequins.com

Web: www.harbordharlequins.com

Service Description: Junior Rugby Club which has an age group training every night of the week.

James Morgan Playing Fields

See Page 77

Keirle Park Playing Fields and Skateboard Ramp

See Page 157

Manly Junior Rugby Union Inc

Mail to: PO Box 1099, Brookvale 2100

Email: MJRUsecretary@manlyrugby.com.au

Web: www.mjru.rugbynet.com.au/

Service Description: Junior Rugby Union. Under 6 to under 18. Representing four village clubs - Harbord Harlequins, Manly Roos, Seaforth Balgowlah Raiders and Forest Rugby.

Alternative Names: Manly Junior Rugby Union Club

Manly Rugby Football Club Inc

Phone: 9939 0779 **Fax:** 02 9907 2272

Lvl 2, 80 Evans St, Freshwater 2096

Email: admin@manlyrugby.com.au

Web: www.manlyrugby.com.au

Service Description: First Division Rugby Union in the Sydney Rugby Union competition. Caters for Colts (under 20) as well as open age competitors.

Hours: 9am-5pm Mon - Fri

Alternative Names: Mighty Manly Marlins, Manly Marlins, Manly Marlin Blues

Nolan Reserve

See Page 78

Pittwater Rugby Park

See Page 158

Reub Hudson Oval - John Fisher Park

See Page 158

Terrey Hills Playing Fields

See Page 78

Waldon Road Reserve

See Page 79

Warringah Junior Rugby Union

Phone: 9970 7599 **Fax:** 02 9970 6319

Pittwater Rugby Park, Pittwater Rd, North Narrabeen 2101

Mail to: PO Box 303, Narrabeen 2101

Web: wjru.rugbynet.com.au/

Service Description: Administers Junior Rugby Union for ages Under 6 to Under 17 in Warringah & Pittwater. Clubs participating in this competition are Collaroy Football Club 0414 412 720, Dee Why JRU 9972 2178, Narrabeen JRU 9913 7261, Newport Junior Rugby Club 9997 6008, Terrey Hills Junior Rugby Club 0414 299 051, Wakehurst Rugby Club 9453 4007.

Warringah Rugby Club Ltd

Phone: 9970 7599 **Fax:** 02 9970 6319
1472 Pittwater Rd, North Narrabeen 2101
Mail to: PO Box 303, Narrabeen 2101
Email: generalmanager@warringahrugby.com.au
Web: www.warringahrugby.com
Service Description: Home ground is Pittwater Rugby Park.

Sailing

Avalon Sailing Club Ltd

Phone: 9918 3637 (Sunday only)
Hudson Pde, Clareville 2107
Mail to: PO Box 59, Avalon 2107
Email: info@avalonsailingclub.com.au
Web: www.avalonsailingclub.com.au
Service Description: Organisation of sailing races for dinghies & yachts: training of junior sailors.
Hours: Sept - April Sun 8.30am-5pm/April - Aug last Sun of the month only.

Bayview Yacht Racing Association

Phone: 9999 2648 **Fax:** 02 9997 2648
1842 Pittwater Rd, Bayview 2104
Email: info@byra.org.au
Web: www.byra.org.au
Service Description: Centreboard sailing from Junior to Senior classes, racing Sundays. National & State Championships as requested.
Hours: Sun 10am-5pm, Sept-May

Careel Cruising Yacht Association of Australia Inc

Phone: 9623 5424
Mail to: 27 Mistletoe Ave, Claremont Meadows 2747
Email: secretary@careel.com
Web: www.careel.com
Service Description: Offers racing, cruising, training and social activities for the owners of Careel trailable yachts.
Hours: Please contact or check website for events calendar.
Alternative Names: CCYA

Clontarf Reserve

See Page 76

Manly 16ft Skiff Sailing Club

See Page 74

Manly Rowing & Sailing Club

See Page 246

Manly Yacht Club Open Day

See Page 149

Manly Yacht Club

Phone: 9977 4949 **Fax:** 02 9977 3573
East Esplanade, Manly 2095
Mail to: PO Box 22, Manly 1655
Email: info@myc.org.au
Web: www.myc.org.au
Service Description: Training of junior sailors and competition sailing for centreboard and keel yachts. Sailability - sailing for the disabled. Resources: Dinghy / tender storage, jetty for pickup and setdown from member boats. Sail training.

Narrabeen Lakes Sailing Club Inc

Phone: 0414 507 072
Jamieson Park, The Esplanade, Narrabeen 2101
Mail to: PO Box 86, Dee Why 2099
Email: rallynav@hotmail.com
Web: www.narrabeenlakessailingclub.com
Service Description: Windsurfer & monohull club racing & family picnic facilities. Learn to sail training programmes available. Family activity for active or non-sailing members affiliated with Yacht Assoc of NSW, qualified sailing instructors. Junior and Senior championship sailing series. Sailing season September to Easter period (April/May). Heron & Laser classes Sun racing.
Hours: Sat Windsurfers 11am-5pm, Sun Dinghy classes 9am-6pm

Palm Beach Sailing Club

Phone: 9401 7292
1019 Barrenjoey Rd, Palm Beach 2108
Mail to: PO Box 120, Mona Vale 1660
Email: commodore@pbsc.org.au
Web: www.pbsc.org.au/
Service Description: The sailing season commences in September each year. Boats rig up and sail from Sand Point, Palm Beach each Saturday morning. The club also hosts a youth development program in association with Royal Prince Alfred Yacht Club using the 'Hobie Wave' catamaran.

Royal Motor Yacht Club - Broken Bay, NSW

See Page 75

Sailability Manly

Phone: 9976 2134
Sailing at Manly Yacht Club, East Esplanade, Manly 2095
Mail to: 82/1 Addison Rd, Manly 2095
Email: e.shervington@bigpond.com
Web: www.manlysailability.com.au
Service Description: Fortnightly Wed and Sat sailing at all levels for people with disabilities regardless of ability, in modified boats. Members train to sail and compete. Come 'n' Try days. Carers must attend the first session, can sail and attend social events. 9:30am start to sail 2nd Wed, plus 2nd Sat (Sep-May) and reduced (Jun-Aug). Booking essential 24 hours in advance so boats available. See website for sailing times, newsletters and photos.
Hours: Info Mon-Sat 9am-4pm

Sailability NSW - Pittwater

Phone: 9918 6539

Sailing at Roland Reserve, Bayview 2104

Mail to: Sailability - Pittwater, PO Box 494, Narrabeen 2101

Email: ajo94109@bigpond.net.au

Web: www.sailability.org/au/pittwater

Service Description: Local branch of an Australia-wide organisation facilitates fortnightly sailing at all levels for people with disabilities. Members train to sail and can participate in competitions. Come 'n' Try days. AYF certification and integrated sailing can be arranged. Carers must attend the first sessions, and can sail and attend social events. Booking essential. Committee meets 7pm first Thursday monthly. Check recorded message on 8064 7102 on sailing day.

Hours: Office Mon Tue Wed 9am-3pm, sailing Wed and Sat 10am-1pm

Smart Boating

See Page 233

Special Olympics - Sydney Northern Region

See Page 116

Street Mission

See Page 10

The Royal Prince Alfred Yacht Club

See Page 75

Scuba Diving

Dive Centre Manly

Phone: 9977 4355 **Fax:** 02 9977 3664

10 Belgrave St, Manly 2095

Email: info@divesydney.com.au

Web: www.divesydney.com.au

Service Description: Offers a range of services and equipment for both snorkelling and scuba diving.

These include introductory dives and certificate scuba dive courses from open water up to instructor level.

Shore and boat dives are available 7 days a week.

Equipment servicing, nitrox cleaning and cylinder testing.

Hours: Monday to Friday: 9am-6pm (Thursday nights to 8pm).

Saturday and Sunday 8am-6pm.

Manly Andrew 'Boy' Charlton Swim Centre

See Page 229

PRO DIVE Manly

Phone: 9977 5966 **Fax:** 02 9976 5133

169 Pittwater Rd, Manly 2095

Email: manly@prodiver.com

Web: www.prodivesydneymanly.com

Service Description: Dive club, PADI SCUBA diving courses from Open Water up to and including Divemaster and Instructor training, NSW only on-site heated training pool, Dive club active with daily and weekend trips - local and overseas - NSW biggest and best boat dives taking pleasure divers 5 days a week (see website for details). Escorted shore diving and introductory dive trips daily, plus a full range of equipment to hire or buy. We also service scuba equipment.

Hours: Open 7 days from 8am. Monday-Wednesday, Fri-Sat 8am-7pm. Thursday 8am-8pm. Sunday 8am-6pm.

Shelly Beach

See Page 158

Self Defence

Australia's Youth Self Defence Karate

See Page 185

Body Zone-Self Defence and Fitness

See Page 185

Bulldog Gym Balgowlah

See Page 185

Fight Gym Manly Beach

See Page 185

Kaisei Ryu Ju-jitsu Australia

See Page 186

New Image Gym and Fitness World

See Page 186

Waves Youth and Creative Arts Centre

See Page 26

Shooting

Manly Small Bore Rifle Club Inc

See Page 182

NSW Gun Club Ltd

See Page 74

NSW Shooting Association Ltd

See Page 183

Skateboarding

Aquatic Reserve Baseball Diamonds

See Page 155

Avalon Beach

See Page 76

Forestville War Memorial Playing Fields

See Page 77

Keirle Park Playing Fields and Skateboard Ramp

See Page 157

Millers Reserve Playing Fields & Skateboard Park

See Page 78

Skateboard Ramp - Manly Vale

Phone: 9942 2111

Campbell Pde, Manly Vale 2093

Service Description: Skateboard ramp located in Millers Reserve Playing Fields

Skateboard Ramps

Web:

www.pittwater.nsw.gov.au/recreation/sporting_facilities/skateboard_parks

Service Description: Skateboard ramps available in Pittwater - Avalon Beach Skate Park near Avalon Surf Lifesaving Club off Avalon Pde & Barrenjoey Rd; Kitchener Park Mona Vale off Mona Vale Rd.

Skater HQ

See Page 238

Skating

Skater HQ

See Page 238

Snooker

Belrose Bowling Club

See Page 72

Collaroy Services Beach Club Ltd

See Page 72

Manly Warringah Master Builders Club Ltd

See Page 74

Soccer

Abbott Road Ground - John Fisher Park

See Page 154

Adams Street Ground - John Fisher Park

See Page 21

Ararat Playing Field

See Page 155

Bambara Oval

See Page 155

Beacon Hill Playing Fields

See Page 76

Beverly Job Playing Fields

See Page 76

Collaroy Plateau Playing Fields

See Page 237

County Road Reserve Playing Fields

See Page 77

Cromer Park

Phone: 9942 2111

South Creek Rd, Cromer 2099

Mail to: Warringah Council, 725 Pittwater Rd, Dee Why 2099

Service Description: Soccer and touch football

David Thomas Playing Fields

See Page 237

Dee Why Playing Fields

See Page 77

Dutch Australian Society Neerlandia Club Ltd

See Page 55

Forestville War Memorial Playing Fields

See Page 77

Harbord Park Playing Fields

See Page 77

Hews Parade Playing Fields

See Page 77

Keirle Park Playing Fields and Skateboard Ramp

See Page 157

Kitchener Park Sports Centre

See Page 62

Lionel Watts Playing Fields

See Page 78

Macfarlane Playing Fields

See Page 78

Manly Warringah Football Association Inc

Phone: 9982 6228 **Fax:** 02 9982 6577

101 South Creek Rd, Dee Why 2099

Mail to: PO Box 455, Narrabeen 2101

Email: admin@mwfa.com.au

Web: www.mwfa.com.au

Service Description: To organise all amateur football facilities in Manly, Warringah, Pittwater & Mosman. To administer the rules as laid down by Football NSW.

Hours: 9am to 5pm

Millers Reserve Playing Fields & Skateboard Park

See Page 78

Narrabeen Youth Club Inc

See Page 80

Northern Beaches Futsal Association Inc

See Page 243

OzSports Ability Counts Club for Children with Disabilities

See Page 116

Passmore Playing Fields

See Page 78

Richard Healy Playing Field

See Page 158

Seaforth Football Club Incorporated

Phone: 0412 124 583 **Fax:** 02 9907 7667

Wakehurst Parkway, Seaforth 2092

Mail to: PO Box 616, Balgowlah 2093

Email: secretary@seaforthfc.com

Web: www.seaforthfc.com

Service Description: For the latest information, changes to the draw and wet weather info. call: 02 9990 9696

Sokol Sydney Ltd

See Page 55

St Mathews Farm

See Page 78

Star Sports Camps

See Page 47

Terrey Hills Playing Fields

See Page 78

Truman Reserve Playing Fields

See Page 23

Wyatt Reserve

See Page 79

Softball

Abbott Road Ground - John Fisher Park

See Page 154

Beverly Job Playing Fields

See Page 76

Dee Why Playing Fields

See Page 77

Denzil Joyce Oval - John Fisher Park

See Page 77

Forestville War Memorial Playing Fields

See Page 77

Hews Parade Playing Fields

See Page 77

James Morgan Playing Fields

See Page 77

Lionel Watts Playing Fields

See Page 78

Manly Warringah Softball Association Inc

Phone: 0417 049 749; 02 9144 5810

Mail to: PO Box 563, Brookvale 2100

Email: info@mwsa.com.au

Web: www.mwsa.com.au

Service Description: Organisation of the summer softball sport for girls & women. Competing clubs include Davidson, Doug Tracey 02 9401 9836; Forest Allambie, Heather Bone 0412 790 343; Peninsula, Gai Cohen 02 9970 8881; Pittwater, Alison Christensen 0403 867 378; Warringah, Wendy Reid 0416 044 178.

Reub Hudson Oval - John Fisher Park

See Page 158

Special Olympics - Sydney Northern Region

See Page 116

Star Sports Camps

See Page 47

Weldon Oval - John Fisher Park

See Page 79

Wyatt Reserve

See Page 79

Sports Coaching

Australian Floorball Association

See Page 242

Bareena Park Tennis Club Inc

Phone: 0411 178 416

35 Vista Ave, Balgowlah Heights 2093

Mail to: PO Box 101, Balgowlah 2093

Web: www.bareenatennis.org.au/

Service Description: Tennis club providing competition and social tennis, coaching for juniors and seniors, and courts for hire.

Alternative Names: Bareena Park Tennis Club

Breakers Sydney Northern Beaches Water Polo Club

Manly Swim Centre, Balgowlah Rd, Manly 2095

Email: breakers.registrar@gmail.com

Web: snbwaterpolo.com.au

Service Description: Provides teaching and training of water polo players. Arranges competitions - both local and Metropolitan and participates in interstate and international tournaments.

Hours: 7pm-9pm

Alternative Names: Breakers, SNB Water Polo Club

Bulldog Gym Balgowlah

See Page 185

Fight Gym Manly Beach

See Page 185

Northern Beaches Badminton Club

See Page 231

Seaforth Football Club Incorporated

See Page 251

Wakehurst Courvet Tennis

Phone: 9907 9180 Fax: 02 9907 8526

Upper Clontarf St, Seaforth 2092

Email: info@wakehursttennis.com.au

Web: www.wakehursttennis.com.au

Service Description: Coaching, Court Hire, Competitions, Restringing, Pro Shop. 6 hardcourts and 4 synthetic grass courts.

Hours: Mon-Fri 9am-10.30pm, Sat and Sun 8am-6pm

Squash

Bob Giltinan Tennis & Squash Centre

Phone: 9938 6319 Fax: 02 9905 6169

Cnr Pittwater & Kentwell Rds, North Manly 2100

Email: RobertGiltinan@hotmail.com

Service Description: Coaching for adults & children. Nine tennis & three squash courts. 1 Clay; 1 Plex-cushion; 7 Synthetic Grass; Holiday camps for children

Hours: Mon-Thur 9am-10pm, Fri-Sun 9am-7pm.

Elanora Squash & Fitness Centre

Phone: 9913 9003 Fax: 02 9913 1963

50 Kalang Rd, Elanora Heights 2101

Email: elanorasquash@tech2u.com.au

Service Description: Includes coaching, social round robin, junior club activities, family days. Competition both inhouse and external. Gym, massage.

Hours: Mon-Fri 9am-11pm Sat 9am-6pm Sun 9am-12pm

Energize Health Club

Phone: 9452 2288 Fax: 02 9452 2311

Cnr Blackbutts Rd and Glen St, Belrose 2085

Mail to: 106 Blackbutts Rd, Belrose 2085

Email: info@energizehealthclub.com.au

Web: www.energizehealthclub.com.au

Service Description: Health Club comprising Group Exercise, health analysis, cardio theatre, weights area, resistance training, rehabilitation and disease prevention, squash courts, fitness studio, gym, physiotherapy, yoga, pilates, cycling, massage, childrens' fitness, aerobics.

Hours: Mon-Wed 5.30am-10pm, Thurs-Fri 5.30am-9pm, Sat & Sun 8am-6pm;

Alternative Names: Forest Centre Squash Courts; Energise Express; Belrose Wellness Centre

Manly Warringah Rugby League Club - Squash

Phone: 0411 441 284; 02 9939 1802;
Manly Warringah Rugby League Club, 563 Pittwater Rd,
Brookvale 2100

Email: mark_anton_cohen@hotmail.com

Service Description: Teams are entered in the Northern Suburbs SRA competitions. All grades are catered for from beginners to experienced players. Home games at the Elanora Squash Centre.

Hours: Wed 8pm

Surf Life Saving

Avalon Beach Surf Life Saving Club Inc

See Page 95

Beach Lifeguard Service

See Page 93

Bilgola Surf Life Saving Club

See Page 95

Bungan Beach Surf Life Saving Club Inc

See Page 95

Collaroy Surf Life Saving Club

See Page 95

Dee Why Surf Life Saving Club

See Page 95

Freshwater Surf Life Saving Club Inc

See Page 95

Long Reef Surf Life Saving Club Inc

See Page 95

Manly Life Saving Club and Manly Surf Pavilion

See Page 93

Manly Life Saving Club

See Page 94

Mona Vale Surf Life Saving Club

See Page 95

Narrabeen Beach Surf Life Saving Club

See Page 95

Newport Surf Life Saving Club Inc

See Page 96

North Curl Curl Surf Life Saving Club

See Page 96

North Narrabeen Surf Life Saving Club Inc

See Page 96

North Palm Beach Surf Life Saving Club

See Page 96

North Steyne Surf Life Saving Club Inc

See Page 96

Palm Beach Surf Life Saving Club Inc

See Page 96

Queenscliff Surf Life Saving Club Inc

See Page 96

South Curl Curl Surf Life Saving Club Inc

See Page 96

South Narrabeen Surf Life Saving Club Inc

See Page 96

Surf Life Saving New South Wales

See Page 94

Surf Life Saving Program for Children and Adults with Disabilities

See Page 94

Surf Life Saving School

See Page 94

Surf Life Saving Sydney Northern Beaches Inc

See Page 94

Warriewood Surf Life Saving Club Inc

See Page 97

Whale Beach SLSC Incorporated

See Page 94

Surfing

Dripping Wet Surf Co

Phone: 9977 3549 **Fax:** 02 9977 3549
Shop 2, 93-95 North Steyne, Manly 2095

Email: drippingwet@ihug.com.au

Service Description: Surfboard, Bodyboard, flipper, and wetsuit hire. (1 hour, 2 hour, 4 hour, day and weekly hire available). Friendly advice on all your surfing equipment, full product range of equipment and clothing available for sale.

Hours: Mon-Fri 9am-6pm, Sat-Sun 8am-6pm

Manly Christian Surfers

Phone: 0425 315 963

Mail to: 3 Octavia St, Narrabeen 2101

Email: markbcosta@gmail.com

Web: www.christiansurfers.org.au

Service Description: Surf camps, contests and day trips run throughout the year.

Alternative Names: Manly Dee Why Christian Surfers, Narrabeen Christian Surfers

Manly Malibu Boardriders Club Inc.

Phone: 9905 8119 **Fax:** 02 9905 4018

Mail to: PO Box 509, Manly 2095

Email: mmbc@mmbc.info

Web: www.mmbc.info

Service Description: Competition at Manly Beach first Sunday each month (except January). Contest site is in front of Carlton Street, Manly Beach.

Alternative Names: MMBC

Manly Surf School

Phone: 9977 6977 **Fax:** 02 9976 5722

North Steyne Surf Club, North Steyne, Manly 2095

Mail to: PO Box 160, Collaroy 2097

Email: bookings@manlysurfschool.com

Web: www.manlysurfschool.com

Service Description: Learn the thrills of surfing with Sydney's No.1 surf school. Classes everyday 9am to 11am and 11am to 1pm. All equipment provided.

Surfrider Foundation Northern Beaches Branch

Phone: 9981 5461

Mail to: PO Box 968, Mona Vale 2103

Web: www.surfrider.org.au

Service Description: Represents the views of surfriders and beach users.

Hours: 1st Wed month 7.30pm

Swimming

Avalon Bilgola Amateur Swimming Club

Phone: 0419 410 103 (David Hawkins) **Fax:** 02 9997 2299

Bilgola Beach Rock Pool, Barrenjoey Rd, Bilgola 2107

Mail to: PO Box 282, Newport Beach 2106

Email: info@avalonbilgolaswimming.asn.au

Web: www.avalonbilgolaswimming.asn.au

Service Description: Social swimming in handicap races for all standards and all ages. Resources: Equipment (lane ropes, stopwatches etc.) loaned to local schools on approval.

Hours: Sat 9am-11:30am October-March

Carlile Swimming Club

Phone: 9948 8500

Mail to: PO Box 378, Forestville 2087

Email: club@carlile.com.au

Web: www.carlileclub.org.au

Service Description: Club caters for all standards of swimmers.

Carlile Swimming Killarney Heights

See Page 228

Cerebral Palsy Alliance - Aquability (hydrotherapy)

See Page 119

Checkers Resort & Conference Centre

See Page 71

Clontarf Reserve

See Page 76

Collaroy Beach Rock Pool

Phone: 9982 9261 **Fax:** 02 9942 2541

opposite Alexander St, Collaroy Beach, 1101 Pittwater Rd, Collaroy 2097

Mail to: Warringah Council, 726 Pittwater Rd, Dee Why 2099

Web:

www.warringah.nsw.gov.au/services/liberty_swing.aspx

Service Description: Facilities for people with mobility disabilities include access ramps into the larger and wading pools, a grab rail along the pool cliff side. Submersible wheelchair and MLAK key for disabled toilet (available from the Lifeguard Room at the NE corner of nearby Collaroy Surf Club building). Freewheeler beach wheelchair (use MLAK key). Wheelchair accessible paths to the Surf Club, toilet, pool showers and paths around the pool. Wider disabled parking spaces near enclosed childrens playground. Liberty Swing for wheelchair users (use with MLAK key).

Hours: Pool always open. Beach lifeguard on duty 9am-5pm from mid-Sep-Apr, to 6pm from Dec-Feb

Collaroy Swimming Club Inc

Phone: 9971 9518; 0421 349 518

Collaroy Rock Pool, Pittwater Rd, Collaroy Beach 2097

Mail to: PO Box 269, Collaroy Beach 2097

Web: www.members.optusnet.com.au/collaroyasc/

Service Description: Conducts regular swimming meetings, and runs a \$25 Learn-to-swim campaign for the public on Sundays starting 8am at the pool, from November to March. Also from 10.30am March to November. Please register.

Hours: Sun 10am-1pm, Wed 7.30pm-9pm

Collaroy Womens and Associates Swimming Club

Phone: 9913 3295

Collaroy Rock Pool, Pittwater Rd, Collaroy Beach 2097

Mail to: 42 Lumeah Av, Elanora Heights 2101

Email: foleyfamily@exemail.com.au

Service Description: Swimming races. End of season barbecue & gala day. Summer only.

Hours: Sat 3pm-5pm

Curl Curl Amateur Swimming Club Inc

Phone: 9486 3034 **Fax:** 02 9486 3045

South Curl Curl Club House, Carrington Pd Sth, Curl Curl 2096

Mail to: 28 Terrigal Rd, Terrey Hills 2084

Email: kbaero@iinet.net.au

Service Description: Competitive swimming club, stroke correction, barbecues etc.

Hours: Sat 1pm-5pm; Wed nights 7pm-9pm; between Oct & Apr;

Dee Why Icepicks

Phone: 0425 228 907 **Fax:** 02 8456 1310

DY Rock Pool, Oaks Av, Dee Why 2099

Mail to: 1/9 Richmond Av, Dee Why 2099

Service Description: Winter swimming with handicap races for men.

Hours: Sun 9.30 for 10.00am April to September

Dee Why Ladies Amateur Swimming Club

Phone: 9982 2186

Meets at Dee Why Rock Pool, Oaks Ave, Dee Why 2099

Mail to: 4 Little St, Dee Why 2099

Service Description: Conducts handicapped swimming races.

Hours: Sat in summer 1:30pm-4:30pm.

Dee Why Mens Amateur Swimming Club

Phone: 9982 2186

Meets at Dee Why Rock Pool, Oaks Ave, Dee Why 2099

Mail to: 4 Little St, Dee Why 2099

Service Description: Conducts handicapped swimming races.

Hours: Sat in summer 1:30pm-4:30pm

Dee Why RSL Swimming Club

Phone: 9971 6304 **Fax:** 02 9674 5545

932 Pittwater Rd, Dee Why 2099

Mail to: PO Box1546, Dee Why 2099

Email: info@deewhyrsl.com.au

Web: www.deewhyrsl.com.au

Service Description: Open to all members of the Dee Why RSL Club & their families. Racing is handicapped to involve all levels of swimming ability. Summer swimming commences in October & finishes in March; winter swimming follows on from April to September at Dee Why rock pool. Social functions as well as interstate & interclub visits home & away are enjoyed.

Hours: Sun morning - summer 9:30am, winter 10:30am

Forty Baskets Reserve (Beach)

See Page 156

Freshwater Amateur Swimming Club

Phone: 9938 5723

Rock Pool, McKillop Park, Lumsden Drive, Freshwater 2096

Mail to: PO Box 429, Freshwater 2096

Email: freshwater_robertson@bigpond.com

Service Description: Amateur swimming club for all ages and abilities with regular social BBQ.

Hours: Sat 1pm-3pm (Oct-Mar)

Garigal National Park

See Page 156

Harbord Diggers Mounties Group

See Page 73

Harbord Diggers Swim School

Phone: 9938 7656

80 Evans St., Freshwater 2096

Email: swimming@mountiesgroup.com.au

Web: www.harborddiggers.com.au

Service Description: Pre-school swimming school in 25m indoor heated pool. 3 students to 1 teacher.

Hours: Mon-Fri; 8am-11am; 3.30pm-6.30pm;

Manly Andrew 'Boy' Charlton Swim Centre

See Page 229

Manly Ladies & Associates Swim Club

Phone: 9949 2071

Manly Swim Centre, Balgowlah Rd, Manly 2095

Mail to: 13 Coramba St, North Balgowlah 2093

Email: pdoi5805@bigpond.net.au

Service Description: Handicaps (time and ability based) champions races. All races and abilities. Distances from 15m to 400m.

Caters for both sports and family orientated groups.

Hours: Saturdays 1.30 - 4pm

Manly Swim School - Mobile Lessons

See Page 46

Manly Swimming Club Inc

Manly "Boy Charlton" Swim Centre, Balgowlah Rd, Manly 2095

Email: tom@manlyswimclub.org.au

Web: www.manlyswimclub.org.au/index.html

Service Description: Handicap (Time and ability based) and championship swimming races. All ages, all abilities. Distances from 15 metres to 400 metres. Caters for both sports and family orientated groups.

Manly Swimming Club meets Saturday mornings from October to March at Manly "Boy Charlton" Swim Centre, Balgowlah Road, Manly NSW 2095. New Members Welcome.

Hours: Saturday mornings - see season program on website for details.

Manly Warringah Master Builders Club Ltd

See Page 74

Manly Warringah Rugby League Club - Swimming Club

Phone: 0408 646 606 **Fax:** 02 9948 2977

Manly Warringah Rugby Leagues Club, 563 Pittwater Rd, Brookvale 2100

Mail to: PO Box 607, Brookvale 2100

Service Description: Interested swimmers should be at the Fitness Centre Swimming Pool on time. Junior members welcome.

Hours: Tues 7:15pm

Narrabeen Amateur Swimming Club Inc.

Council dressing sheds & pool North Narrabeen, Ocean St, Nth Narrabeen 2101

Mail to: PO Box 1553, Warriewood 2102

Email: narrabeenswimclub@hotmail.com

Service Description: Amateur swimming club catering for youth and senior members of both sexes. Encouraging friendly competition and social activities. Learn to swim.

Hours: Sat 9am-12:30pm 2nd Sat in October to last Sat in March. Thu evenings Jan-Mar 400m special event.

Narrabeen Lakes Amateur Swimming Club Inc

Phone: 9944 6027 **Fax:** 02 9913 1474

North Narrabeen Rock Pool, North Narrabeen 2101

Mail to: 123 Powderworks Rd, Elanora Heights 2101

Email: nlasc_narrabeen@hotmail.com

Web: www.nlasc.org.au

Service Description: Family oriented club that conducts swimming races for boys, girls and parents of all ages and standards weekly from October to March.

Hours: Sat afternoon 1pm

North Narrabeen Rockpool Learn to Swim Program

Phone: 9913 1102; 0418 696 525

North Narrabeen Rockpool, North Narrabeen 2101

Mail to: PO Box 1553, Centro Warriewood, Warriewood 2102

Service Description: This learn to swim program is operated from November to April each year. It is run in conjunction with the Narrabeen Ladies Swim Club and the Narrabeen Amateur Swim Clubs. Austswim qualified instructors.

Hours: Nov-April

North Narrabeen Shivering Sharks Winter Swimming Club Inc

Phone: 9369 8022 **Fax:** 02 9939 2819

Mail to: 7/111-113 Harbord Rd, Freshwater 2096

Service Description: Swimming club open to all males aged over 10 years. Swimming races are conducted in rock pool at North Narrabeen beach.

Hours: Sun 9:30am-11:30am (May to Sep)

Pat Taylor Swimming School

See Page 46

Queenscliff Amateur Swimming Club

Phone: 9905 2447 **Fax:** 02 9905 2447

Queenscliff Rock Pool, Queenscliff Beach, Queenscliff 2096

Mail to: 39 Maroa Cres, Allambie 2100

Service Description: Races conducted for all age groups, male and female. Distance from 15 metres to 400 metres. Races held from October to April each year.

Hours: Meets 8.45am-11am Oct-Apr

Queenscliff Ladies Amateur Swimming Club Inc

Phone: 9452 2607 **Fax:** 02 9452 2607

Queenscliff Rock Pool, Queenscliff Beach, Queenscliff 2096

Mail to: 55 Haigh Ave, Belrose 2085

Service Description: Family swimming club which conducts races for all age groups, male and female. Distance from 15 metres to 200 metres. Races held from October to April each year.

Hours: Meets 10:30am-1pm Oct-Apr

Rainbow Clubs - Warringah

Phone: 0418 963 087

Warringah Aquatic Centre, Aquatic Drive, Frenchs Forest 2086

Mail to: Rainbow Club Australia Inc, GPO Box 872, Sutherland 1499

Email: rainbow_clubaust@hotmail.com

Web: www.rainbowclubaust.com.au

Service Description: Provides swimming club for children and youth aged 0-18 with a disability, held at indoor pool. Meets each Sunday at 9am-11:30am. Regular social activities. Waiting list but vacancies do appear as children move on.

Hours: Information daily 10am-4pm

Shelly Beach

See Page 158

Surf Life Saving Program for Children and Adults with Disabilities

See Page 94

Swimtime Swim School

Phone: 9905 6328

12 Kooloora Ave, Freshwater 2096

Mail to: PO Box 635, Freshwater 2096

Service Description: Austswim registered centre. Mother/baby, beginner learn to swim, stroke correction. 16 metre heated indoor pool. For lessons only. No public swimming.

Hours: 9am-1pm, 3pm-7pm

Terrey Hills Swim School

See Page 28

The Sydney Morning Herald Cole Classic Ocean Swim

See Page 150

Virgin Active Health Club

See Page 47

Warringah Amateur Swimming Association

Mail to: PO Box 6247, Frenchs Forest 1640

Email: secretary@warringahswimming.asn.au

Web: www.warringahswimming.asn.au

Service Description: Contact for 14 registered amateur swimming clubs in Manly Warringah. Organises four swimming meets in the summer season.

Warringah Aquatic Centre

See Page 47

Warringah Council Beach, Rockpools and Reserves Bookings

See Page 159

Warringah Masters Swimming Incorporated

Phone: 9918 8209

Warringah Aquatic Centre, Aquatic Dr, Frenchs Forest 2086

Mail to: PO Box 89, Forestville 2087

Email: contact@WarringahMasters.org.au

Web: www.warringahmasters.org.au

Service Description: Membership available from age 18 upwards. Weekly swimming meet supervised by qualified coaches catering for all standards.

Hours: Sun 7am-9am and Wed 7.30-8.30pm

West Esplanade Park

See Page 150

Table Tennis

Manly Club for Seniors Inc.

See Page 108

Narrabeen Senior Citizens Club

See Page 26

New Life Sport & Fitness Centre

See Page 46

Northern Beaches Indoor Sports Centre

See Page 228

Sydney Northern District Table Tennis Association

Phone: 9489 6471; 02 9971 6812

Manly Vale Community Centre, Cnr Condamine St and Lovett St, Manly Vale 2093

Mail to: 17 Ingalara Ave, Wahroonga 2076

Email: bcadavies@optusnet.com.au

Web: www.sndtta.org.au

Service Description: Administration of Table Tennis & running competitions.

Hours: Sat 3.30pm-5.30pm

Tai Chi

Avalon Recreation Centre

See Page 24

Cromer Community Centre

See Page 69

Dee Why Senior Citizens Centre Club

See Page 178

Dynamic Tai Chi

Phone: 0400 480 713

Manly Community Centre, 12 Wentworth St, Manly 2095

Email: pushingprime@hotmail.com

Service Description: Tai Chi is designed to promote stability, agility, abdominal breathing and calmness of mind. Dynamic balance, increased suppleness to body tone (esp. thighs) - easy to do exercise for elderly, greater body-core strength, improved blood circulation, better postural alignment, heightened sense of wellbeing.

Hours: Saturdays 10-11am

Forestville Memorial Hall & Senior Citizens Centre

See Page 24

Healthy Lifestyle

See Page 229

Nelson Heather Centre

See Page 70

Northern Beaches Italian Womens Wellness Group

See Page 57

Northern Beaches, Health Promotion Unit

See Page 172

Rock Lily Natural Health Care

See Page 246

Tai Chi - Wellbeing Centre of Traditional Chinese Medicine

See Page 55

Tai Chi Society (Dee Why)

Phone: 9954 7266

Cromer Community Centre, 150 Fisher Rd North, Dee Why 2099

Mail to: PO Box 185, North Sydney 2060

Email: info@taichisociety.com

Web: www.taichisociety.com

Service Description: tai Chi and Qigong classes from beginner to advanced levels

Tennis

Aden Tennis School - Careel Bay Tennis Club

Phone: 9918 2384 Fax: 02 9918 2384

Hitchcock Park, Barrenjoey Rd, Avalon 2107

Mail to: 1 Dress Circle Rd, Avalon Beach 2107

Email: adentennis@bigpond.com.au

Service Description: Tennis courts for hire. Tennis coaching for adults and children, holiday tennis camps, pro-shop, restringing service.

Hours: 7am-11pm Daily

Allambie Heights Community Tennis Club

Phone: 9905 2792; 02 9452 2878

85 Roosevelt Ave, Allambie Heights 2100

Mail to: PO Box 521, Brookvale 2100

Email: caseyken@iinet.net.au

Web: www.allambietennisclub.com.au

Service Description: Four synthetic tennis courts for hire. No other activities in the complex. BBQ available.

Hours: Daily 7.30am-11pm

Australian Tennis Academy, ATA / Falls Retreat

Phone: 9452 1300 Fax: 02 9975 1866

1110 Oxford Falls Rd, Oxford Falls 2100

Web: www.fallsretreat.com

Service Description: Court hire, tennis coaching and training at all levels, organised social tennis. Falls Function Centre for weddings, residential conferences, accommodation - motel style 12 rooms.

Hours: 8am - 10:30pm

Alternative Names: 'The Falls' Function Centre

Balgowlah North Public School

See Page 34

Bareena Park Tennis Club Inc

See Page 252

Bayview Tennis Club

Phone: 9997 3333

1674 Pittwater Rd, Bayview 2104

Mail to: PO Box 752, Mona Vale 2103

Web: www.bayviewtennis.com

Service Description: Tennis Courts (2) synthetic; must book; membership available.

Hours: 8am-10pm Mon-Sat, 8am-Sunset Sun.

Belrose Tennis Club Inc

Phone: 9975 4620

Clubhouse behind Glenrose shops, Glen St, Belrose 2085

Mail to: PO Box 38, Frenchs Forest 2086

Email: secretary@belrosetennisclub.com.au

Web: www.belrosetennisclub.com.au

Service Description: Club house 4 modern grass courts all with lights. Some public hire available. Coaching available. Resources: Tennis courts for hire.

Hours: 7 days a week till 10pm

Beverly Job Playing Fields

See Page 76

Bilgola Plateau Public School

See Page 35

Bob Giltinan Tennis & Squash Centre

See Page 252

Careel Bay Tennis Club

Phone: 9918 3353 **Fax:** 02 9918 3353

Hitchcock Park, Barrenjoey Rd, Avalon 2107

Mail to: PO Box 294, Avalon 2107

Email: info@careelbaytennis.net.au

Web: www.careelbaytennis.net.au

Service Description: Club membership, public bookings, tennis coach services are available. Resources: 5 tennis courts for hire.

Hours: Courts for hire 7 days 7am-11pm

Collaroy Tennis Club

Phone: 9971 0644

Griffith Park, Anzac Ave, Collaroy 2097

Mail to: PO Box 187, Collaroy 2097

Email: info@collaroytennisclub.com.au

Web: www.collaroytennisclub.com.au

Service Description: 6 court tennis complex with permanent and casual court hire. Offers coaching for all levels and ages, competition, social tennis.

Hours: 7am-11pm

Elanora Park Tennis Club Inc

Phone: 9913 7614

Epworth Park, Merridong Rd, Elanora Heights 2101

Mail to: PO Box 551, Narrabeen 2101

Service Description: Two synthetic grass courts for hire. 2 courts for tennis playing & Hit-up wall area. Coaching available Joel Goodwin 0410 523 726

Hours: 8am to dusk

Forestville Park Tennis Club Inc

Phone: 9975 5189

Cnr Melwood Ave & Lanford Ave, Killarney Heights 2087

Mail to: PO Box 126, Forestville 2087

Email: info@forestvilleparktennis.com

Web: www.forestvilleparktennis.com

Service Description: Tennis Court Hire, individual and group tennis coaching from juniors to adults. Competition tennis for all ages. Resources: 6 synthetic grass tennis courts & club house for hire.

Hours: 8.00-10.00pm (earlier access can be arranged)

Harbord Bowling & Recreation Club

See Page 73

Harbord Tennis Centre

Phone: 9905 3803; 0414 584 954

Cnr Bennett St & Stirgess Ave, Freshwater 2096

Mail to: PO Box 561, Freshwater 2096

Service Description: Tennis coaching and competition play. Ladies round robins weekly. Tennis courts for hire day and night. Social days and social night tennis.

Hours: Daily 7am-11pm

Alternative Names: HTC

Manly Lawn Tennis Club

Phone: 9977 3159, 9977 6023 **Fax:** 02 9977 3159

Cnr Raglan and Belgrave St, Manly 2095

Mail to: PO Box 162, Manly 2095

Email: tennis@manlylawn.com

Web: www.manlylawn.com

Service Description: Tennis club with membership open to people in all areas. Coaching available for senior and junior members. Social tennis, Metropolitan grass court tennis, local Round Robin competition, Corporate function days.

A resident professional operates Manly Tennis Centre during normal working hours and 5 nights, Mon-Fri, per week. Function is to operate casual court hire, junior and general coaching, organise school holiday tennis coaching camps, organise and run evening round robin competition.

Hours: 9am to 10pm

Alternative Names: Manly Tennis Centre

Mona Vale Public School

See Page 139

Mona Vale Tennis Club

Phone: 9979 6772 **Fax:** 02 9979 3772

Kitchener Park, Pittwater Rd, Mona Vale 2103

Mail to: PO Box 282, Mona Vale 2103

Email: mvtennis@tpg.com.au

Web: www.monavaletennis.com.au

Service Description: Mona Vale tennis club is open to all players. It has public court hire. Competition & social tennis for club members. Tennis coaching for juniors of all ages & adults. Resources: Hire tennis courts - clubhouse.

Hours: 8am-11pm

Narrabeen Sports High School

See Page 143

Narraweena Tennis Club Inc

Phone: 0400 398 975

Service Description: 4 tennis courts - 2 with lights - with clubhouse.

Hours: Mon-Fri 9am-10:30pm, Sat-Sun 9am-5pm

New Life Sport & Fitness Centre

See Page 46

North Narrabeen Community & Tennis Centre

See Page 25

Pittwater High School

See Page 143

Seaforth Tennis Courts

Phone: 9976 1540

Tennis Courts, Koobilya St, Seaforth 2092

Mail to: Manly Council, PO Box 82, Manly 1655

Email: records@manly.nsw.gov.au

Service Description: Council owned tennis courts available for hire. Book through the Community Facilities Officer on 9976 1540.

Special Olympics - Sydney Northern Region

See Page 116

Tennis Northern Beaches

Phone: 9918 9847; 02 9918 2384 **Fax:** 02 9913 2803

Mail to: PO Box 45, Mona Vale 2103

Web: www.tennisnorthernbeaches.com.au

Service Description: manages 3 tennis complexes within the district, organises and controls inter club competitions within the district Association. Court Locations - Couvret Courts, Upper Clontarf St, Seaforth 2092 (9907 9180), Keirle Park, 277 Pittwater Rd, Manly 2095 (9977 3107) & Graham Reserve, Balgowlah Rd, Balgowlah (9977 3107).

Hours: Mon-Fri 9am-5pm

Terrey Hills Tennis Club Ltd

Phone: 9450 2390; 0414 280 968

Yulong Ave, Terrey Hills 2084

Mail to: PO Box 10, Terrey Hills 2084

Service Description: Promotion of tennis at all levels - court hire. Resources: Tennis courts for hire, function room.

Hours: Daily 8am-11pm

The Forest High School

See Page 144

Wakehurst Courvet Tennis

See Page 252

Wakehurst Golf Club Ltd

See Page 75

Wheeler Heights Public School

See Page 139

Wyatt Park Tennis Centre

Phone: 9451 0748; 02 9451 0058 **Fax:** 02 9451 0748

Cnr Wyatt Ave, Belrose 2085

Mail to: 14 Seeana Pl, Belrose 2085

Service Description: Tennis - general play, coaching & competition for young people, women's competitions.

Hours: 8am-10:30pm

Wyatt Reserve

See Page 79

Touch Football

Adams Street Ground - John Fisher Park

See Page 21

Bangally Bulldogs Touch Football Assoc.

Phone: 9918 6060

Hitchcock Park, Avalon Beach 2107

Web: www.wtfooty.com.au

Service Description: Semi contact sport open to males and females. Teams from under 8's to under 15's.

Hours: Oct-Mar Fri night (Between 4.30pm and 9.30pm)

HOLE in the WALL Touch Football Assoc.

Phone: 0416 018 289

Careel Bay Playing Fields, 873 Barrenjoey Rd, Avalon Beach 2107

Web: www.wtfooty.com.au

Service Description: Semi contact sport open to males and females. Sponsoring Mona Vale Hospital Children's Ward and Avalon J.R.L.F.C.

Hours: Oct-Mar Weds 6-9pm (During daylight savings)

James Morgan Playing Fields

See Page 77

Manly Warringah Business Houses & Services Touch Football Association

Phone: 0411 048 816;

Nolan Reserve, Pittwater Rd, North Manly 2100

Service Description: Social activities - Business houses - Touch football competition. Non profit. Summer Comp.

Hours: Tue (Daylight saving) 6pm to 7pm

Manly Warringah Touch Association Incorporated

Phone: 0431 775 005

Clubhouse Manly Warringah Touch, Cnr Campbell Pd & Sloane Cres, Manly Vale 2093

Mail to: PO Box 263, Brookvale Business Centre 2100

Email: mwtacompetition@optusnet.com.au

Web: www.manlytouch.com

Service Description: Provides organised Touch Competitions in various categories and divisions catering for high, intermediate and low grades. Venues: Weekday Evening Competitions: David Thomas Reserve and Millers Reserve, Campbell Parade & Slone Crescent, Manly Vale. Sunday Morning Competition: Nolan's Reserve, Pittwater Road, North Manly. Summer – Open Men's Divisions, Open Women's Divisions, Senior Mixed, Juniors (U/9 – U/17) and Open. Winter – Open Men's Divisions, Open Women's Divisions, Senior Mixed and Open.

Hours: Varies for different competitions

Passmore Playing Fields

See Page 78

St Mathews Farm

See Page 78

Star Sports Camps

See Page 47

Terrey Hills Playing Fields

See Page 78

Warringah Touch Football

Phone: 9944 6499 **Fax:** 02 9979 1341

Dee Why Bowling Club, Fisher Rd, Dee Why 2099

Mail to: PO Box 717, Narrabeen 2101

Email: peterclough1@optusnet.com.au

Web: www.wtfooty.com.au

Service Description: Mens opens and over 40s summer and winter touch football competition.

Hours: Sun mornings 8am

Volleyball

Manly Warringah Volleyball Association

Phone: 1300 660 966

Northern Beaches Indoor Sports Centre, Jacksons Rd, Warriewood 2102

Mail to: PO Box 1533, Warriewood 2102

Email: admin@manlyvolleyball.asn.au

Web: www.manlyvolleyball.asn.au

Service Description: Volleyball competition and coaching.

New Life Sport & Fitness Centre

See Page 46

Northern Beaches Volleyball Association Inc

Mail to: PO Box 39, Manly 1655

Email: info@nbva.org.au

Web: www.nbva.org.au

Service Description: Fostering the sport of beach volleyball, through providing regular competitions and developing permanent outdoor volleyball facilities.

Resources: Portable volleyball kits for hire.

Alternative Names: NBVA

Sokol Sydney Ltd

See Page 55

Walking

Avalon Active Seniors Group Inc.

See Page 106

Manly Eastern Hill Heritage Walk

See Page 65

North Narrabeen Community & Tennis Centre

See Page 25

The Heart of Manly Heritage Walk

See Page 65

Wanderers Walking Group (Pittwater)

See Page 150

Warringah Walkers

See Page 172

Warringah Walking for Pleasure

Phone: 13 1302 **Fax:** 02 9006 3888

Mail to: NSW Sport and Recreation, Locked Bag 1422, Silverwater 2128

Email: SPORTREC@COMMUNITIES.NSW.GOV.AU

Web: www.dsr.nsw.gov.au

Service Description: Regular programs of walks. Contact above number for details.

Hours: Tues

Walking Tracks

Bicentennial Coastal Walk

See Page 160

Garigal National Park

See Page 156

Manly Scenic Walkway

See Page 160

Seaforth Oval

See Page 161

Water Polo

Breakers Sydney Northern Beaches Water Polo Club

See Page 252

Manly Andrew 'Boy' Charlton Swim Centre

See Page 229

Weight Lifting

New Image Gym and Fitness World

See Page 186

Wheelchair Sports

Division 2 Powerchair Football

Phone: 0419 419 496

Gym, Freshwater Seniors College Campus, Harbord Rd (opposite Wattle St), Harbord 2096

Email: quinsnbf@optusnet.com.au

Web: www.fipfa.org

Service Description: Powerchair users and assisted athletes and manual wheelchair users have a game of football on Saturdays (Feb-Jul), leading toward a competition on the Northern Beaches and elsewhere. All players are new to the game so learn together. Equipment, guards and rules provided. Volunteers are welcome to referee or assist.

Hours: Sat 11am-12.30pm

Windsurfing

Windsurfing NSW

Phone: 0414 812 545

Email: BrettM@gfigroup.com.au

Web: www.windsurfing.org

Service Description: Administers the affairs of windsurfers (boardsailors) within the state of NSW.

Yoga

A Fine Balance Yoga & Natural Therapies

See Page 245

Avalon Recreation Centre

See Page 24

Body Shape Female Fitness Centre - Dee Why

See Page 228

Body Shape Female Fitness Centre - Warringah Mall

See Page 228

Forest Community Arts Centre

See Page 24

Forestville Memorial Hall & Senior Citizens Centre

See Page 24

Harbourside Massage Clinic

See Page 183

Healthy Lifestyle

See Page 229

Killarney Heights Yoga Studio

Phone: 9402 0774; 0425 353 909

19 Drumcliff Av, Killarney Heights 2087

Email: josefjoz@optusnet.com.au

Service Description: Yoga classes including postures, breathing techniques, deep relaxation and meditation.

Mother & daughter class; beginners & advanced classes;

Hours: Mon 6.45-8pm (mother & daughter); Wed 9.30am-11am; 6.15-7.45pm beginners; 8-9.30pm advanced;

Kitchener Park Sports Centre

See Page 62

Lotus Centre

Phone: 8007 6380 **Fax:** 02 8209 4840

Lotus Centre, 3B/1 Rowe St, Freshwater 2096

Mail to: Lotus Centre, PO Box 397, Balgowlah 2093

Email: info@lotuscentre.com.au

Web: www.lotuscentre.com.au

Service Description: Meditation, Yoga, Natural therapies, Counselling

Hours: 7 days a week

Lunge Yoga and Health

Phone: 0412 389 603

Shop 3 & 4, 200 Pittwater Rd, Manly 2095

Email: info@lunge.com.au

Web: www.lunge.com.au

Service Description: Corrective/Seasonal Yoga classes: Yoga for Surfers, Strength & Vitality Classes, Pre-natal Yoga, Women's Health, Back Strength, Flexibility, Shiatsu Massage, Seasonal Cooking Workshops. Seasonal Yoga Workshops; Private Yoga Tuition

Hours: Day, evening and weekend classes.

Manly Dance

See Page 105

Mona Vale Memorial Hall

See Page 37

MY Manly Yoga

See Page 183

Nelson Heather Centre

See Page 70

New Image Gym and Fitness World

See Page 186

Newport Yoga Centre

See Page 175

North Balgowlah Community Centre

See Page 24

North Narrabeen Community & Tennis Centre

See Page 25

Northern Beaches Italian Womens Wellness Group

See Page 57

Northern Beaches, Health Promotion Unit

See Page 172

Qi Natural Therapies & Yoga

See Page 240

Rock Lily Natural Health Care

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Scotland Island Community Centre

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The Tramshed Arts & Community Centre

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Vocal Arts Centre Sydney

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Warringah Aquatic Centre

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Yoga in Daily Life

Phone: 9981 4878; 0421 027 216 **Fax:** 02 9518 7799

Level 1 Stones Arcade, 675 Pittwater Rd, Dee Why 2099

Email: deewhy@yogaindailylife.org.au

Web: www.yogaindailylife.org.au

Service Description: Beginners & general, Prenatal & Postnatal classes. Drop In day/evening classes.

Hours: 6 days