The information in this brochure should not be interpreted as being endorsed or recommended by Northern Beaches Council.
Introduction

Northern Beaches Council presents the 2019 Course & Activity Brochure

This brochure lists a diverse range of activities and courses held in 39 Community Centres across the Northern Beaches.

Council provides multiple community spaces to hire which are suitable for a variety of functions and regular activities.

For more information please visit northernbeaches.nsw.gov.au or email communitycentres@northernbeaches.nsw.gov.au
Some activities listed in this brochure operate in terms. Please see each listing for details, or contact the group itself for more information.

- Term 1 – Tue 29 Jan to Fri 12 Apr 2019
- Term 2 – Mon 29 Apr to Fri 5 Jul 2019
- Term 3 – Monday 22 July to Friday 27 September 2019
- Term 4 – Monday 14 October to Friday 20 December 2019
## Centre Locations

<table>
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<tr>
<th>Community Centre</th>
<th>Location</th>
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<tbody>
<tr>
<td>Allambie Heights Public Hall</td>
<td>104 Allambie Rd, Allambie Heights</td>
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<tr>
<td>Avalon Recreation Centre</td>
<td>59 Old Barrenjoey Rd, Avalon</td>
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<tr>
<td>Beacon Hill War Memorial Hall</td>
<td>35 Willandra Rd, Beacon Hill (re-opening 2020)</td>
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<tr>
<td>Belrose Community Centre</td>
<td>Cnr of Forest Way &amp; Bambara Rd, Belrose</td>
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<tr>
<td>Brookvale Community Centre</td>
<td>2 Alfred Rd, Brookvale</td>
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<tr>
<td>Collaroy Plateau Youth &amp; Community Centre</td>
<td>36 Blandford St, Collaroy Plateau</td>
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<tr>
<td>Collaroy Swim Club Community Centre</td>
<td>Beach Reserve, Pittwater Rd, Collaroy</td>
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<tr>
<td>Cromer Community Centre</td>
<td>150 Fisher Rd North, Cromer</td>
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<tr>
<td>Curl Curl Sports Centre</td>
<td>Abbott Rd, Curl Curl</td>
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<tr>
<td>Curl Curl Youth &amp; Community Centre</td>
<td>242 Abbott Rd, North Curl Curl</td>
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<tr>
<td>Elanora Heights Community Centre</td>
<td>49A Kalang Rd, Elanora Heights</td>
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<tr>
<td>Forest Community Arts Centre</td>
<td>6 Darley St, Forestville</td>
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<tr>
<td>Forestville Memorial Hall &amp; Senior Citizens Centre</td>
<td>Cnr Warringah Rd &amp; Starkey St, Forestville</td>
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<tr>
<td>Forestville Youth Centre</td>
<td>28 Melwood Ave, Forestville (Behind Forestville RSL)</td>
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<tr>
<td>Griffith Park Sports Facility</td>
<td>7 Anzac Ave, Collaroy</td>
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<tr>
<td>Harbord Literary Institute</td>
<td>Cnr Oliver &amp; Lawrence Sts, Freshwater</td>
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<tr>
<td>Lionel Watts Sports &amp; Community Centre</td>
<td>Blackbutts Rd, Frenchs Forest</td>
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<tr>
<td>Manly Library Ground Floor Meeting Room</td>
<td>Manly Library, 1 Market Place, Manly</td>
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<tr>
<td>Manly Seniors Centre</td>
<td>Corner of Pittwater &amp; Balgowlah Rds, Manly</td>
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<tr>
<td>Community Centre</td>
<td>Location</td>
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<td>---------------------------------------------</td>
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<tr>
<td>Manly Vale Community Centre</td>
<td>272 Condamine St, Manly Vale</td>
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<tr>
<td>Manly Youth Centre</td>
<td>Kangaroo St, Manly (under redevelopment)</td>
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<tr>
<td>Mona Vale Memorial Hall</td>
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<tr>
<td>Narraweena Community Centre</td>
<td>74 Oceana St, Narraweena</td>
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<tr>
<td>Nelson Heather Centre</td>
<td>4 Jacksons Rd, Warriewood</td>
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<tr>
<td>Newport Community Centre</td>
<td>11-13 The Boulevard, Newport</td>
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<tr>
<td>North Balgowlah Community Centre</td>
<td>10 Bardoo Ave, North Balgowlah</td>
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<tr>
<td>North Curl Curl Community Centre</td>
<td>Cnr Abbott &amp; Griffin Rds, North Curl Curl</td>
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<tr>
<td>North Narrabeen Community &amp; Tennis Centre</td>
<td>2-10 Woorarra Ave, North Narrabeen</td>
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<tr>
<td>North Steyne Surf Pavilion</td>
<td>Ocean Beach (opposite Pine St), Manly</td>
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<tr>
<td>Oxford Falls Peace Park</td>
<td>1 Dreadnought Rd, Oxford Falls</td>
</tr>
<tr>
<td>Queenscliff Surf Pavilion</td>
<td>Cnr Collingwood St &amp; North Steyne, Queenscliff</td>
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<tr>
<td>Seaforth Community &amp; Sporting Pavilion</td>
<td>Seaforth Oval, Wakehurst Parkway, Seaforth</td>
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<tr>
<td>Seaforth Community Centre</td>
<td>Baringa Ave (cnr Koobilya St), Seaforth</td>
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<tr>
<td>Seaforth Village Community Centre</td>
<td>550 Sydney Road, Seaforth</td>
</tr>
<tr>
<td>Ted Blackwood Youth &amp; Community Centre</td>
<td>Cnr Jackson &amp; Boondah Rds, Warriewood</td>
</tr>
<tr>
<td>Terrey Hills Community Centre</td>
<td>Yulong Rd, Terrey Hills</td>
</tr>
<tr>
<td>Tramshed Arts &amp; Community Centre</td>
<td>1395A Pittwater Rd, Narrabeen</td>
</tr>
<tr>
<td>YOYO’s - Forest Youth Centre</td>
<td>10 Forest Way, Frenchs Forest</td>
</tr>
</tbody>
</table>
Art, Photography & Cultural
**Acrylics, Watercolour & Mixed Media**

A different approach to watercolour and mixed media using multiple techniques. Demonstrations given at all stages. Stimulating, friendly atmosphere. Beginners to advanced welcome.

Enquiries: Val Kemsley, 0414 580 544
valkemsley@bigpond.com
valkemsleyart.com.au
Forest Community Arts Centre

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**Art**

Art classes for seniors at various levels of skill.

Free to U3A members
Enquiries: Rosemary McCulloch
0448 095 958
sydneyu3a.org/sydney-u3a/courses/northern-beaches-2
Forest Community Arts Centre
Newport Community Centre

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**ART with Bernard Devaux**

Enjoyable, creative, informative! Painting and drawing in all media for beginners and advanced students. Come along, join us!

$215 per 9 week term
Enquiries: Bernard Devaux
0425 335 276 or 4782 3559
bernarddevaux.com
Forest Community Arts Centre

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**Artability**

Artability is a non-profit organisation providing art and craft classes for people with disabilities on Saturdays.

$66 per term
Enquiries: Nancy La Mott, 0422 081 360
Forest Community Arts Centre

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**Australian Native Orchid Society - Warringah Group**

Learn to grow Australian Native Orchids for garden, show or just to enjoy. Third Tuesday of every month 8pm. Everyone welcome.

Free
Enquiries: William Dobson, 9981 2525
anoswarringah.org.au
Forestville Senior Citizens Centre

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**Beautiful Bodies Life Drawing**

Draw a model every class. Learn proportion, anatomy, how to apply gesture, tone and perspective. Experiment with mixed media and contemporary styles. All levels welcome.

$320
Enquiries: Pina Bartolo
0401 216 213
pinabartolo.com
Tramshed Arts & Community Centre
ArtEnabled
ArtEnabled is a fun group of disabled artists and volunteers meeting weekly on Fridays.

$100 per eight weeks
Enquiries: Stewart Wauchop or Val Keene: 0412 244 126, 9451 5510
Forest Community Arts Centre

Booklovers’ Club – Northern Beaches
The Booklovers’ Club have an author speak on the second Tuesday of the month and a book discussion on the fourth Tuesday.

$20 joining fee and $35 annual membership fee.
Enquiries: Lynn Grierson, 9913 3964
Tramshed Arts & Community Centre

Patchwork & Quilting
Patchwork & Quilting creative craft classes in a friendly atmosphere. You can work at your own pace on any project of your choosing.

Enquiries: Jeanette Maxwell, 0413 028 147
design@jmdesigner.com.au
Forest Community Arts Centre

Pottery
Learn the fun techniques of shaping clay on the wheel. Please bring $25 for clay. Wear old clothes and covered footwear.

$299 for 8 sessions of 2 hours
OR $399 for 8 sessions of 3 hours
Enquiries: Northern Beaches Community College, 9970 1000
nbcc.nsw.edu.au
Forest Community Arts Centre
Tramshed Arts & Community Centre

Pottery
Adults: a relaxing introduction on a Tuesday evening. Children: Thursdays after school and School Holiday Programs.

Call for prices
Enquiries: Tonisha Cosgrave, 0415 445 127
tonishacosgrave@gmail.com
Tramshed Arts & Community Centre
Pottery/Ceramics Classes, Clay Therapy
Pottery/Ceramics Classes (Clay Therapy). Evening & day classes. Handbuilding & wheel throwing. All levels welcome. Age group: from high school onwards.

$20 per hour
Enquiries: Godelieve Mols
0403 324 088
@godelievemolspotteryclass
@godelievemolsceramics
@godelievemols
Forest Community Arts Centre

Sakura Bonsai Studio
Monthly workshops provide classes and demonstrations on how to choose, train and repot Bonsai plants. Beginners welcome.

$35 Annual Subscription
Enquiries: Beth Gallimore
0413 632 475
facebook.com-Sakura
Narraweena Community Centre

Soft Stone Sculpture Workshop
Create sculptures for your home or garden. Learn how to realise your artistic talent. Lots of fun.

$125
Enquiries: Robert, 0407 904 690
softstonesculptures.com.au
Forest Community Arts Centre

The Sketch Club - for arts sake
Love drawing? We create amazing images and we have learned that our artworks say something about us.

No tuition fee
Enquiries: Denice Smith, 0409 652 942
Tramshed Arts & Community Centre

Tramshed Potters Club
For all things pottery! Create ceramics and share your experiences with fellow potters. Set your own projects and creative goals.

$10 per week, $20 joining fee
Enquiries: Suzanne or Bill
Suzanne 0403 133 911
or Bill 0418 257 330
Instagram @tramshedpottersclub or
FB: www.facebook.com/Tramshed-Potters-Club-1594814087460752
Tramshed Arts & Community Centre

Watercolours and Acrylic Painting
Enjoy painting in Watercolour or Acrylics in small friendly groups. Taught by Sue Richardson - a fully trained Visual Arts teacher.

$256
Enquiries: Sue Richardson
sue.richardson2@bigpond.com
North Balgowlah Community Centre
Tramshed Arts & Community Centre
Watercolour Painting Classes for Adults

Learn watercolour! Absolute beginners to intermediate. Relaxed, full instruction, lots of demos, take home notes, fun subjects.

Enquiries: Jenny Gilchrist, 0432 020 440
northernbeacheswatercolour.com.au
Collaroy Swim Club Community Centre
Griffith Park Sports Facility
Tramshed Arts & Community Centre
Children’s Activities
Aikido for Kids

Aikido is a traditional Japanese martial art. Learn to flow with the energy of your opponent. Non-competitive, friendly, fun.

$125 per term
Enquiries: Paul Coonan, 0449 642 434
aikidonorthernbeaches.com
Avalon Recreation Centre

Bonjour Babies Language Program

Bonjour Babies is a fun and stimulating French language learning program for little ones aged from 6 months to 10 years. Caregivers welcome

$248 per term
Enquiries: Geraldine Collins, 0410 856 655
bonjourbabies.com.au
YOYO’s - Forest Youth Centre

Brazilian Jiu Jitsu for Kids

With a focus on self defence, self confidence and personal development through BJJ. Sun 9 am under 10yrs 10 am over 10yrs.

$20 per class
Enquiries: Jon, 0404 481 460
mybjj.com.au/
Forest Community Arts Centre

EarlyEd - Cubby House Toy Library

Access a variety of toys, books and learning aids to help support your child’s development. Staffed by early intervention staff.

Please contact EarlyEd for costs
Enquiries: 9923 2727
services@earlyed.com.au
earlyed.com.au
Forestville Senior Citizens Centre

EarlyEd - Early Learners Group

Helping children aged 18 months - 4 years with a disability or delay in their development to get ready for learning.

Please contact EarlyEd for costs
Enquiries: 9923 2727
services@earlyed.com.au
earlyed.com.au
Forestville Senior Citizens Centre

EarlyEd - Transition to School Group

Supporting the successful transition of children with disabilities or delays in their development into their school community.

Please contact EarlyEd for costs
Enquiries: 9923 2727
services@earlyed.com.au
earlyed.com.au
Forestville Senior Citizens Centre
EarlyEd - MyTime Playgroup
For parents worried about their child’s development to share experiences while experienced educators provide support and advice.

Please contact EarlyEd for costs
Enquiries: 9923 2727
services@earlyed.com.au
earlyed.com.au
Forestville Senior Citizens Centre

Gymbaroo
Gymbaroo is a motor development program designed to maximise your child’s (aged 8 wks – 4 yrs) potential. Activities include music, dance, instruments, language skills, visualisation skills and rhymes.

Enquiries: Carolyn Rule, 0400 259 659
Collaroy Plateau Youth & Community Centre

EarlyEd - SportEd Program
Weekly program for children with disabilities to help them prepare for active play or participation in team sport.

Please contact EarlyEd for costs
Enquiries: 9923 2727
services@earlyed.com.au
earlyed.com.au
Forestville Senior Citizens Centre

EarlyEd - School Holiday Programs
EarlyEd offer a range of valuable programs including; ‘Friendship Skills’, ‘Language and Literacy through Music’, ‘School Skills’.

Please contact EarlyEd for costs
Enquiries: 9923 2727
services@earlyed.com.au
earlyed.com.au
Forestville Senior Citizens Centre

EarlyEd - Parent Workshops
Parent workshops in 2019 include: Hanen®; Toilet Training; Key Word Sign; Triple P – Stepping Stones; Augmented and Alternate C.

Please contact EarlyEd for costs
Enquiries: 9923 2727
services@earlyed.com.au
earlyed.com.au
Forestville Senior Citizens Centre

Kindermusik with Jenny
Music and movement multi-sensory classes for babies, toddlers and pre-schoolers.

$188
Enquiries: Jenny Massingham
0402 013 449
kindermusikwithjenny.com.au
Newport Community Centre
Kookaburra Playgroup
Playgroup for children aged 0-5 with additional needs. This session also includes the MyTime parents group

$3 contribution
Enquiries: Nicole Cronan, 8315 8500
nbi.org.au

Narraween Community Centre

Learn to the Beat, Messy play.
Art, craft and sensory play session for children of all ages. Paint, slime, glitter, goop, collage plus more. Different activities each week. Come get messy!

$10
Enquiries: Tanya, 0410 004 238
learntothebeat.com.au

Tramshed Arts & Community Centre

Little Kickers
Soccer program for children 18 months to 7 years. ‘Play NOT Push’, learn skills, make friends, have fun!

$108 for 6 weeks and $216 for 13 weeks plus $45 on initial enrolment which includes the uniform
Enquiries: Alison Bateman, 8006 1839
littlekickers.com.au

Avalon Recreation Centre
Forestville Memorial Hall
Forestville Youth Centre
Harbord Literary Institute
Manly Vale Community Centre
Ted Blackwood Youth and Community Centre

Mixed media art classes
Explore drawing, painting, printmaking, clay and sculpture. Learn new skills and experiment with materials. Individual expression encouraged.

8 week term - primary $250, highschool $300
Enquiries: Meredith Rasdall, 0402 121 184
meredith.rasdall@westnet.com.au

Avalon Recreation Centre

Narrabean Community Kindergarten Inc.
High quality education for children aged 3 to 5 years. Nurturing curiosity, friendship and a love of learning.

Daily Fee range $25 to $50
Enquiries: Carmel Stephens or Janie Wachter, 9913 9650
narrabeencommunitykindergarten.com.au

North Narrabeen Community and Tennis Centre

North Curl Curl Playgroup
Informal gathering of parents and carers with children from birth to 5 years old to learn through play.

$35 a term
Enquiries: Playgroup NSW, 1800 171 882
playgroupnsw.org.au

Curl Curl Youth and Community Centre
The Rising
A youth group for school years 6-9 run by Barrenjoey Anglican Churches. All welcome.

$3 for Dinner
Enquiries: Zac Miles, 0421 795 815
barrenjoey.church/youth
Avalon Recreation Centre

Soccajoeys
Australia’s favourite non-competitive soccer program for children aged 2.5 to 11 years old.

$160
Enquiries: Anthony, 0405 094 901
soccajoeys.com.au
Forestville Memorial Hall
Forestville Youth Centre
Seaforth Community Centre

Vacation Care
All day care for school age children during NSW public school holidays. A combination of fun, in-centre activities and exciting excursions.

$69 per day
Enquiries: Nicky Haynes, 9942 2312
northernbeaches.nsw.gov.au
Beacon Hill War Memorial Hall
Cromer Community Centre
Curl Curl Youth and Community Centre
Forestville Youth Centre
Manly Vale Community Centre

Yoga & Art
These workshops provide children with lots of opportunities to create, move and develop self-esteem through Yoga and art.

$75 for one day, $130 for two days in school holidays. Longer days available, see website.
Enquiries: Carly Casey & Pia O’Connor
0413 317 383 & 0424 128 226
youngyogis.com.au/events
Harbord Literary Institute

Yoga for Kids
Creating focused resilient and happy kids! Building a physical, mental, and emotional well-being through yoga movement. Tuesdays 3.45 - 4.30pm (5 to 8 years) and 4.45 - 5.30pm (9 to 12 years).

Enquiries: Alena, 0406 707 207
yogaaboutyou.com.au
Tramshed Arts & Community Centre
Aboriginal Support Group
Manly Warringah Pittwater
Talks/Movies sharing Aboriginal history and experiences with healing and reconciliation. Bi Monthly 7.30pm
Free
Enquiries: info@asgmwp.net
asgmwp.net
Mona Vale Memorial Hall

Alcoholics Anonymous
Living Sober Meeting
A support group for those who have a desire to stop drinking alcohol. Saturday 12-1pm.
(02) 9488 9820
Avalon Recreation Centre

Beacon Hill Probus Club
Meet like-minded people. Interesting guest speakers, member interest groups, outings, activities and walks to promote Fun! Friendship! Fellowship! for active retirees meetings 4th Wed Month 10am-12pm
$50.00 pa - joining fee $30.00
Enquiries: Barbara Caldicott, 9972 2713
beaconhillprobus@gmail.com
www.probussouthpacific.org
Forest Community Arts Centre

The Big Sing Community Singing Group
All singing abilities welcome. Just come along and join in the fun of singing together and enjoy the health benefits too!
$12
Enquiries: Samantha Shaw, 0401 343 569
thebigsing.wixsite.com/thebigsing
Avalon Recreation Centre

Clean Energy for Eternity (Northern Beaches)
CEFE aims to help the community understand the challenge of climate change and global warming. Bi-monthly meeting - last Monday of month @ 7pm, commencing Feb 2019.
Free
Enquiries: Kylie Hitchman, 0417 196 479
cleanenergyforeternity.net.au/
chapters/northern-beaches
Brookvale Community Centre

Co-Dependence Anonymous
Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships.
Free
Enquiries: CODA, 0417 995 111
codependentsanonymous.org.au/contact-us
Cromer Community Centre
EarlyEd
Early childhood intervention service for children with developmental delays and/or disabilities. EarlyEd also provides support services for parents, families and carers.
See full listing under Children’s Activities 9923 2727, services@earlyed.com.au earlyed.com.au

Forestville Senior Citizens Centre

Gamblers Anonymous
Help for gamblers who want to take control and stop gambling.
Enquiries: Michael, 0414 089 212 gaaaustralia.org.au
Manly Vale Community Centre

IANDS Sydney (International Association for Near-Death Studies)
IANDS Sydney explores near-death and other spiritually transformative experiences. We’re open to experiencers, their loved ones, professionals, and anyone with a sincere interest.
Suggested donation: $10 public $5 IANDS member
Enquiries: Dr. Nicole Gruel hello@drnicolegruel.com
Tramshed Arts & Community Centre

Manly Warringah Avicultural Society (Bird Club)
Our small club is for members who keep and breed all types of finches, budgerigars and parrots and to network and exchange information.
Annual membership fee of $15
Enquiries: Sue Heffernan - Secretary, 0413 539 136
Manly Warringah Avicultural Society (MWAS) Facebook
Allambie Heights Public Hall

Moon Temple by the Sea
A woman’s circle to nurture our visions with the spiral dance of the Moon and the changing Seasons. 1st and 3rd Monday 7-8.30pm
$33
Enquiries: Karen Oakley, 0424 030 443 isismoon.net
Collaroy Swim Club Community Centre

Narcotics Anonymous
Narcotics Anonymous 12 step Fellowship is a program of recovery from addiction. If you want to stop using drugs, we can help.
Enquiries: 1300 652 820 na.org.au
Avalon Recreation Centre
Manly Library Meeting Room
Manly Vale Community Centre
Mona Vale Memorial Hall
North Curl Curl Community Centre
Tramshed Arts & Community Centre
Northern Baptist Church
Bible preaching and teaching, hymn singing. Morning tea & lunch provided. Nursery available. All welcome!

Free
Enquiries: Jason Koura, 0411 291 271
northernbaptist.com.au

Narraweena Community Centre

Northern Beaches Creative Leisure & Learning Inc
Cards, games or discussion arranged as requested. History walks monthly. Monthly Sunday workshops for adults with special needs.

Annual membership $10; activities varying costs
Enquiries: Maureen Rutlidge, 9913 1474
Nelson Heather Centre

North Shore Railway Modellers Association Inc.
Members meet to discuss, build, run and exhibit model railways. We have an active Junior Group with their own layouts.

Members $105 pa; Associate Member $53 pa, Junior Member $22 pa
Enquiries: Bruce Walker, Secretary 0412 588 719 or 9417 4228
nsrma.com.au

Collaroy Plateau Youth and Community Centre
Forestville Memorial Hall

Permaculture Northern Beaches
We meet on the last Thursday of the month with guest speakers presenting on a variety of environmental and sustainability topics.

Small suggested donation
Enquiries: Rachel Dryden, 0401 391 142
permaculturenorthernbeaches.org.au
Tramshed Arts & Community Centre

Radio Skills Workshop - Community Radio - Radio Northern Beaches 88.7 and 90.3fm
Community Radio - Radio Northern Beaches 88.7 and 90.3fm. Broadcasting 24hours. Radio by the Community for the Community.

$120 for Radio Skills Workshop
Enquiries: Sharon, 9451 4887
rnb.org.au
Terrey Hills Community Centre

Sex and Love Addicts Anonymous
SLAA is an anonymous 12 step program based on the model pioneered by AA to help anyone suffering from addictive sex or love relationships.

Donation
Enquiries: 1300 025 983
SLAA.org.au
Brookvale Community Centre
The Compassionate Friends NSW

Offers support to bereaved families after the death of a child of any age, for any reason. Meetings held on the last Wednesday of the month 7 - 9pm.

Enquiries: Leanne Shanahan, 0408 865 273
thecompassionatefriendsnsw.org.au

Tramshed Arts & Community Centre
Dance & Music
5Rhythms dance movement meditation
Dance / meditation practice following the body’s impulse to move through the energy of the 5Rhythms, flowing, staccato, chaos, lyrical, stillness. All welcome, no experience necessary. 7-9pm
$20
Enquiries: Sue Andersen, 0427 863 486
Mona Vale Memorial Hall

Adult Ballet Classes
Fun and friendly adult Ballet classes open to all levels of fitness and experience. Wednesday, 7-8pm. Casuals welcome.
$200 per term or $22 casual
Enquiries: Felicity Joy Hoof, 0416 606 183
twinkletoesballet.com.au
Newport Community Centre

Adults Jazz Dance
Aimed at beginner to elementary level dancers. This class is lots of fun and is based on commercial jazz dance and some hip hop moves.
$25 per class or $110 for 5 wks
Enquiries: 0457 509 448
www.mangodance.com.au
Tramshed Arts & Community Centre

Ballroom Dancing Classes
Kids and adult Ballroom Dancing/ Dancesport Classes. All ages and levels. Ballroom/Latin/Salsa. Fun! Focus! Fitness! Friendship!
Kids: $150 per term Adults: $180 per term
Enquiries: Jason Gauci, 0414 636 826
1stepforward.com.au
Mona Vale Memorial Hall

Christine’s Happy Tapping
Adult tap dancing classes, no age limit with beginners welcome. Tap4Fun and fitness. Dance with your heart.
$160 per term or $18 casual
Enquiries: Christine Wyton, 9979 6595 or 0411 324 223
Go local dance
North Narrabeen Community and Tennis Centre

Collaroy Plateau Physical Culture Club
Physical Culture or “Physi” is a fun dance sport combining dance, floor and standing exercises. It’s great for physical fitness
$70 - $100 a term
Enquiries: Nic, 0490 553 396
collplatphysi@gmail.com
physi.com.au
Collaroy Plateau Youth & Community Centre
Dance Arena®
Academy of Dance
Fun and focused Dance tuition for pre-schoolers to advanced students in Classical Ballet, Jazz, Contemporary and Tap Dancing.
Enquiries: Katherine Ward, 9971 2244 or 0476 248 647
info@dancearena.com
dancearena.com.au
Elanora Heights Community Centre & Terrey Hills Community Centre

Karinya Women’s Community Choir
Sing fun and diverse music with a dynamic community of women. No audition required!
Tues 7.30–9.30pm.
$200 per term
Hummingsong.com.au
Enquiries: enquiries@hummingsong.com.au
Nelson Heather Centre

Line Dancing
Line dancing is a fun and easy way to keep fit and make new friends.
$60 for 6 weeks, then $14 per class thereafter
Enquiries: Linda Burgess, 0419 285 389
onelinerbootscooters.com
Terrey Hills Community Centre

Narrabeen Dance Academy
We specialise in teaching students aged 3-18 and also hold adult ballet lessons. Styles include; Ballet, Jazz, Hip Hop, Lyrical, Contemporary, Tap and Musical Theatre.
From $125 per term
Enquiries: Natasha Hamester, 0403 810 920,
info@narrabeendance.com
North Narrabeen Community Centre & Tramshed Arts & Community Centre

NUTS Ukuleles
NUTS is a group of ukulele enthusiasts who get together on the first Saturday of every month to sing, strum and have fun.
Enquiries: Les Gordon, 0419 615 041
facebook.com/northsideukuleles
Forestville Senior Citizens Centre

Peninsula Physie Club
Physie exercise and dance for physical fitness, strength, flexibility, confidence, teamwork, coordination and good mental health.
Affordable term classes
Enquiries: Julie Pond, 0416 033 785
peninsulaphysie.com.au
Mona Vale Memorial Hall
Ted Blackwood Youth and Community Centre
**Thank Arthur It’s Friday**
Social Ballroom Dancing most Sundays 6 - 9pm. Entry includes light supper, coffee and tea.

$12
Enquiries: Arthur and Betty Fong, 0411 882 916 thankarthur.com.au
Forestville Memorial Hall

**The Dance House**
Fabulous Ballet, Tap, Jazz, Hip Hop, Contemporary Dance classes for 2.5yrs - adults.

$160 per term
Enquiries: Melissa, 9944 6412 thedancehouse.com.au
Manly Youth Centre

**Twinkle Toes Ballet School**
Fun-filled Ballet classes available from the age of 2+. No uniform required and casual payments welcome.

$130 - $180 per term
Enquiries: Felicity Joy Hoof, 0416 606 183 twinkletoesballet.com.au
Avalon Recreation Centre
Newport Community Centre

**Vanessa Price Dance**
Dance classes for all ages from 3yrs to 12yrs. Styles: Jazz, Hip Hop, Lyrical, Contemporary and Musical Theatre

$140 per term
Enquiries: Vanessa Price, ozprice@bigpond.net.au
Forestville Senior Citizens Centre
Forestville Youth Centre
Drama & Theatre
**Class Act2 Drama School**
Fun school for kids 8 - 17 with Georgia and Jasmin (Ensemble/NIDA). “Play-Filled Devising” Create with buoyancy. Guaranteed to empower and spark!

Enquiries: Georgia Henry, 0405 070 770
classactdrama.com.au
Avalon Recreation Centre

**Drama**
Drama activities through music, mime and improvisation.

Free to U3A members
Enquiries: Anne Hardiman, 9940 0460
sydneyu3a.org/sydney-u3a/courses/northern-beaches-2
Newport Community Centre

**Elanora Players**
Rehearsals twice weekly
Tuesday & Thursday 7:30 – 10:30pm
Performances in school vacation periods. Visitors welcome.

Membership $30 p.a.
Enquiries: Bill Akhurst, 9451 2530
www.elanoraplayers.com.au
Elanora Heights Community Centre

**Musical Makers Club (5yrs-15yrs)**
The Musical Makers Club, is an inclusive youth production based program (5 - 15yrs), resulting in quality musical performances.

$275 per term
Enquiries: Josephine Lancuba, 0410 621 791
nextmovestudios.com.au
Elanora Heights Community Centre

**The Pittwater Players**
Explore your imagination, improve speech, performance & presentation prowess! Learn body language, voice techniques & facial expression through drama games, theatre-sports and more. Wed 7.15-9.15pm.

$40.00 Registration, $180 per term
Enquiries: Victoria Lockhart & Bosiljka May, 0405 146 345
smartypantsdrama@gmail.com
Avalon Recreation Centre
Education & Personal Development
Al Anon Family Group
A twelve step self-help group for the families and friends of alcoholics/addicts.

Donation
Enquiries: Sylvie B, 1300 252 666
al-anon.alateen.org/australia
Mona Vale Memorial Hall

Australian Investors Association Discussion Group
AIA is a not-for-profit organisation run by investors to assist other investors.

$5 pp
Enquiries: Ray Trevisan, 0400 186 446
investors.asn.au
Collaroy Swim Club Community Centre

Collaroy Plateau Community Kindergarten Inc.
Community managed, play-based, child initiated, preschool curriculum catering for 3-5 year old children.

$43 with fee relief for eligible families
Enquiries: Susan Sorensen or Jane Sym, 9982 6167
cpck.com.au
Collaroy Plateau Progress Hall

Community Preschool
Community-based Preschool for 3-5 year old children. Great teachers, beautiful setting, wonderful community.

$45 to $49 per day
Enquiries: Isobel Gowenlock, 9913 9423
elanorapreschool.com
Elanora Heights Community Centre

Creative Writing
Discussion and constructive feedback on creative writing.

Free to U3A members
Enquiries: Diane Harding or Jo Mcgahey, 9944 0886 or 9986 3063
sydneyu3a.org/sydney-u3a/courses/northern-beaches-2/
Forest Community Arts Centre

French
French at various levels covering reading, writing, grammar and conversation.

Free to U3A members
Enquiries: Olivia Kesby or Sarita Wright, 9938 3028 or 9970 5906
sydneyu3a.org/sydney-u3a/courses/northern-beaches-2/
Mona Vale Memorial Hall
Nelson Heather Centre
Newport Community Centre
French Classes
Learn French with Marianne. Small group. Native professional teacher. Fun interactive method. All levels (beginners to advanced HSC).
Approx. $300 per term
Enquiries: Marianne, 0409 576 978 mariannefrenchclasses@gmail.com
Avalon Recreation Centre

General Studies and Contemporary Issues
Discussion groups on selected topics.
Free to U3A members
Enquiries: Rosemary McCulloch, 0448 095 958 sydneyu3a.org/sydney-u3a/ courses/northern-beaches-2/
Nelson Heather Centre
Newport Community Centre
North Curl Curl Community Centre

Manly Computer Pals
One-on-one tutoring on smartphones, tablets, PC or Mac. Build competence and confidence.
$20 annual membership and $30 per term
Enquiries: Judy Elias, 9976 0930 or 0418 288 005
Manly Seniors Centre

Philosophy
Study of western philosophers as they relate to a specific theme.
Free to U3A members
Enquiries: Mike Williams or John Lauricella, 0413 878 567 or 9918 2142 sydneyu3a.org/sydney-u3a/ courses/northern-beaches-2/
Mona Vale Memorial Hall

Spanish
Learn Spanish in your local area in fun, well-structured courses based on speaking and communication.
Enquiries: Eva Isabel, 0413 362 441 spanishnorthernbeaches.com
Brookvale Community Centre

Forest Toastmasters
Learn to overcome nervousness when speaking in public. A supportive membership will help you through the process. 6:45pm on 2nd and 4th Thursday of each month.
Visitors free - Members $100 p.a.
Enquiries: Mark Gailey, 0433 163 727 or foresttoastmasters.org.au
Lionel Watts Sports & Community Centre
Health, Relaxation & Fitness
**A45+ Fitness Groove**

A45+ Fitness Groove is a Fusion of Dance, YogaPilates and Meditation that will take you on a fitness and total mind/body balance.

Unlimited classes from $30 per week.
Casual and term passes available.
Enquiries: Jill Healy-Quintard, 0412 422 868
bodyandbalance.com.au
North Steyne Surf Pavillion

**Belly Dancing Classes**

Discovering the beautiful art of belly dancing, in a fun and friendly environment. “Let your inner Goddess shine!” Beginners and beyond to intermediate. Tuesday, 7 - 9.30pm.

Enquiries: Julz Offner, 0405 149 595
bellydancingjulz.com.au
Manly Vale Community Centre

**Aikido**

Aikido is a traditional Japanese martial art. Learn to flow with the energy of your opponent. Non-competitive, friendly, fun.

$20 per class
Enquiries: Paul Coonan, 0449 642 434
aikidonorthernbeaches.com
Avalon Recreation Centre

**Body and Balance YogaPilates Fusion**

Strengthens your body and mind. Helps you feel more confident. Improves your posture. Engages your core. Creates a community.

Unlimited classes from $30 per week.
Casual and term passes available.
Enquiries: Jill Healy-Quintard, 0412 422 868
bodyandbalance.com.au
North Steyne Surf Pavillion

**All Souls Yoga**

Yoga amongst the trees. A combination of hatha yoga poses, breath connected movement, mediation and relaxation. Lake views.

First class is free.
Enquiries: Katie Dutton, 0406 348 541
allsoulsyoga.net
Tramshed Arts & Community Centre

**Exercise for over 55s**

Strength training, G.E. classes, Tai Chi, circuit classes. Lungs in Action classes, for over 55s with stable chronic disease.

$100 for one hour lessons for 10 weeks
Enquiries: Ingrid van Baren-Davey, 0405 457 063
Nelson Heather Centre
Feldenkrais Awareness Through Movement

Enjoy daily peace of mind through freeing your body. Understand that body/mind connection to remove pain and stiffness from life.

$25 for casual drop in. $200 upfront for ten week term
Enquiries: David Hall
0404 625 326
bodylogic.net.au

Avalon Recreation Centre

General Yoga

A Hatha Yoga class with movements, breathing practices and meditation. Suitable for all levels to help tone your body and soothe your mind.

Enquiries: Katie Brown
0415 503 119
katiebrownyoga.com

Collaroy Plateau Youth & Community Centre

Gentle Yoga for 50+

Gentle Yoga is perfect for us as we grow older. It has no impact, good for balance, co-ordination, strength and peace of mind.

$20
Enquiries: Connie Robinson, 0458 007 706
connierobinson.info
Tramshed Hall Mon, 10 – 11.30am
Tramshed Hall Tue, 10.45am – 12pm
Mona Vale Memorial Hall
Fri, 10.15-11.45am

Hatha Yoga

Tuesday’s 7-8:15pm
Enquiries: Annabel, 0411 357 697
Allambie Heights Public Hall

Hula Hooping

Hoops are provided and will be available to order or purchase on the day from $45 or bring your own.

$130
Enquiries: Northern Beaches Community College, 9970 1000
nbcc.nsw.edu.au
Curl Curl Sports Centre

Jazzercise

The original dance party workout. Blending dance, Pilates, yoga, kickboxing and strength training, one 55-minute session.

$25 casual visit or $85 per month unlimited classes
Enquiries: Sue Cattran, 0402 980 792
jazzercise.com
Forestville Memorial Hall
**Jazzercise**

Jazzercise workouts fuse cardio, resistance training, Pilates, yoga, kickboxing and of course – dance! We mix new moves and music.

New customer offer - 4 weeks unlimited classes - $35 plus $25 sign up fee
Enquiries: Jan Goodwin, 0419 202 802
jazzercise.com
Seaforth Community Centre

**Kylie Louise Physiotherapy**

New & unique physio-led exercise classes. A mix of clinical Pilates, therapeutic yoga & strengthening exercises combined to give back your power. Health fund claimable.

$35 per session
Enquiries: Kylie Louise, 0415 066 012
Collaroy Plateau Youth & Community Centre

**Jazzercise**

High energy dance mixes cardio and strength training. Fresh and evolving routines use hit music to motivate.

First month unlimited classes $60 (Please enquire for all pricing options)
Enquiries: Shirley Edwards, 0405 797 055 or 9944 7006
jazzercise.com
Ted Blackwood Youth and Community Centre

**Manava Yoga**

Sustainable Hatha Yoga for new - intermediate. Louise Paiti, physiotherapist, guides those with pain & injury to practise in a way that can nourish & heal.

$20 per class
Enquiries: 0450 022 185
Forest Community Arts Centre

**Jishukan Ryu Australia, Martial Arts**

Train in traditional Japanese Jujutsu, Kempo, Jojutsu. Learn self-defence and develop confidence. Instructors are NCAS accredited.

Cost on enquiry
Enquiries: Brett Milne, 0418 226 574
jishukan.com.au
Curl Curl Sports Centre

**Meditation & Buddhism Drop-In Class**

Each week a different aspect of meditation and Buddhism is explained. Drop in any week. No experience necessary.

$15
Enquiries: Mahasiddha Kadampa, 9699 9902
meditateinsydney.org
Manly Library Meeting Room
**Narrabeen Yoga**
A comprehensive and precise style of yoga, encouraging people to move in a way which is safe, intelligent and meaningful.

$230 for 10 classes - $26 casual
Enquiries: Dominique Francis, 0421 762 236
naturaltherapypages.com.au/connect/narrabeenyoga/service/2637
Tramshed Arts & Community Centre

**Northern Beaches Pilates**
Quality Pilates for men and women.
Graded classes. Relaxed atmosphere.
Also Fitball, Cardio/Pilates and Zumba.

$200 for 10 week term. $24 casual.
Enquiries: Annebé Pettersen, 0429 998 778
northernbeachespilates.com.au

**Narrabeen Youth Club Netball**
Enjoy netball with Narrabeen Youth Club.
Registration costs depend on age group - see website
Enquiries: Club Registrar, nycnetballregistrar@gmail.com
narrabeen.nsw.netball.com.au
Ted Blackwood Youth and Community Centre

**Overeaters Anonymous**
12-step group helping those suffering from eating disorders including compulsive eating, bulimia, anorexia.
Free
Enquiries: Lucy, 0412 756 446
oasydney.org
Forest Community Arts Centre

**Northern Beaches Martial Arts Jeet Kune Do**
Our aim is to help you build confidence improving your ability to avoid and deal with confrontation.
Monday and Wednesday

$15
Enquiries: Greg Millington, 0404 341 962
northernbeachesmartialarts.com.au
Harbord Literary Institute

**Parkour Athletics**
Parkour Athletics Mon/Fri 4pm-5:30pm

$30 - $35
Enquiries: Ann Charleston 0488 888 328
movementrepublic.com.au
Cromer Community Centre
Physiotherapy Exercise
Class for people with Parkinson’s Disease and other Neurological Conditions
Class includes cardiovascular exercise, strength training, balance, posture training and Tai Chi. Private Health Fund rebates available.

$130 for 10 weeks $15 casual
Enquiries: Joan Perkins - Physiotherapist 0477 737 929 or 9918 2195
Newport Community Centre

Pilates at the Tramshed
Strengthen and stretch your body with Pilates. Improve core control while correcting posture and increasing flexibility. Suitable for all. Wednesday 7 - 8pm.

$120 for 10 weeks or $15 casual
Enquiries: Katie Page, 0411 247 709
pilatesaligned@yahoo.com.au
Tramshed Arts & community Centre

Pilates on the Mat
Awaken your body with Pilates, a whole body form of exercise which can correct the body’s asymmetries and weaknesses, bringing the body back into balance.

Mon and Thu 10 -11am.
Casual: $18 per class or Multipack: $160 for 10 classes
Enquiries: Sheri Nuss, 0425 273 529
synchronisedpilates.com
Forest Community Arts Centre

Pregnancy Yoga
Connect with your baby and prepare for your best birth using yoga, breathing techniques and meditation - with mum-of-three Katie Brown.

Enquiries: Katie Brown, 0415 503 119
Katiebrownyoga.com
Collaroy Plateau Youth & Community Centre

Roller Derby
Join some strong Northern Beaches women for some wheelie fun.

$35 per month plus membership and insurance
Enquiries: Zipporah Christie, info@nbrg.com.au
nbrg.com.au
Curl Curl Youth and Community Centre

Pilates
Pilates class for all levels focussing on movement, stretching and strength.

$18 per class based on pre purchasing 10 classes that are valid for 12 months
Enquiries: Claudia Green, 0425 364 058
forestpilates.com.au
Forest Community Arts Centre
Sahaja Yoga Meditation
Discover the peace of true meditation in a relaxed and supportive environment. All levels welcome from beginner to advanced.

Free
Enquiries: Helena Campbell, 0422 929 447
freemeditation.com.au
North Narrabeen Community and Tennis Centre

Seaforth Yoga & Pilates
Various Yoga and Pilates classes on Tuesdays, Thursdays and Saturdays, led by German Physiotherapist Dagmar Felmann.

$22 casual, $19 concession, Term passes available
Enquiries: Dagmar Feldmann, 0411 537 873
seaforthyogapilates.com.au
Seaforth Village Community Centre

Shinkyokushin Karate
Karate can improve your health and fitness, build discipline and confidence and relieve stress. Come and give it a try.

$70 per month
Enquiries: John Evans or Davy Loo, 0402 193 282 or 0410 613 709
northernbeacheskarate.com.au
Manly Vale Community Centre
**Table Tennis**
Games for all levels in a friendly environment.

Free to U3A members
Enquiries: Neil Mitchell or Carole Young, 0405 123 521 or 0421 356 493
sydneyu3a.org/sydney-u3a/courses/northern-beaches-2

Newport Community Centre

**Taekidokai Martial Arts**
We focus on discipline, character development and constant improvement. For men, women and children of all levels and abilities.

Enquiries: 0413 004 094
tkma.com.au
Forestville Senior Citizens Centre
Seaforth Community Centre
Terrey Hills Community Centre

**Tai Chi**
Tai Chi is mindful exercise based on martial arts movement. For mind body and spirit.

$80 per Month
Enquiries: Neil Meyers, 0407 021 152
bluedragontaichi.com.au

Tramshed Arts & Community Centre

**Tai Chi and Qigong Classes**
Gentle exercise that is relaxing and energising. It uses the breath to weave together flowing movements and meditation.

$20 or concession on request
Enquiries: Piria Coleman, 0490 499 963
piriacoleman.com

Mona Vale Memorial Hall
Newport Community Centre
Oxford Falls Peace Park

**Unicycling**
Learn to unicycle with the Northern Beaches Unicycle Club, all ages and abilities welcome. Borrow a unicycle to learn.

Enquiries: Shane Machon, 0410 289 141
Curl Curl Youth and Community Centre

**Veda Yoga by Yogibeings**
Sunrise flow and yin Yoga classes. Mon, Wed, Fri at 6am

$10
Enquiries: 0405 272 790 or
hello@vedayoga-yogibeings.com
vedayoga-yogibeings.com
North Steyne Surf Pavillion
Vision Australia: Low Vision Clinic
Our mission is to support people living with blindness and low vision to live the life they choose, through a range of specialised services.
Cost on enquiry
Enquiries: Victoria Agnese, 8974 5300 visionaustralia.org
Forest Community Arts Centre

Yoga
Gentle Hatha Flow: All levels welcome. Individual attention and feedback. We workshop poses, core work, massage techniques and relaxation.
$15 a class
Enquiries: Amanda Lainé, 0499 187 772 energyevolving.com.au or Energy Evolving on Facebook & Instagram
Allambie Heights Public Hall

Yoga for Every Body
With her nursing background and 22 years yoga teaching experience, Lani provides a gentle, therapeutic yoga setting for all needs.
$22 per class
Enquiries: Lani Saraswati, 0408 860 852 northernbeachesyoga.com
Avalon Recreation Centre

Yoga & Pilates Synergy
A safe, effective and enjoyable movement session that will strengthen, mobilise and lengthen. Monday 9am.
$25 or $220 for 10 class pass with 12 month expiry
Enquiries: Lesley Gray, 0414 525 804 lesleygraywellness.com
Avalon Recreation Centre

Yoga with Kerrie
General Hatha Yoga classes offering mind, body, spirit connection using breath balance asana poses finishing with relaxation.
Free
Enquiries: Kerrie, 0400 129 379 yogafeets.com.au
Avalon Recreation Centre

Yoga by the Beach
A blend of Hatha, Vinyasa and Yin yoga in a class overlooking the beach. All levels. Monday and Thursday 9.30-10.45am
$22 casual, $180 ten class pass
Enquiries: Peta Tall, 0414 254 988 peta@yogabythebeach.com.au f: yogawithpeta
Collaroy Swim Club Community Centre
Yoga Classes
The practice of yoga teaches the individual, through self-awareness, how to gain harmony of body and mind.
$180 per term (10 weeks) or $20 casual per class.
Enquiries: Irene Borg, 0412 455 338
yogaintheforest.com
Forestville Memorial Hall
Forestville Senior Citizens Centre

Yoga
Simple yoga postures, stretching, breathing and flexibility exercises.
Free to U3A members
Enquiries: Joy Cook or Pamela Frei, 9979 3523 or 0415 603 906
sydneyu3a.org/sydney-u3a/courses/northern-beaches-2
Newport Community Centre

Yoga About You
Seasonal Ryoho Yoga therapy programs. Classes are tuned to the seasons, the five elements and the meridians.
10 week program during school terms
Enquiries: Alena, 0406 707 207
yogaaboutyou.com.au
Tramshed Arts & Community Centre

Sahaja Yoga Meditation
Discover the peace of true meditation in a relaxed and supportive environment. All levels welcome from beginner to advanced. Mon 12.30 - 1.30pm.
Free
Enquiries: Carole, 0414 800 267
freemeditation.com.au
Manly Library Meeting Room

Yoga in Frenchs Forest
Challenge your body and mind. Release stress and tension from the day-to-day activities of life! Suitable for beginners to intermediate. Sunday from 7.45-9am.
Enquiries: Alexi Pallpratt, 0404 815 929
sereneyoga.com.au
YoYo’s – Forest Youth Centre

Yoga with Sally
Hatha Yoga focusing on breath and body awareness to calm and centre the mind, relax and restore the nervous system, increase flexibility, strength and stability.
School Terms
Enquiries: Sally Molineaux, 0407 665 854
molineauxxsally@gmail.com
Forest Community Arts Centre
Zumba with Claudine

A fun, latin-inspired dance fitness class suitable for beginners, taught by a qualified and experienced instructor.

$15 casual or $120 for a 10 class pass
Enquiries: Claudine, 0422 971 085
zumbafitnessplus.com

Newport Community Centre
Seniors Activities
Active Seniors Gentle Exercise Program
This program is ideal for those aiming to stay healthy and active. Join us for one hour of land based exercise.

$9.40
Enquiries: Warringah Aquatic Centre Programs Office, 9451 8000
northernbeaches.nsw.gov.au
Forestville Memorial Hall

Ballroom Dancing
Narrabeen Senior Citizens Club. Dance to the Keynotes Band. Meet new friends, singles welcome. Fri 2-4pm. Cost includes afternoon tea/coffee & biscuits.

$3 Annual $5
Enquiries: Pam, 9918 2468
Nelson Heather Centre

Art Group
Why paint alone? Bring your gear and join a group of friendly painters on Friday from 9.30am - 2pm.

Visitors $2, members $1
Enquiries: Priscilla, 9948 8229
manlyseniors.org.au
Manly Seniors Centre

Bridge
Come and join us for a friendly game of Bridge. Tuesday from 1 - 4pm. No lessons given.

$2 visitors, Members $1.
Enquiries: Sue, 0417 220 246
manlyseniors.org.au
Manly Seniors Centre

Avalon Computer Pals for Seniors
Short courses for seniors on iPads, computers, photography, Facebook. Also learn how to use Samsung phones and tablets.

$15 per weekly lesson
Enquiries: Peter Marshall, 8064 3574
avpals.com
Newport Community Centre

BTH Computer Pals
One-on-one computer tuition for seniors. Includes introductory lessons for new users including use of the Internet, emails, Word.

$30 per calendar quarter
Enquiries: Glenda Spresser, 9450 1350
Terrey Hills Community Centre
Computer Training for Seniors
Computer Pals is friendly one-on-one computer training for over 55s.
- $25 Annual Membership,
- $30 per 10 week term
Enquiries: Anne Matthews, Training Coordinator, 9984 0604
compalsnb.org.au
Tramshed Arts & Community Centre

Healthy Lifestyle Activities
Light exercise suitable for people over 50 to keep active and energised. A variety of styles including strengthening, stretching, dance and beginners groups.
Enquiries: 8877 5300
nshealthpromotion.com.au
Avalon Recreation Centre
Cromer Community Centre
Forestville Memorial Hall
Forestville Seniors Centre
Forestville Youth Centre
Manly Seniors Centre
Nelson Heather Centre
North Curl Curl Community Centre
Seaforth Village Community Centre
Tramshed Arts and Community Centre

Dancing
Dancing for fun and to keep your mind and body active.
Free to U3A members
Enquiries: Rosemary MacDonald, 9905 3851
sydneyu3a.org/sydney-u3a/courses/northern-beaches-2
North Curl Curl Community Centre

Indoor Bowls
Narrabeen Senior Citizens Club.
Friendly group, new mat. Fri 10am-1pm.
Cost includes morning tea/coffee & biscuits.
- $3 Annual $5
Enquiries: Margaret, 9997 1349
Nelson Heather Centre

Lifeball
Lifeball is a fun game similar to netball, played at a walking pace.
- $4
Enquiries: Margaret Krajancic
0418 645 120
Curl Curl Youth and Community Centre
**Lifeball for Seniors**
Lifeball is a fun team ball game for seniors, played at walking pace, similar to netball, played for friendship, fitness and fun.

$5 per day attended
Enquiries: Trevor or Gail Beardsmore, 0416 05 05 40
lifeball.net.au
Forestville Memorial Hall

**Mahjong**
Come and join us for a friendly game of Mahjong. Thursday from 12.30 – 4pm. No lessons given.

Visitors $2, members $1.
Enquiries: Rosie, 9977 2653
manlyseniors.org.au
Manly Seniors Centre

**Mahjong**
This is a senior’s group who enjoy playing Mahjong each Monday from 10am – 2pm. Beginners welcome.

$3 / day, plus $15 annual fee and $20 joining fee (one off)
Enquiries: Lorraine Woodhouse, 0408 968 313
Forestville Senior Citizens Centre

**Narrabeen Senior Citizens Club.**
Friendly group, beginners welcome. Mon 1-4pm. Cost includes afternoon tea/coffee & biscuits.

$3 Annual $5
Enquiries: Margery, 0412 581 240
Nelson Heather Centre

**Manly Seniors Community Lunch**
A great opportunity to enjoy a 3 course meal, each other’s company and get out of the house. Every Friday at 11.30am.

$10
Enquiries: Carla Mattos, 9976 1469
northernbeaches.nsw.gov.au
Manly Seniors Centre

**Manly Seniors Community BBQ Lunch**
A great opportunity to enjoy a 3 course meal, each other’s company and get out of the house. First Monday of the month.

$10
Enquiries: Janice Pieper, 9976 1468
northernbeaches.nsw.gov.au
Seaforth Community & Sporting Pavilion
Men’s Kitchen
Old Dogs. New Tricks. Great Mates. Older men can learn cooking skills and make some new mates in the process.

$15
Enquiries: Peter Watson, 0411 476 532
fmk.org.au
Forestville Youth Centre
Ted Blackwood Youth and Community Centre
Curl Curl Youth & Community Centre

Music & Song
Narrabeen Senior Citizens Club
Listen and/or sing to your CD or play an instrument. Wed 1.30-4pm. Cost includes afternoon tea/coffee & biscuits.

$3 Annual $5
Enquiries: Pam, 9918 2468
Nelson Heather Centre

Line Dancing
Come and join line-dancing for fun and fitness! Tuesday 11.30am - 3pm, Friday 9am - 1.45pm.

$3 Annual $5
Enquiries: Pam, 9918 2468
Nelson Heather Centre

Outdoor Bowls
Come bowling on a synthetic green with us! Monday, Wednesday and Friday from 10.30am - 12 noon.

Visitors $2, members $1
Enquiries: Maria, 9939 5977
manlyseniors.org.au
Manly Seniors Centre

Peninsula Bridge Club
Friendly club with twelve regular sessions a week as well as other lessons/events. Beginner and experienced members are welcome for social and competitive games.

$85 per year
Enquiries: Susan Eason, 02 9970 6527
peninsulabridgeclub.org.au
Nelson Heather Centre

Sequence Dancing
There’s great dancing to be done! Monday from 10.15am - 1pm, and Wednesday, Thursday, Saturday and Sunday from 1pm - 4pm.

Visitors $2, members $1
Enquiries: Les, 9939 6920
manlyseniors.org.au
Manly Seniors Centre
Singing
If you like to sing, come and join the Happy Wanderers singing group on Monday from 1.30 - 4pm.
Visitors $2, members $1
Enquiries: Julian, 9975 7811
manlyseniors.org.au
Manly Seniors Centre

Spinners, Weavers & Knitters
Narrabeen Senior Citizens Club. Small friendly group. Second Sat in each month 11am-3pm. Cost includes morning tea/coffee & biscuits.
$3 Annual $5
Enquiries: Carole, 9982 1482
Nelson Heather Centre

Table Tennis
Narrabeen Senior Citizens Club. Social games, 4 tables. Sun, Tue & Thu 10am – 1pm. Cost includes morning tea/coffee & biscuits.
$3 Annual $5
Enquiries: Pam, 9918 2468
Nelson Heather Centre

Table Tennis
Come play table tennis on Tuesdays and Saturdays from 9am - 12noon, Wednesdays from 1 - 5.30pm and Fridays from 2 – 5pm.
$6 visitors, $3 members
Enquiries: Peter, 9982 9963
manlyseniors.org.au
Manly Seniors Centre

U3A courses
U3A offer a wide range of courses and activities in art, drama, science, philosophy, yoga, languages and history.
Free to U3A members
Enquiries: Rosemary McCulloch, 0448 095 958
sydneyu3a.org/sydney-u3a/courses/northern-beaches-2
Forest Community Arts Centre
Mona Vale Memorial Hall
Nelson Heather Centre
Newport Community Centre
North Curl Curl Community Centre

Walking group
Come and join a group of happy seniors who enjoy interesting walks in the local area on the second Friday of each month.
Visitors $2, members $1
Enquiries: Carol, 0413 375 946
manlyseniors.org.au
Manly Seniors Centre
Zumba Gold/Beginners

Provides Zumba Gold for seniors/beginners, fun Latina dance, lower intensity, easy to follow, focus on balance, range of motion & coordination. Held Wed 9:30am.

$100 for 10 weeks or $15 per class
Enquiries: Galit Marlow, 0402 326 829
facebook.com/Zumba.galit.marlow
galitmarlow.zumba.com

Forestville Youth Centre