



Northern Beaches Community Centres

COURSE AND ACTIVITY BROCHURE 2017

NORTHERN BEACHES
COUNCIL

northernbeaches.nsw.gov.au

INTRODUCTION

Northern Beaches Council is proud to produce its first 'Course & Activity Brochure' for the more than 40 centres it has in its network. More than half of the numerous activities held throughout the network are listed in this brochure. Council's community centres offer a variety of spaces across the Northern Beaches for groups to hold their activities in. Please go to northernbeaches.nsw.gov.au for further information or details to contact Council's Community Centre staff.



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CENTRE LOCATIONS

Allambie Heights Public Hall

Cnr Allambie Rd and
Owen Stanley Ave, Allambie Heights

Avalon Recreation Centre

59 Old Barrenjoey Rd, Avalon

Beacon Hill War Memorial Hall

35 Willandra Rd, Beacon Hill

Belrose Community Centre

Cnr Forest Way and Bambara Rd,
Belrose

Brookvale Community Centre

2 Alfred Rd, Brookvale

Collaroy Plateau Youth & Community Centre

Blandford St, Collaroy Plateau

Collaroy Swim Club Room

Beach Reserve, Collaroy Beach

Cromer Community Centre

Fisher Rd North, Cromer

Curl Curl Sports Centre

Abbott Rd, Curl Curl

Curl Curl Youth and Community Centre

Abbott Rd, Curl Curl

Elanora Heights Community Centre

49a Kalang Rd, Elanora Heights

Forest Community Arts Centre

Forestville Shopping Centre
6 Darley St, Forestville

Forestville Memorial Hall

Cnr Warringah Rd and Starkey St,
Forestville

Forestville Senior Citizens Centre

Cnr Warringah Rd and Starkey St,
Forestville

Forestville Youth Centre

28 Melwood Ave, Forestville
(behind RSL)

Griffith Park Sports Facility

7 Anzac Ave, Collaroy

Harbord Literary Institute

Cnr Oliver and Laurence St,
Freshwater

Keirle Park Sporting and Community Pavilion

Situated in Keirle Park,
Pittwater Road, Manly
(Behind Keirle Park Tennis Centre)

Lionel Watts Sports and Community Centre

93 - 95 Blackbutts Rd, Frenchs Forest

Manly Library Meeting Room

Manly Library, Ground Floor Meeting
Room - 1 Market Place, Manly

Manly Oval Pavilion

On Sydney Road Manly, Delivery
Access via Raglan Street

Manly Seniors' Centre

Corner of Pittwater and
Balgowlah Rds, Manly

Manly Vale Community Centre

272 Condamine St, Manly Vale

Manly Youth Centre

Kangaroo Street, Manly

Mona Vale Memorial Hall

1 Park St, Mona Vale

Narraweena Community Centre

74 Oceana St, Narraweena

Nelson Heather Centre

4 Jacksons Rd, Warriewood

Newport Community Centre

11 - 13 The Boulevarde, Newport

North Balgowlah Community Centre

10 Bardoo Ave, North Balgowlah

North Curl Curl Community Centre

Corner Abbott and Griffin Rd

**North Narrabeen Community and
Tennis Centre**

2 - 10 Woorarra Ave, North Narrabeen

North Steyne Surf Pavilion

Ocean Beach, Manly
(opposite Pine St)

Oxford Falls Peace Park

Cnr Wakehurst Parkway and
Dreadnought Rd, Oxford Falls

Queenscliff Surf Pavilion

North Steyne, Queenscliff

**Seaforth Community and
Sporting Pavilion**

Wakehurst Parkway, Seaforth

Seaforth Community Centre

Baringa Avenue (cnr Koobilya Street)
Seaforth

Ted Blackwood Narrabeen**Youth and Community Centre**

Cnr Jackson and Boondah Rds
Warriewood

Terrey Hills Community Centre

Yulong Rd, Terrey Hills

Tramshed Arts & Community Centre

Re-opening mid 2017

1395A Pittwater Rd, Narrabeen

YOYO's - Forest Youth Centre

Cnr Forest Way & Warringah Rd,
Frenchs Forest

SCHOOL TERM DATES

Please check with the course or activity convenor if these dates are applicable. Some courses and groups operate by school term dates, some by eight week terms, while others meet weekly or monthly.

School staff term dates below from the department of education website:

TERM 1

School Term

30 January - 7 April

School Holidays

10 - 21 April

TERM 2

School Term

26 April - 30 June

School Holidays

3 - 14 July

TERM 3

School Term

18 July - 22 September

School Holidays

25 September - 6 October

TERM 4

School Term

9 October - 15 December

School Holidays

18 December - 29 January

ALLAMBIE PUBLIC HALL

CHILDREN'S ACTIVITIES

Farmhouse Playgroup

Our playgroup runs every Tuesday 9.30 - 11.30am in school terms. It is a very relaxed environment and a great way to meet local families.

Kelly Barr-Jones: 0410 524 978

EDUCATION/PERSONAL DEVELOPMENT

Computer Club

Legacy Computer Club offers individual tuition Monday during school terms, 9.30am - 12.30pm for Legacy Widows/Widowers/Service Personal and Spouses.

Glenda Madden: 1800 800 296

HEALTH, RELAXATION AND FITNESS

Gymstick Pilates and bodyART

A full body Pilates workout that will strengthen, tone and improve balance and coordination. Come experience this workout.

First class free!

Sandra Berger: 0404 020 994



AVALON RECREATION CENTRE

ART, PHOTOGRAPHY AND CULTURAL

Art of Colour

Classes for adults to learn a strong knowledge of colour mixing and painting techniques using a range of styles and mediums.

Nina Matthewson: 0416 187 754
artofcolour.com.au

Meredith Rasdall

Mixed media art classes for children and high school students. Explore and experiment with a variety of media and learn new skills.

Meredith Rasdall: 9999 4854
meredith.rasdall@westnet.com.au

Photography

Improve your digital photography skills with these practical courses and workshops. Taught by a professional photographer with extensive teaching experience.

Valerie Martin: 0410 166 329
valerie-martin-photography.com

CHILDREN'S ACTIVITIES

Bricks 4 Kidz

After School LEGO® Club

Our programs explore science, technology, engineering and math concepts (STEM). Participate in term-long sessions constructing a new and exciting model each week.

Tonya James: 0422 487 940
bricks4kidz.com.au

Kindermusik

Music and movement program for Newborn-5yrs. Monday and Thursday morning classes.

Jo Harders: 0410 685 135
jhpiano.com.au

Little Kickers

Enthusiastic boys and girls (18 months to 7 years) learn football skills while gaining confidence, co-ordination, control and a sense of camaraderie.

8006 1839
littlekickers.com.au

**Rainbow Crystal Connection
Mindfulness and Meditation
Workshops for Children**

Our aim is to design engaging and fun mindfulness and meditation activities to teach our children how to cope with the demands of 21st Century living.

Isabelle Mary Fitzgerald: 0411 079 298
thebeautifulpath.com.au

**Ready Steady Go Kids
Northern Beaches**

Multi-sport and exercise program for pre-schoolers (1.5 - 6yrs). Physio designed activities teach the fundamentals of 10 different sports. FREE TRIAL class available.

Claudia Angelucci: 0420 978 611
readysteadygokids.com.au

COMMUNITY GROUPS

Alcoholics Anonymous

Living sober meeting

Caroline: 9973 3264

Boomerang Bags Workshop

Join us in making bags for Avalon Boomerang Bags. We love people who can sew, cut, stamp, market. All welcome Tuesdays 11.30am - 5pm.

Laurel Wood: 0410 608 315
boomerangbagsavalon
@hotmail.com

C3 Church Avalon

You're invited to church in your local Community. C3 Church and C3 Kids program available. Sunday mornings at 10am.

 c3serviceavalon

Christian Healing Service

Pastor Stephens has been given a special gift of healing and deliverance. Join together for fellowship praise, worship and teaching.

9918 2246

Narcotics Anonymous

Sunday mornings at 11am.
9519 6200

DANCE AND MUSIC

Beaches Flamenco Dance

Beginner to advanced Flamenco dance classes for children and adults. Improve fitness and have fun learning the rhythms, movement and style

Lucy Vernon: 0404 255 915

 Beaches Flamenco Studio Sydney

The Big Sing

A community singing group for all vocal abilities. Have fun and reap the health benefits of deeper breathing. Tuesday mornings 10 - 11am.

Samantha Shaw: 0401 343 569

The King Tide Choir

Come and experience the delights of vocal harmony! Its fun, meditative and mood-altering and possible for anyone to enjoy.

Wendy Twibill: 0425 807 262

 King Tide Community Choir

Twinkle Toes Ballet School and Ballet 2 - 3 years

An introduction to the magical world of Ballet. Also children's classes that encourage imagination, confidence and creativity.

Felecity Joy Hoof: 0416 606 183

twinkletoesballet.com.au

Upbeat Choir

Music therapy has positive outcomes for people recovering from a stroke or a range of illnesses that have affected their speech.

0478 438 684

DRAMA AND THEATRE

Class Act2 Drama School

Boost creative thought and action, nurture empathy for others, hone listening skills and build self-belief through teamwork, improvisation, movement/vocal expression.

Georgia Henry: 0405 070 770

classact2drama.com.au

Helen O Grady Drama Academy

Our stimulating classes cover speech, movement and creative improvised drama. The course aims to increase children's self-confidence, communicative ability and creative talents.

Alexandra Harrington-Hopkins

0450 107 367

sydneyynthbeaches

@helenogrady.com.au

The Talent Co Acting for the Camera

Build confidence, take risks, have fun.

Learn the art of acting for camera.

Taught by Toni Pearen and Raelee Hill

Toni Pearen: 9918 3440

thetalentco.biz

EDUCATION/PERSONAL DEVELOPMENT

French Language Classes

Classes held in small groups with a relaxed atmosphere and a native French speaking teacher. Includes grammar, conversation and French culture.

Marianne Hurzeler: 0409 576 978

mariannefrenchclasses@gmail.com

Italian Classes

Italian classes in small groups with native teachers. Fun and interactive method. Food Tours and Study Trips to Italy.

Italian Connections: 0401 627 665

italianconnections.com.au

HEALTH, RELAXATION AND FITNESS

Ashtanga Yoga

Traditional Ashtanga and Mysore - style yoga practice. Tuesdays 9.30 - 11am. Fiona is an authorised Level 2 Ashtanga yoga teacher.

Fiona Pullen: 0417 400 612

Cardio and Toning Exercise Class

Fitness class to music with complete body toning. Burn fat and build muscle.

Nada Waterhouse: 0407 400 356

Feldenkrais Awareness

Through Movement

Get rid of the pain and stiffness in your life. Enjoy daily peace of mind through freeing your body.

David Hall: 0404 625 326
bodylogic.net.au

Fitness Over 40 and Tai Chi

Safe and effective training with emphasis on strength and flexibility. Tai Chi to reduce stress, improve balance, strengthen muscles and lose weight.

Rachel Cohen: 0409 241 297
xperteze.com.au

HIT Training with Kate Wood Fitness

Circuit Training including High Intensity Interval Training, Low Impact and Strength Exercises, designed to improve all aspects of your physical fitness.

Kate Wood: 0415 820 345
katewoodfitness.com.au

Nia Holistic Dance Classes

Nia holistic dance classes combine pleasure with fitness, offering a fun class that lifts your spirit and conditions your body.

Mandy Loveday and Diana Belot
0411 645 389
niaaustralia.com.au/find-a-class

Northern Beaches Pilates

Quality Pilates with Annebe Pettersen. Graded classes for men and women in a relaxed atmosphere. Also Fitball, Cardio Pilates, Zumba.

0429 998 778
northernbeachespilates.com.au

Pilates with Marty Cole

A restorative core workout in a relaxed environment. Mat classes focusing on posture, strength, lengthening and alignment. All levels welcome.

Marty Cole: 0412 639 968
funnsurfn@hotmail.com

Pilates-Yoga Synergy

A speciality class which works on mobility, flexibility, breathing & core strength. Suitable for all ages and fitness levels.

Lesley Gray: 0414 525 804

Qigong

Reconnect with nature, heal body mind and spirit. Gentle exercise system, based in Chinese traditional medicine. Free introductory lesson.

Penny Auburn: 0414 416 490

Yoga

Yoga classes on Wednesdays and Fridays which nourish the mind, body and soul, focusing on the breath, balance and strength.

Kerrie Kiely: 0400 129 379
yogafeet.com.au

Yoga - Dynamic Vinyasa Flow

This class will challenge and inspire you physically and mentally. Postures are sequenced to increase your balance, strength and flexibility.

Natascha Op de Hipt: 0481 870 433
namastascha.com

Yoga with Julia

Easy Does it - Gentle postures for lower back, shoulder, knee and neck. Dynamic Hatha - where breath is synchronised with movement.

Julia Conroy: 0415 590 954

Yoga - Relax

Enjoy a gentle, restorative class; Atma has a nursing background and 20 years teaching experience. Attention given to individual needs (and knees!)

Atma Saraswati: 0408 860 852
northernbeachesyoga.com

MARTIAL ARTS

Judo - Olympic Sport

Learn the true art of JUDO with a successful international competitor and trainer, holding a 3rd Dan black belt. Ages 8+.

Simon Dodge: 0420 701 244
s-dodge@sky.com

Kokikai Aikido

Aikido is a peaceful yet effective martial art that can help you in your life. All welcome. Kids and adult classes.

Paul Coonan: 0449 642 434
beaches-aikido.com.au

Practical Jujitsu

Non-aggressive and practical self-defence for children and young people. Learn vital skills in a fun, supportive environment.

Brittany Ryan: 0414 669 933
brittany.ryan@outlook.com

Wing Chun Kung Fu

Self-discipline, quality self-defence training, with qualified instructor with 40 years' experience.

John Brixey: 0414 552 866
wingchunaustralia

SENIOR'S ACTIVITIES

Avalon Active Seniors Group

Classes for adults to learn a strong knowledge of colour mixing and painting techniques using a range of styles and mediums.

Gen Watts: 0423 213 273

Get Fit Feel Great Have Fun

Many classes offered on a not for profit basis including: Gentle & Active Exercise, Tap, Strength Training, Zumba Gold, Yoga, Tai Chi.

Healthy Lifestyle: 8877 5300
nshealthpromotion.com.au

SPORTS

Badminton

Meet in Avalon Mondays and Fridays 8pm to 10pm for social badminton. All levels played. No unaccompanied minors under 16.

Brian: 0415 476 308 or
Rob: 0412 922 972
avalonbadminton.com

Newport Breakers Netball Club

Newport Breakers Netball Club is a fun and friendly netball club for players from age 8 to seniors.

Jen McDowell: 0416 071 728
newportbreakersnc.
nsw.netball.com.au

Pittwater Peninsula Netball Club

Come join us! Fun, Fitness, Friends. NetSetGo 7/8/9yrs in 2017. Juniors 10-15yrs, U/17's & Seniors. Online Registration.

Aileen Brodigan: 9918 3314
peninsulanetball@hotmail.com



BEACON HILL WAR MEMORIAL HALL

CHILDREN'S ACTIVITIES

Soccajoeys Northern Beaches

Soccajoeys is Australia's leading soccer program for children (2.5-9yrs). Children learn and play soccer with fun and enjoyable programs in an indoor setting.

Anthony Costa: 0405 094 901
soccajoeys.com

Vacation Care

Long day care for school age children during public school holidays. A combination of exciting in-centre activities and excursion days.

9942 2312
northernbeaches.nsw.gov.au

DANCE AND MUSIC

Ballroom Dancing

Adult classes for Beginners, Intermediate/Advanced in New Vogue/Sequence, Latin and Ballroom. Great for fun, fitness and friendship. 7 - 9.30pm.

Gaille Bowe
0437 997 713 or 9971 7102
peninsulaballroom.com

Beacon Hill Dance Academy

Our Dance Academy believes in fostering a love of dance by providing a friendly and encouraging atmosphere. Styles are Classical Ballet, Jazz/Hip-Hop, Lyrical and Tap.

Heather Evans: 0414 602 621
beaconhilldanceacademy.com.au

MARTIAL ARTS

Taekwondo

Founded in 1974, we're one of Australia's oldest Taekwondo schools. Classes cater to beginner students through to experienced black belts.

Stephen Suh: 0402 289 789
chungdotkd.com.au

SPORTS

Futsal

Futsal is 5-a-side indoor soccer, for all age and skill levels!

Joe Mesite: 9981 2528
nbfa.com.au

Special Olympics

Young Athletes Program

A sports skills and play based program for children 3 years and above with an intellectual disability. Inclusion of siblings encouraged.

Rex Langthorne: 0419 407 201
specialolympics.com.au

BELROSE COMMUNITY CENTRE

MARTIAL ARTS

GKR Karate

Our purpose is to inspire and empower people of all ages to gain more confidence and by strengthening their mind, body and spirit.

Peter Durrant: 0404 092 747
gkrkarate.com



BROOKVALE COMMUNITY CENTRE

CHILDREN'S ACTIVITIES

Homework Centre

FREE Homework assistance for CALD children attending years 3-6. Qualified teachers, afternoon tea provided Wednesdays from 3.30 - 5pm (school terms).

Maria-Elena Chidzey: 0404 636 217
manlycommunitycentre.com.au

COMMUNITY GROUPS

Anxiety Disorder Support Group

For people with Anxiety Disorders and their friends and family. Free meetings at 7pm, 2nd Thursday each month. No meetings in January and December.

Rachel Flint: 9339 6013
[understandinganxiety.
wayahead.org.au](http://understandinganxiety.wayahead.org.au)

Brookvale Carer Support group

For family members or friends living with or caring for someone with a mental illness. Meet for mutual support, learning and fun.

Pam: 8599 4855
unitingrecovery.org.au

EDUCATION/PERSONAL DEVELOPMENT

Spanish

Learn Spanish with well-structured, fun and interactive courses based on Speaking and Communication. Group classes Wednesday 6.30 - 8.30pm

Eva Isabel: 0413 362 441
spanishnorthernbeaches.com

COLLARROY PLATEAU PROGRESS HALL

EDUCATION/PERSONAL DEVELOPMENT

Collaroy Plateau

Community Kindergarten

Monday to Friday 8.15am - 3.45pm
(school term). Our Community
managed Preschool has a curriculum
that reflects interests and needs of
the children and families.

Susan Sorensen: 9982 6167

cpck.com.au



COLLARROY PLATEAU YOUTH AND COMMUNITY CENTRE

CHILDREN'S ACTIVITIES

Gymbaroo

Programme includes singing, small and gross motor activities, parachute time, massage and language skills all in 45 minutes (ages 8 weeks to 4 years).

Carolyn Rule: 0400 259 659
gymbaroomanly.com.au

Playgroup-Collaroy Plateau

Playgroup welcomes pre-school children and their parents/carers Tuesdays and Fridays, 9.30am-12pm (school terms). Playgroup encourages free play and includes a craft and story/song session.

Fran Wilson: 0404 331 144

Ready Steady Go Kids

Northern Beaches

Multi-sport and exercise program for pre-schoolers (1.5 - 6yrs). Physio designed activities teach the fundamentals of 10 different sports. FREE TRIAL class available.

Claudia Angelucci: 0420 978 611
readysteadygokids.com.au

COMMUNITY GROUPS

North Shore Railway

Modellers Association Inc

Members meet to discuss, build and run model trains and to exhibit throughout the year. We have an active Junior Group.

Bruce Walker: 9417 4228
nsrma.com.au

DANCE AND MUSIC

C.A.P.A Academy Performing Arts classes Dance, Drama, Music and Visual arts

Offering high quality classes for students 3 - 18years. Class genres include: Hip Hop, R.A.D Ballet, Contemporary, Acrobatics, Musical theatre, Voice lessons, Improvisation and Script Work.

Alexandra Harrington-Hopkins:
0402 726 676
capa-academy.com.au

Narrabeen Dance

Dance classes for girls and boys from 3 years old. We teach the R.A.D syllabus of ballet, Jazz, Hip Hop, Contemporary and Lyrical.

Jasmin Burns: 0403 810 920
narrabeendance.com

HEALTH, RELAXATION AND FITNESS

Yoga classes - general, pregnancy and mums 'n' bubs!

General yoga (suitable for all), pregnancy yoga classes and mums 'n' bubs yoga courses - run by senior yoga teacher, Katie Brown (IYTA).

Katie Brown: 0415 503 119
katiebrown yoga.com

MARTIAL ARTS

GKR Karate

Our purpose is to inspire and empower people of all ages to gain more confidence and by strengthening their mind, body and spirit.

Peter Durrant: 0404 092 747
gkrkarate.com

Taekidokai Martial Arts

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

0413 004 094
tkma.com.au



COLLAROY SWIM CLUB COMMUNITY CENTRE

ART, PHOTOGRAPHY, CULTURAL

Beautiful Bodies Life Drawing

Learn figure drawing in this friendly class using gesture, geometry, shading and perspective. For all levels wanting to develop their artistic skills. Weekly models.

Pina Bartolo: 0401 216 213
pinabartolo.com

COMMUNITY GROUPS

Collaroy Swimming Club

Friendly swimming races in Collaroy Rockpool 10am every Sunday in Summer. Fun, social, fitness. Families and all ages welcome.

collaroyswim@gmail.com
collaroyswim.com.au

Pittwater/Warringah

Parkinson's Support Group

Provides emotional support and information to people with Parkinson's and their partners. We have guest speakers, social outings, afternoon tea and all welcome.

Margaret Smith: 9913 7745
parkinson'snsw.org.au

HEALTH, RELAXATION AND FITNESS

Nia Movement Dance

Nia is a holistic movement dance practice using healing, dance and martial arts. For all ages and body types. Nia celebrates the JOY of movement.

Melinda Nassif: 0402 115 437
nianow.com/melinda-nassif

MARTIAL ARTS

Tai Chi

Tai Chi is slow gentle movements based on Martial Art. Benefits include: Balance Co-Ordination, Concentration, Relaxation and Improved Health. Thursdays 7 - 8.30pm.

Neil Meyers
9972 3772 or 0407 021 152
bluedragontaichi.com.au

SENIOR'S ACTIVITIES

Get Fit Feel Great Have Fun

Many classes offered on a not for profit basis including: Gentle & Active Exercise, Tap, Strength Training, Zumba Gold, Yoga, Tai Chi.

Healthy Lifestyle: 8877 5300
nshealthpromotion.com.au

CROMER COMMUNITY CENTRE

ART, PHOTOGRAPHY, CULTURAL

Art Classes: Painting in Acrylics and/or Watercolours

Paint Watercolours or Acrylics in small friendly groups taught by experienced tutor Sue Richardson B(Ed)Art. Beginners to experienced welcome.

Sue Richardson: 0409 070 855

Make Your Mark - Drawing Classes

Art classes for Kids & Teens with a special interest in drawing taught by local artist & tutor, Sarah Johnson. Ages 9 & up.

Sarah Johnson: 0410 333 997
makeyourmarkart.com

CHILDREN'S ACTIVITIES

Kinder Art - Art classes for toddlers and school children

Art classes for children, 18 months to 10 years. Paint, Draw, Print, Sculpt and lots more... let your child express through art.

Michelle Reed: 0410 156 165
kinderart.com.au

Vacation Care

Long day care for school age children during public school holidays. A combination of exciting in-centre activities and excursion days.

Northern Beaches Council
Vacation Care: 9942 2312
northernbeaches.nsw.gov.au

COMMUNITY GROUPS

The Link Church and Link Community Care Inc

The Link Church is all about passion, purpose and people, every Sunday 10am. The Food Care Program provides affordable groceries to low income earners.

Glenn Wysman: 9999 0475
link.org.au

DANCE AND MUSIC

Let The Music Play... Music Therapy

Individual music therapy sessions for children and young people with a disability.

Johanna Haire: 0488 401 167
letthemusicplay.com.au

HEALTH, RELAXATION AND FITNESS

Tai Chi

Beginners Tai Chi for better health, suitable for all ages and fitness levels. First lesson obligation free. Every Tuesday 6.30pm. Bookings required.

Tai Chi Society: 9954 7266
taichisociety.net

SENIOR'S ACTIVITIES

Get Fit Feel Great Have Fun

Many classes offered on a not for profit basis including: Gentle & Active Exercise, Tap, Strength Training, Zumba Gold, Yoga, Tai Chi.

Healthy Lifestyle: 8877 5300
nshealthpromotion.com.au

SPORTS

Indoor Volleyball

Social Indoor Volleyball Training for beginner and intermediate players, and advanced Social Competitions.

Chris Proffitt: 0415 657 249
manlyvolleyball.asn.au

Northern Beaches Badminton Club

Social badminton club for experienced players of a 'B' Grade standard or higher. Monday evenings, 7.30 - 9.30pm. \$10 per session for members.

Schon Browning: 0437 063 589

Waves Rhythmic and Dance

Inspires girls to achieve their potential in a vibrant, nurturing community that strives for excellence in fundamentals and performance.

Abi McPherson: 0417 761 825
wrad.com.au



CURL CURL SPORTS CENTRE

COMMUNITY GROUPS

Northern Beaches Church

Northern Beaches Church is a non-denominational Christian church who are Bible based, Jesus focused and contemporary. All welcome, Sundays 4.30pm.

Daniel Ryan: 0412 089 220
northernbeacheschurch.org

HEALTH, RELAXATION AND FITNESS

Baravi Fitness

Our family owned business offers group fitness sessions from \$15 with free indoor creche for children 18 months and over.

Eliki Sagoa: 0405 922 155
baravifitness.com.au



CURL CURL YOUTH AND COMMUNITY CENTRE

CHILDREN'S ACTIVITIES

Child Care and Education

Looking for childcare or a new career? Family Day Care provides high quality education and care in a home based setting.

Northern Beaches Council
Family Day Care: 9942 2122
warringah.nsw.gov.au

North Curl Curl Playgroup

Playgroup operates Monday, Tuesday, Thursday 9.30-11.30am. These sessions give children an opportunity to develop skills and make new friends in a relaxed environment.

Silvana Cliffe: 0416 355 588

 North Curl Curl Playgroup

Soccajoeys Northern Beaches

Soccajoeys is Australia's leading soccer program for children (2.5-9yrs). Children learn and play soccer with fun and enjoyable programs in an indoor setting.

Anthony Costa: 0405 094 901
soccajoeys.com

Vacation Care

Long day care for school age children during public school holidays. A combination of exciting in-centre activities and excursion days.

Northern Beaches Council
Vacation Care: 99422312
northernbeaches.nsw.gov.au

SENIOR'S ACTIVITIES

Lifeball

Lifeball - a fun exercise for Seniors, similar to Netball but played at a reasonably fast walking pace.

Margaret Krajancic: 0418 645 120

SPORTS

Curl Curl Badminton Players Club

Badminton for adults played Tuesday and Thursday afternoons from 1 - 2:30pm during school terms.

Len Gruca: 9938 1138

Curl Curl Football Club

Information Morning

Saturday 4th February 2017, 10am - 1pm. Find out about soccer in your local community - Under 6 to Over 35.

Jennifer Roberts: 0407 030 559
curlcurlyouthclub.com.au

Futsal

Futsal is 5-a-side indoor soccer, for all age and skill levels!

Joe Mesite: 9981 2528
nbfa.com.au

ELANORA HEIGHTS COMMUNITY CENTRE

DANCE AND MUSIC

DANCE ARENA Academy of Dance

Highly Qualified Registered Teacher Katherine Ward, teaches pre-schoolers to advanced pupils, in a nurturing environment.

Katherine Ward

9971 2244 or 0476 248 647

dancearena.com.au

DRAMA AND THEATRE

Elanora Players

Elanora Players, community theatre group based on the Northern Beaches, providing opportunities for involvement in all areas of theatrical production and performance.

Bill Akhurst: 9451 2530

EDUCATION/PERSONAL DEVELOPMENT

Elanora Heights

Community Pre-school

A non-profit preschool, established for 50 years. Hours are 8.45am - 3.15pm daily with long serving staff in a beautiful setting.

9913 9423

elanorapreschool.com



FOREST COMMUNITY ARTS CENTRE

ART, PHOTOGRAPHY, CULTURAL

Acrylics/Watercolour and Mixed Media the Creative Way

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

Val Kemsley
0414 580 544 or 9976 0226
valkemsley@bigpond.com

Art with Bernard Devaux

Day and evening Art Classes - Pastel, Oil, Acrylic, Watercolour and other mediums, Life Drawing workshops. Beginners and advanced students welcome!

Bernard Devaux
0425 335 276 or 4782 3559
bernarddevaux.com

Artability – Art Classes for People with Disabilities

Art and craft classes for people with disabilities on Friday and Saturday with one to one tuition offered by volunteers.

Fri class, Val Kean: 9451 5510
Sat class, Nancy La Mott: 0422 081 360
nlamott@optusnet.com.au

Bonsai Society of Sydney


Bonsai Society of Sydney is the enablement to enjoy and create your own Bonsai tree with a group Bonsai enthusiast.

Glenda Wong: 0408 025 380
gwfreshcanvas@hotmail.com

Caboodle Crafts

Classes For Kids and Adults

Weekly craft classes encouraging creativity through the use of a wide variety of materials and techniques. Casual or whole term.

Jean or Ruth Banning: 0432 098 008
 Caboodle Crafts

Forest Fellowship of Australian Writers

Monthly meetings to support established and aspiring writers through workshops, reading of work and guest speakers.

Catherine Retford: 9913 1534

Learn Photography with Matt Kemp

Become friends with your camera and ignite your creativity with fun photography courses, workshops and tours hosted by Matt Kemp.

Matt Kemp: 0404 956 624
mattkemp.com

Mudlarks Potters

A supportive co-op group for potters with some experience - no tuition. Meets 1st & 3rd Fridays. Bring own tools, clay.

Helen Johnston: 9499 9123

Patchwork and Quilting

Create beautiful quilts or smaller items with cushions and throws. Learn traditional or more modern creative patchwork in friendly learning environment.

\$175 per term

Jeanette Maxwell: 0413 028 147
jmdesigner@optusnet.com.au

Pottery

Two hour classes include wheel throwing and slip casting tips and techniques. All initial materials provided.

Owen Carpenter: 0431 121 546
mangotreeceramicdesign.com

Softstone Sculptures Workshop

Create your own unique Softstone sculpture in a fun, one-day workshop. No special tools or kilns, no experience necessary.

Robert Villarreal: 0407 211 037
softstonesculptures.com.au

Tramshed Potters Club

Members work on their own projects (contemporary experimental sculpture, thrown domestic ware, jewellery etc.) and share their knowledge and skills.

Suzanne Davey: 0403 133 911

 Tramshed Potters Club

CHILDREN'S ACTIVITIES

Ladybug Music Sydney

Music classes for infants- 4yrs with singing, dancing, instrument jamming and more, with great music the whole family will enjoy!

Clare Stevenson: 0432 922 727
ladybugmusicsydney.com.au

Rhythm Factory Kids Dance, Music & Imagination

We provide a fun and relaxed atmosphere, nurturing each child's individuality to build their confidence and love for dance.

Bonita Lloyd: 1300 468 858
rhythmfactory.com.au

COMMUNITY GROUPS

Amnesty International: Forest Group

We are an active group of friendly people, passionate about Human Rights, Social Justice and Equity. New members always welcome.

Tim Ash: 0408 215 220
ashfam@bigpond.net.au

Manly Warringah Avicultural Society

The club holds monthly meetings, runs an annual show, organises aviary visits and caters for the needs of bird enthusiasts.

John Walsh: 0421 011 107

EDUCATION/PERSONAL DEVELOPMENT

French classes for French speaking Adolescents and Adults

French classes for French speaking high school students and adults.

Kim Allouet: 9451 4185
fanssydney.org

HEALTH, RELAXATION AND FITNESS

Dance Health Alliance Classes

Fun dance programmes for people living with Multiple Sclerosis, Rheumatoid/Osteo Arthritis, Parkinson's Disease, Dementia, Alzheimer's and the elderly, to regain freedom through movement.

Gwenda Korebrits: 0421 274 936
danceforhealth.org.au

Overeaters Anonymous (OA)

Recovery program for eating disorders i.e. compulsive overeating, anorexia, bulimia. No dues, fees or weigh-ins. Info and meeting times:

Lucy: 0412 756 446
oasydney.org

Pilates on the Mat

Strengthen your body, improve flexibility and increase energy and motivation levels in a friendly and relaxed environment. All ages and levels of fitness welcome.

Sheri Nuss: 0425 273 529
synchronisedpilates.com

Vision Assessments and Occupational Therapy Advice

Vision Australia provides free vision assessments, NDIS advice, occupational therapy and orientation & mobility for people with low vision.

Victoria Agnese: 8974 5300
visionaustralia.org

Weight Watchers Group Coaching

The supportive Group environment provides you with the expertise of an experienced weight loss Coach, plus the insights of fellow members.

Customer Service: 13 19 97
weightwatchers.com/au

Yoga for Adults with Physical Disabilities

Remedial Yoga Class for adults who use wheelchairs. Door-to-door transport to the class can be arranged and volunteer companion helpers can accompany participants as needed.

Dita Evans: 8405 4422
yournorthside.org.au

SENIOR'S ACTIVITIES

Drawing & Painting

U3A Northern Beaches

Drawing, sketching and water colour..

Are your skills rusty? Do you want to learn something new? Also welcome to paint and draw without guidance.

Ann Chadderton: 9451 6579

sydneyu3a.org



FORESTVILLE MEMORIAL HALL

CHILDREN'S ACTIVITIES

Little Kickers

Enthusiastic boys and girls (18 months to 7 years) learn football skills while gaining confidence, co-ordination, control and a sense of camaraderie.

8006 1839

littlekickers.com.au

Soccajoeys Northern Beaches

Soccajoeys is Australia's leading soccer program for children (2.5-9yrs). Children learn and play soccer with fun and enjoyable programs in an indoor setting.

Anthony Costa: 0405 094 901

soccajoeys.com

DANCE AND MUSIC

Manly-Warringah Dance Club Inc.

Manly Warringah Dance Club provides sequence ballroom dancing venue and music every Friday 7 - 10pm at Forestville Memorial Hall. Details on website.

Moh Tang Koh: 0416 176 597

mwdc.org.au

Thank Arthur It's Friday

Ballroom dancing every Sunday night 6 - 9pm. Cost \$12. Entry includes supper, tea & coffee. Sundays subject to availability.

Arthur Fong: 0411 882 916

thankarthur.com.au

HEALTH, RELAXATION AND FITNESS

Jazzercise Classes

A calorie blasting dance party workout with constantly changing moves, new beats and variety of classes that get results fast!

Susan Cattran: 0402 980 792

jazzercise.com

Yoga in the Forest

Yoga is an ancient practice which makes us healthy, alert and receptive. Classes include postures, breathing techniques and relaxation. All ages and fitness levels welcome.

Irene Borg: 0412 455 338

yogaintheforest.com

MARTIAL ARTS

Jun Tong Taekwon-Do

TaeKwon-Do for All Ages Self-Control, Confidence, Self-Defence and Fitness. For more details visit our website. Free Trial

George Gabrielides: 0418 615 655

juntongitf.com.au

SENIOR'S ACTIVITIES

Active Seniors Gentle Exercise

Being physically active helps retain independence and enhance quality of life. Join our 'land-based' program Mondays, Wednesdays and Fridays 12 - 1pm.

Warringah Aquatic Centre: 9451 8000
warringahaquatic.com.au

Computer Training

One-to-one training on iPad, Android, Smart Phones & basic computer skills. Also popular iPad group training Mondays 10am - 12pm.

Forest Computer Pals for Seniors Inc
9975 7762
forestcomputerpals.org.au

Get Fit Feel Great Have Fun

Many classes offered on a not for profit basis including: Gentle & Active Exercise, Tap, Strength Training, Zumba Gold, Yoga, Tai Chi.

Healthy Lifestyle: 8877 5300
nshealthpromotion.com.au

LifeBall Forestville

LifeBall is a simple, safe ball game for all seniors played at walking pace. Designed for fitness, friendship, mobility and fun.

Trevor Beardsmore: 0416 050 540
lifeball.net.au

SPORTS

Ready Steady Go Kids

Australia's leading preschool sport and exercise program. Popular for its high-quality, physio-designed classes which teach 2.5 - 6yr olds the fundamentals of 10 different sports.

Jerome Lee: 1300 766 892
readysteadygokids.com.au

Sense Rugby

Sense Rugby is a rugby based Occupational Therapy program that helps kids to be part of a sports team.

Carlien Parahi: 0421 229 069
sense.rugby.com.au

FORESTVILLE SENIOR CITIZENS CENTRE

CHILDREN'S ACTIVITIES

EarlyEd – Early Intervention services & Cubby House Toy Library

Family-centred services for young children with disabilities or delays in their development, and their families.

Jane Georgiades: 9923 2727
earlyed.com.au

Ella Pedya

Language for 1-5 Year Olds

Fun, musical and interactive language lessons for you and your little one/s. Book a FREE trial now.

Evanthea Newton: 0404 677 634
ellapedya.com.au

DANCE AND MUSIC

Momentum Dance Studios

Momentum Dance Studios provide youth (3 - 18yrs) dance classes in Ballet, Tap, Contemporary and Jazz/Funk/Hip Hop in an inspiring and nurturing environment.

Natasha Swan: 9624 4770
momentumdancestudios.com.au

Vanessa Price Dance

Dance classes for tiny tots and junior school children in; Jazz, Hip Hop, Lyrical and contemporary. Emphasis on enjoyment whilst learning dance technique.

Vanessa Price: 9453 3653
ozprice@bigpond.net.au

HEALTH, RELAXATION AND FITNESS

Yoga in the Forest

Yoga is an ancient practice which makes us healthy, alert and receptive. Classes include postures, breathing techniques and relaxation. All ages and fitness levels welcome.

Irene Borg: 0412 455 338
yogaintheforest.com

Yoga With Eli

Yoga combining traditional Hatha Yoga with Ashtanga-Vinyasa and Kung Fu. Develops an agile body, clear mind and calm spirit. All ages, beginners to advanced.

Eli Ezra: 0449 972 279
YogaWithEli.com.au

MARTIAL ARTS

Taekidokai Martial Arts

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

0413 004 094
tkma.com.au

SENIOR'S ACTIVITIES

Forest Bridge Club

Group playing card game of Bridge.
Club meets Fridays 11.30am - 3pm
Morning Tea provided.

Merle Maloney: 9982 9962
malmerle76@gmail.com

Get Fit Feel Great Have Fun

Many classes offered on a not for
profit basis including: Gentle & Active
Exercise, Tap, Strength Training,
Zumba Gold, Yoga, Tai Chi.

Healthy Lifestyle: 8877 5300
nshealthpromotion.com.au

Seniors Mahjong

Learn to play Mahjong with our
friendly group. Men, women and
beginners welcome. Mahjong keeps
the memory working.

Mondays 9.30am - 2pm

Sandra Nelson: 0403 895 130

Ukulele Strumalong Sessions

NUTS Ukulele meets the first
Saturday every month at 1pm,
learners welcome. Followed by
strumalong 2 - 4pm. March will
be 11th.

Les Gordon: 9452 3207

 Northside Ukuleles Page

EVENTS & EXHIBITIONS

ANOS Warringah Group

Native Orchids

How to grow Australian native
orchids for show or in your garden.
Meet 3rd Tuesday of every month at
8pm. All are welcome.

William Dobson: 9981 2525
anoswarringah.org.au

FORESTVILLE YOUTH CENTRE

ART, PHOTOGRAPHY, CULTURAL

Woodworking

Woodworking Club for Ladies and Gents. Beginners and experienced welcomed (>21 years) 1st Saturday (morning) & 3rd Friday (evening)
Enter @ rear (Basement)

Archie Macnaughton: 9938 1971
forestwoodies@gmail.com

CHILDREN'S ACTIVITIES

Little Kickers

Enthusiastic boys and girls (18 months to 7 years) learn football skills while gaining confidence, co-ordination, control and a sense of camaraderie.

8006 1839
littlekickers.com.au

Little Rugby

Fun-themed, non-contact Rugby classes for your energetic preschool child. Run by friendly, experienced coaches.

8006 1839
littlerugby.com.au

Soccajoeys Northern Beaches

Soccajoeys is Australia's leading soccer program for children (2.5 - 9yrs). Children learn and play soccer with fun and enjoyable programs in an indoor setting.

Anthony Costa: 0405 094 901
soccajoeys.com

Vacation Care

Long day care for school age children during public school holidays. A combination of exciting in-centre activities and excursion days.

Northern Beaches Council
Vacation Care: 9942 2312
northernbeaches.nsw.gov.au

DANCE AND MUSIC

Tango Dance Classes

Learn how to Dance Tango while you meet new friends, keep fit and have some fun. No partner required. Wednesdays 7pm.

Karina Conca: 0414 431 722
tangoconca.com

Vanessa Price Dance

Dance classes for tiny tots and junior school children in; Jazz, Hip Hop, Lyrical and contemporary. Emphasis on enjoyment whilst learning dance technique.

Vanessa Price: 9453 3653
ozprice@bigpond.net.au

MARTIAL ARTS

Australia's Youth Self Defence Karate

Created in 1994 to give children of all ages greater self esteem, confidence, and fitness through the study of martial arts.

Matt Klein: 9904 5667
karate-kids.com.au

SENIOR'S ACTIVITIES

Forest Men's Kitchen

Introducing retired men to cooking and make new friends on your journey. Old Dogs. New Tricks. Great Mates.

Peter Watson: 0411 134 495

Get Fit Feel Great Have Fun

Many classes offered on a not for profit basis including: Gentle & Active Exercise, Tap, Strength Training, Zumba Gold, Yoga, Tai Chi.

Healthy Lifestyle: 8877 5300
nshealthpromotion.com.au



GRIFFITH PARK SPORTS FACILITY

EDUCATION/PERSONAL DEVELOPMENT

Narcotics Anonymous

Wednesday 11am meeting of
Narcotic Anonymous

Phillip Van Rooyen: 0438 610 910

SPORTS

Rugby Union

Join Collaroy Rugby Union, all ages
welcome. Our club fosters core values
that promote sportsmanship, lasting
friendships and community.

Rhonda Robati: 0408 235 309
collaroyrugby.com.au



HARBORD LITERARY INSTITUTE

CHILDREN'S ACTIVITIES

Little Kickers

Enthusiastic boys and girls (18 months to 7 years) learn football skills while gaining confidence, co-ordination, control and a sense of camaraderie.

8006 1839

littlekickers.com.au

COMMUNITY GROUPS

Christian Meeting

10:30am Sundays the Church of the living God meets for songs, worship and Bible study. All welcome.

Sue Davies: 0403 814 723

DANCE AND MUSIC

Flamenco Dance

Flamenco Dance for all ages, children and adults with Marina Tamayo. 34 years of teaching experience in Australia and Spain.

Marina Phillips: 0415 384 038
flamencoaustralia.com

DRAMA AND THEATRE

Helen O Grady Drama Academy

Classes cover speech, movement and improvised drama. The international curriculum aims to increase children's self-confidence and creative talents in a fun environment.

Alexandra Harrington-Hopkins

0450 107 367

[sydneynthbeaches](mailto:sydneynthbeaches@helenogradys.com.au)

@helenogradys.com.au

HEALTH, RELAXATION AND FITNESS

Power Pilates... Turn your core on

Power Pilates is instructed by Adam Penfold, who is also a chiropractor in Curl Curl. May help back pain, neck pain, posture.

Adam Penfold: 0449 965 252

impulseciropractic.com.au

MARTIAL ARTS

GKR Karate

Our purpose is to inspire and empower people of all ages to gain more confidence and by strengthening their mind, body and spirit.

Peter Durrant: 0404 092 747

gkrkarate.com

Northern Beaches Martial Arts

Jeet Kune Do, Kali/Arnis, Silat, MMA and Self Defence.

Greg Millington: 0404 341 962

northernbeachesmartialarts.com.au

LIONEL WATTS SPORTS AND COMMUNITY CENTRE

ART, PHOTOGRAPHY, CULTURAL

Scrapbooking

Come and join our scrapbooking classes and crop days. Wednesdays, Thursdays and occasional Sundays (school terms). Term fees \$330 - includes materials & designs.

Suzie Randolph: 0414 913 608

COMMUNITY GROUPS

Community Participation Programme

CatholicCare provides social, recreational and educational support to assist people with a disability access the community and improve their life skills and independence.

Cate Archibald: 8968 5100
catholiccare.dbb.org.au

MARTIAL ARTS

Dragon Tao Wing Chun Kung Fu

Learn highly effective self-defence, for anyone, from an experienced Instructor who regularly trains with the best in Hong Kong.

Scott Smith: 0417 492 382
dragontaokungfu.com.au

Hapkido College of Australia

Monday/Wednesday nights. Our program is designed to keep you physically fit, motivated and challenged long term with results that you will notice.

Kervin Antonio: 9972 7854
hapkidocollege.com.au

MANLY LIBRARY MEETING ROOM

HEALTH, RELAXATION AND FITNESS

Drop-in Meditation Class

Unwind, de-stress and start your weekend on the right foot with these simple meditation classes held Saturday mornings 10 - 11.15am.

Diana Waterhouse: 9699 9902
meditateinsydney.org

Heartfulness

Meditation and Relaxation

Our aim is to help people integrate meditation into their lives and experience inner contentment. Meditation sessions at no cost.

Michele Dunford: 0423 333 747
heartfulness.org

Sahaja5 Meditation

Free Sahaja5 Meditation classes

Carol Carlstrom: 0414 800 267



MANLY SENIORS' CENTRE

HEALTH, RELAXATION AND FITNESS

Sahaja5 Meditation

Free Sahaja5 Meditation classes

Carol Carlstrom: 0414 800 267

SENIOR'S ACTIVITIES

Get Fit Feel Great Have Fun

Many classes offered on a not for profit basis including: Gentle & Active Exercise, Tap, Strength Training, Zumba Gold, Yoga, Tai Chi.

Healthy Lifestyle: 8877 5300
nshealthpromotion.com.au



MANLY VALE COMMUNITY CENTRE

ART, PHOTOGRAPHY, CULTURAL

"Journeymen" spinners, weavers, knitters

"Journeymen" a friendly group of weavers, spinners, knitters etc.

We meet the 1st Wednesday in the month 10am - 12.30pm.

All welcome.

Helen Wilder: 9969 3169

Printmaking Techniques

Warringah Printmakers Studio provides classes and weekend workshops in printmaking techniques such as etching, linocut and monoprints.

Sandra Williams: 0417 480 655
printstudio.org.au

CHILDREN'S ACTIVITIES

Little Kickers

Enthusiastic boys and girls (18 months to 7 years) learn football skills while gaining confidence, co-ordination, control and a sense of camaraderie.

8006 1839

littlekickers.com.au

Manly Vale Playgroup

A friendly playgroup for parents/ carers and their children aged up to 4 years. Tuesdays 9.30 - 11.30am during term time.

Playgroup NSW: 1800 171 882
playgroupnsw.org.au

Ready Steady Go Kids Northern Beaches

Multi-sport and exercise program for pre-schoolers (1.5 - 6yrs). Physio designed activities teach the fundamentals of 10 different sports. FREE TRIAL class available.

Claudia Angelucci: 0420 978 611
readysteadygokids.com.au

COMMUNITY GROUPS

Radiance Church

We are a Christian Organisation providing Spiritual Guidance for practical living. We are actively engaged in Community Service through our Blessing Tents Street Ministry.

Coach Ray Clemente: 0430 138 707

 Blessing Tents

DANCE AND MUSIC

Belly Dancing Classes

Beginners/Intermediate

Discovering the beautiful art of bellydancing, in a fun and friendly environment. "Let your inner Goddess shine!" Tuesdays 7 - 8.15pm and 8 - 9.15pm.

Julz Offner: 0405 149 595
bellydancingjulz.com.au

Scottish Highland Dancing Classes

Scottish highland dancing lessons for dancers from the age of 4 to adults. Performances include various displays, competitions, exams, concerts and many more.

Melissa Roughley: 0403 037 905

MARTIAL ARTS

Karate and Self Defence for Kids and Families

Self-defence classes for men, women and children established for over 50 years. Head instructor Dr Richard Bradford 8th Dan Master.

Dr Richard Bradford
9977 0814 or 0418 410 396
goshinryu.com

Wing Chun Kung Fu for Kids

Learn amazing self defence skills with Australia's leading Wing Chun school, the International Wing Chun Academy. For children 5 - 10 years.

Tristan Fung: 9264 2712
wingchun.edu.au

SPORTS

Table Tennis

Social and competition practice every Saturday afternoon, 3.30 - 5.30pm. Adults \$5 students \$2. Annual registration \$10 with Sydney Northern Districts Table Tennis Association.

Jill: 0413 406 805

MANLY YOUTH CENTRE

DANCE AND MUSIC

The Dance House Manly

Offering wonderful dance classes in Manly for both children and adults in Ballet, Tap, Contemporary and Jazz/ Funk/HipHop.

Melissa Prentice: 9944 6412
thedancehouse.com.au



MONA VALE MEMORIAL HALL

CHILDREN'S ACTIVITIES

Bricks 4 Kidz MINDSTORMS®

Robotics Workshops

This fun, Saturday LEGO®

MINDSTORMS® EV3 Robotics program is designed to take kids from introductory through to advanced robotics. Ages 9 - 13.

Tonya James: 0422 487 940
bricks4kidz.com.au

Little Kickers

Enthusiastic boys and girls (18 months to 7 years) learn football skills while gaining confidence, co-ordination, control and a sense of camaraderie.

8006 1839
littlekickers.com.au

Little Rugby

Fun-themed, non-contact Rugby classes for your energetic preschool child. Run by friendly, experienced coaches.

8006 1839
littlerugby.com.au

Ready Steady Go Kids Northern Beaches

Multi-sport and exercise program for pre-schoolers (1.5-6yrs). Physio designed activities teach the

fundamentals of 10 different sports.
FREE TRIAL class available.

Claudia Angelucci: 0420 978 611
readysteadygokids.com.au

COMMUNITY GROUPS

Aboriginal Support Group Information Nights

The more we learn the more we understand. Free Informative, educational public meetings bi-monthly. info@asgmwp.net

Neil Evers: 0419 219 770
asgmwp.net

Alcoholics Anonymous

Meeting 1pm Monday

Mona Vale Playgroup

Mona Vale Playgroup is an informal gathering and free play environment for all parents and carers of pre-school aged children

Playgroup NSW: 1800 171 882
playgroupnsw.com.au

DANCE AND MUSIC

5Rhythms Dance

5rhythms dance is an expressive movement practise that inspires creativity, connection and healing.

Michelle Mahrer: 0419 269 986
radiancedance5rhythms.com

Kids Dancesport Classes

1 Step Forward Dance School offers kids Dancesport classes from beginners to advanced, social to competition. All ages from 5-14 years. Fun! Focus! Fitness! Friendship!

Jason Gauci: 0414 636 826
1stepforward.com.au

EDUCATION/PERSONAL DEVELOPMENT

University of the 3rd Age

U3A is an educational movement run by volunteers for people in active retirement. The topic this semester is French stages 2, 3 & 4.

Ann Hardiman: 9940 0460
sydneyu3a.org

HEALTH, RELAXATION AND FITNESS

Northern Beaches Pilates

Quality Pilates with Annebe Pettersen. Graded classes for men and women in a relaxed atmosphere. Also Fitball, Cardio Pilates, Zumba.

Northern Beaches Pilates
0429 998 778
northernbeachspilates.com.au

Northern Beaches Relaxation and Meditation Group

Relaxation and Meditation Group for people with cancer and their carers

Jessica Green: 9334 1799
cancercouncil.com.au

Peninsula Physie Club

A fusion of jazz, ballet, contemporary, aerobics and yoga set to modern music. Gain confidence and build self-esteem.

Julie Pond: 0416 033 785
peninsulaphysie.com

Stepping On Falls Prevention Course

A free 7 week falls prevention course proven to improve confidence, strength and balance and reduce falls. Run by Physiotherapists.

PhysioAbility
Anna Stackpool: 8090 1212

MARTIAL ARTS

Dragon Tao Wing Chun Kung Fu

Learn highly effective self-defence for 11-17 year olds. Build confidence, better focus, improved concentration, health and fitness.

Scott Smith: 0417 492 382
dragontaokungfu.com.au

Tae Kwon Do

Self-defence for children and adults.
Learn self-defence skills,
self-confidence, self-discipline,
respect for others, physical fitness
and endurance.

Jay Seo: 0418 463 709

Wing Chun Kung Fu

Self-discipline, quality self-defence
training, with qualified instructor
with 40 years' experience.

John Brixey: 0414 552 866
wingchunaustralia.com.au



NARRAWEENA COMMUNITY CENTRE

ART, PHOTOGRAPHY, CULTURAL

Sakura Bonsai Studio

Our monthly workshops provide demonstrations and classes on how to choose, train, and re-pot Bonsai plants. Beginners welcome. \$35 Annual Subscription.

Beth Gallimore: 9984 7227
auntymbeth1@bigpond.com

CHILDREN'S ACTIVITIES

Child Care and Education

Looking for childcare or a new career? Family Day Care provides high quality education and care in a home based setting.

Northern Beaches Council
Family Day Care: 9942 2122
warringah.nsw.gov.au

Ella Pedy

Language for 1-5 Year Olds

Fun, musical and interactive language lessons for you and your little one/s. Book a FREE trial now.

Evanthea Newton: 0404 677 634
ellapedya.com.au

Lyrebird Music For Growing Minds

Quality, hands-on music education in a fun environment. 18 month-5 year olds. Facilitated by professional musicians who are also parents.

Lisa Malyusz: 0451 821 099
lyrebirdmusicforgrowingminds@gmail.com

COMMUNITY GROUPS

Aglow International Australia Frenchs Forest Branch

An interdenominational Christian fellowship for men and women. Morning tea and a speaker on second Tuesday each month at 10am.

Judith May: 0414 488 340
aglowaus.com.au

Northern Baptist Church

An Independent Baptist church holding traditional church services: Bible preaching and prayer, hymn singing, morning tea and dinner fellowships.

Jason Koura: 0411 291 271
northernbaptist.com.au

DANCE AND MUSIC

Dance North Academy

We have dance classes from 2 years. Classes 6 days a week in all styles of dance. info@dancenorthacademy.com.au

Dance North Academy: 8065 1316
dancenorthacademy.com.au

Tiny Tutus Pre-School Ballet

Tiny Tutus teaches your ballerina (18 months – 5 years) ballet & jazz with a balance of structure & imagination. Parents invited to watch.

Tiny Tutus: 1300 245 060
tinytutus.com.au



NELSON HEATHER CENTRE

COMMUNITY GROUPS

Bridge - The world's best card game.

Learn to play the world's greatest game and become part of a vibrant community.

Cath Whiddon: 9970 6527
peninsulabridgeclub.org.au

Link Youth

LY. The youth ministry of The Link Church. Every Friday night for grades 5 - 12. Encouraging, safe and uplifting environment.

Link Youth: 0406 778 644
link.org.au/youth

Permaculture Northern Beaches

Join us for fun, informative talks and presentations on how to make your life and environment more sustainable. Last Thursday each month 7.15 - 9pm.

Fiona Moloney: 0487 436 786
permaculturenorthernbeaches.org.au

EDUCATION/PERSONAL DEVELOPMENT

Kumon Math and English programme

Maths and English programme. Learning how to learn. Develop sound basic skills in preparation for High School studies.

Christine Charge
kylidazie1@yahoo.com.au

HEALTH, RELAXATION AND FITNESS

Exercise for the over 55's in Warriewood

Includes Tai Chi, Strength classes, Low/Moderate cardio classes. Suitable for all. Also specialised classes for Lung conditions, Stroke, MS and Parkinson clients.

Ingrid van Baren-Davey: 0405 457 063
exerciseforover55s.yolasite.com

Peninsula Physie Club

A fusion of jazz, ballet, contemporary, aerobics and yoga set to modern music. Gain confidence and build self esteem.

Julie Pond: 0416 033 785
peninsulaphysie.com

PILATES 4 You

With Pilates4You you will be fitter, stronger and more flexible. Will help with asthma, migraines, neck and back pain.

Lorraine Deck: 0414 504 498
pilates4you.com.au

Weight Watchers Group Coaching

The supportive Group environment provides you with the expertise of an experienced weight loss Coach, plus the insights of fellow members.

Customer Service: 13 19 97
weightwatchers.com/au

ZUMBA with Claudine

Latin dance inspired, fun and easy to follow cardio class taught by a qualified and experienced dance and fitness instructor!

Claudine Schmid: 0422 971 085
zumbafitnessplus.com

MARTIAL ARTS

Dragon Tao Wing Chun Kung Fu

Self-defence for 3-11 year olds. Build confidence, better focus, improved concentration, health, fitness and of course have fun.

Scott Smith: 0417 492 382
dragontaokungfu.com.au

GKR Karate

We inspire and empower you to gain more confidence and reach your potential by strengthening your mind, body and spirit.

Peter Durrant: 0404 092 747
gkrkarate.com

Tai Chi

Tai Chi is slow gentle movements based on Martial Art. Benefits include: Balance Co-Ordination, Concentration, Relaxation and Improved Health. Thursdays 7 - 8.30pm.

Neil Meyers
9972 3772 or 0407 021 152
bluedragontaichi.com.au

SENIOR'S ACTIVITIES

Get Fit Feel Great Have Fun

Many classes offered on a not for profit basis including: Gentle & Active Exercise, Tap, Strength Training, Zumba Gold, Yoga, Tai Chi.

Healthy Lifestyle: 8877 5300
nshealthpromotion.com.au

Northern Beaches Creative Leisure And Learning Inc.

Cards and games fortnightly on Fridays. Monthly history walks, Monday or Friday. Monthly Sunday activities for adults with special needs.

Maureen Rutlidge: 9913 1474

YOU NEED NOT AGREE

U3A Northern Beaches

A small group for discussion of topical and general matters where all opinions are welcome. Often informative.

David Garrett: 9971 7574
sydneyu3a.org

NEWPORT COMMUNITY CENTRE

CHILDREN'S ACTIVITIES

Kindermusik

Music and Movement classes for children 0-5 years. Free preview classes available. Classes in Newport Tuesdays, North Balgowlah on Wednesdays.

Jenny: 0402 013 449
lifesong.com.au

Little Kickers

Enthusiastic boys and girls (18 months to 7 years) learn football skills while gaining confidence, co-ordination, control and a sense of camaraderie.

8006 1839
littlekickers.com.au

Newport Beachside Playgroup

A parent and child interactive group with a variety of indoor and outdoor activities organised.

Friday 9:30 - 11:30am

newportbeachsideplaygroup@gmail.com

COMMUNITY GROUPS

Link Youth

LY. The youth ministry of The Link Church. Every Friday night for grades 5-12. Encouraging, safe and uplifting environment.

Link Youth: 0406 778 644
link.org.au/youth

Newport Resident Association Inc

Residents Association

Gavin Butler: 0409 395 102
newport.org.au

Northern Beaches Family

Day Care Sydney Wide

Family Day Care is a childcare service where children are cared for in small family groups in the homes of registered Educators.

Northern Beaches Family Day Care
Sydney Wide: 9979 2359
pittwater.nsw.gov.au/fdc

DANCE AND MUSIC

Ballet Classes and

Twinkle Toes Ballet School

Offering fun and friendly adult classes for all levels, introductory ballet for children 2 - 3yrs and children's classes that encourage imagination, confidence and creativity.

Felecity Joy Hoof: 0416 606 183
twinkletoesballet.com.au

Dynamite Premiere Academy

Love to Dance? Then join the DPA family to learn Ballet RAD, Jazz, Modern, Hip Hop, Eisteddfod groups and solos.

Dynamite Premiere Academy:
9918 8841
dynamitepa.com.au

HEALTH, RELAXATION AND FITNESS

Active Tai Chi and

Qigong with Margaret

Highly Recommended by Doctors so Get Fit, Feel Fit, Stay Fit! Professional Tai Chi Instructor, Develop and Use your ENERGY!

Margaret: 9999 1986 or 0411 222 388
active.taichi.com/home

Fitness Over 40

Safe and effective training with emphasis on strength and flexibility and Kettlebell Core to increase strength and balance and co-ordination.

Rachel Cohen: 0409 241 297
xperteze.com.au

Newport Yoga

Teaches Ryoho yoga, charges up vitality and energy levels. Builds core strength, tones and assists in eliminating toxins, and fun!

0418 602 202

ZUMBA with Claudine

Latin dance inspired, fun and easy to follow cardio class taught by a qualified and experienced dance and fitness instructor!

Claudine Schmid: 0422 971 085
zumbafitnessplus.com

SENIOR'S ACTIVITIES

Avalon Computer Pals for Seniors

Short courses for seniors on photography, iPads, Samsung tablets and Windows 10. Fees apply. Individual lessons available at Avalon. Bookings required

Avpals: 8064 3574
avpals.com

Physiotherapy Exercise Class for people with Parkinson's disease

Physiotherapy Exercise Class for people with Parkinson's disease. Fridays 11am - 12pm. \$130 for 10 sessions. Health Fund rebates available.

Joan Perkins
9918 2195 or 0477 737 929

U3A Northern Beaches

A range of courses for people in active retirement. Includes art, yoga, table tennis, drama, French, science, health and well being.

Ann Hardiman: 9940 0460
sydneyu3a.org

NORTH BALGOWLAH COMMUNITY CENTRE

ART, PHOTOGRAPHY, CULTURAL

Art Classes: Painting in Acrylics and/or Watercolours

Paint Watercolours or Acrylics in small friendly groups taught by experienced tutor Sue Richardson B(Ed)Art. Beginners to experienced welcome.

Sue Richardson: 0409 070 855

Caboodle Crafts

Classes For Kids And Adults

Weekly craft classes encouraging creativity through the use of a wide variety of materials and techniques. Casual or whole term.

Jean or Ruth Banning: 0432 098 008

 caboodlecrafts

Sustainable Art Practices

Learn the secrets of salvage and the art of re-use. Create unique artworks and style your home sustainably.

Lessons/Workshops

Leesa Knights: 0413 800 281

leesaknights.com

CHILDREN'S ACTIVITIES

Kindermusik

Music and Movement classes for children 0-5 years. Free preview classes available. Classes in Newport Tuesdays, North Balgowlah on Wednesdays.

Jenny: 0402 013 449

lifesong.com.au

Little Easels Art School for Kids

Encouraging creative kids since 2005! Painting, drawing, creating, sculpting, innovating and imagining. It is our pleasure to be part of your little artists creative development.

Jenni Barrand: 0422 935 736

littleeasels.com

DANCE AND MUSIC

North Balgowlah School of Dance

Classes for boys and girls of all ages from 3 years, Monday to Saturday in Classical Ballet, Jazz, Modern, Tap, Hip Hop and Musical Theatre.

Teresa Geraghty: 0408 165 562

northbalgowlahdance.com.au

HEALTH, RELAXATION AND FITNESS

Japanese Yoga

A therapeutic yoga which is about enabling our bodies to function better. You don't have to be flexible, suits all ages, Wednesdays 6am.

Andrea Piper: 0411 363 334

 japaneseyoganorthbalgowlah

NORTH CURL CURL COMMUNITY CENTRE

CHILDREN'S ACTIVITIES

NBC Youth

Northern Beaches Church Youth group is for teens who want good times, real relationships, Jesus, and the Bible. Fridays 7pm.

Paul Graham: 0402 171 123
northernbeacheschurch.org/youth

Ready Steady Go Kids

Northern Beaches

Multi-sport and exercise program for pre-schoolers (1.5 - 6yrs). Physio designed activities teach the fundamentals of 10 different sports. FREE TRIAL class available.

Claudia Angelucci: 0420 978 611
readysteadygokids.com.au

COMMUNITY GROUPS

Dee Why/Curl Curl Breakfast Group

If alcohol is costing you more than money maybe we can help. You are welcome to join our 12 step program. Multiple meetings offered.

Elizabeth: 0408 099 786
aa.org.au

Narcotics Anonymous

We are a group of recovery addicts that meet regularly who help support each other stay clean

1300 652 820

na.org.au

Nest Inc Social Tuesday Evenings

The group aims to reduce social isolation and to improve social connections through cultural activities, music, arts and light exercise programs every Tuesday 6-9pm.

Pavica Kupcak: 0431 489 049
nestinc.org.au

DANCE AND MUSIC

Cuban Salsa Dance Classes

Wednesday 7-8pm Cuban Salsa Intermediate, 8-9pm Cuban Salsa Beginners 1 & 2. Eight week courses. Bookings essential at yarima@gmail.com

Yarima Herrera: 0424 621 409
cubabaila.com.au

SENIOR'S ACTIVITIES

BALANCE 'N' BONES EXERCISE

U3A - Northern Beaches

Low impact aerobics to Beth Denny's DVD. Conditioning exercises for all major muscle groups, balancing to improve posture, relaxation for mind and body.

Ruth Buchanan: 0401 203 368
sydneyu3a.org

Get Fit Feel Great Have Fun

Many classes offered on a not for profit basis including: Gentle & Active Exercise, Tap, Strength Training, Zumba Gold, Yoga, Tai Chi.

Healthy Lifestyle: 8877 5300
nshealthpromotion.com.au



NORTH NARRABEEN COMMUNITY AND TENNIS CENTRE

COMMUNITY GROUPS

North Narrabeen Playgroup

Parents, carers, babies & children up to school age come together in a relaxed and friendly environment to connect and play.

Zoe Mulholland: 0449 634 200
northnarrabeenplaygroup
@outlook.com

Dance and Music Narrabeen Dance

Dance classes for girls and boys from 3 years old. We teach the R.A.D syllabus of ballet, Jazz, Hip Hop, Contemporary and Lyrical.

Jasmin Burns: 0403 810 920
narrabeendance.com

Pittwater Dance Academy

Our Dance Academy believes in fostering a love of dance by providing a friendly and encouraging atmosphere. Styles are Classical Ballet, Jazz/Hip-Hop, Lyrical and Tap.

Heather Evans: 0414 602 621
pittwaterdanceacademy.com.au

Tap Dancing for Adults

Fun and fitness, all welcome, no age limit. Intermediate+, intermediate and beginners, very friendly atmosphere.

9970 6595 or 0411 324 223

HEALTH, RELAXATION AND FITNESS

Daniela Boksjo

Tai Chi for Health, Injury Prevention and Relaxation Program - Small Group (Max 16 Participants)

Daniela Boksjo: 0438 406 585
bodyup.com.au

Sahaja Yoga Meditation

Enjoy the peace and stillness of mental silence. True meditation. All levels of experience welcome. Always FREE.

Sean Daly: 0410 445 226
freemeditation.com.au

Yoga

We inspire, connect and gather people together, teaching the tools of yoga to find more freedom in their body and mind. Beginners welcome.

Louise Kelly: 0433 991 311
surfsideyoga.com.au

MARTIAL ARTS

Dragon Tao Wing Chun Kung Fu

Learn highly effective self-defence, for anyone, from an experienced Instructor who regularly trains with the best in Hong Kong.

Scott Smith: 0417 492 382

dragontaokungfu.com.au



NORTH STEYNE SURF PAVILION

DANCE AND MUSIC

The Dance House Manly

Offering wonderful dance classes in Manly for both children and adults in Ballet, Tap, Contemporary and Jazz/ Funk/HipHop.

Melissa Prentice: 9944 6412
thedancehouse.com.au

HEALTH, RELAXATION AND FITNESS

Body and Balance Fitness and Wellness Classes

Body and Balance Yoga Pilates Fusion, Groove and BodyBarre. Mind/ Body Balance with Groove, Pilates and Yoga Nidra.

Jill Healy-Quintard: 0412 422 868
bodyandbalance.com.au



OXFORD FALLS PEACE PARK

ART, PHOTOGRAPHY, CULTURAL

Learn Photography with Matt Kemp

Become friends with your camera and ignite your creativity with fun photography courses, workshops and tours hosted by Matt Kemp.

Matt Kemp: 0404 956 624
mattkemp.com

EDUCATION/PERSONAL DEVELOPMENT

Self-awareness groups and Systemic Constellation training & workshops

Awareness groups run every Monday night. Systemic Constellation workshops run throughout the year and Systemic Constellation Training runs from March to October.

Maria Dolenc: 0425 277 279
mariadolenc.com



QUEENSCLIFF SURF PAVILION

CHILDREN'S ACTIVITIES

Soccajoeys Northern Beaches

Soccajoeys is Australia's leading soccer program for children (2.5 - 9yrs). Children learn and play soccer with fun and enjoyable programs in an indoor setting.

Anthony Costa: 0405 094 901
soccajoeys.com

DANCE AND MUSIC

The Dance House Manly

Offering wonderful dance classes in Manly for both children and adults in Ballet, Tap, Contemporary and Jazz/Funk/HipHop.

Melissa Prentice: 9944 6412
thedancehouse.com.au

MARTIAL ARTS

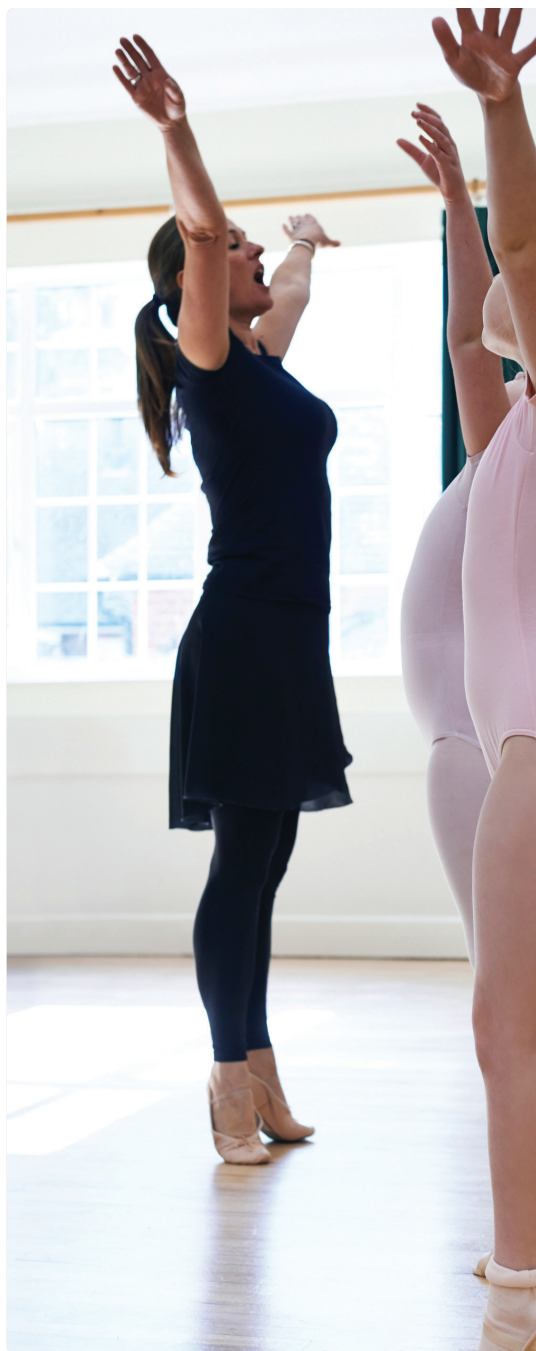
Northern Beaches

Ruechi Ryu Karate

Offering traditional karate and weapons training. Uechi Ryu is 100's of years old, starting from Chinese Kung Fu Pangai Noon. Current member of NSW state Karate team.

Michael Palmer (Shihan Master instructor): 0418 436 496

 Northern Beaches Uechi Ryu Karate



SEAFORTH COMMUNITY CENTRE

CHILDREN'S ACTIVITIES

Soccajoeys Northern Beaches

Soccajoeys is Australia's leading soccer program for children (2.5 - 9yrs). Children learn and play soccer with fun and enjoyable programs in an indoor setting.

Anthony Costa: 0405 094 901
soccajoeys.com

HEALTH, RELAXATION AND FITNESS

Jazzercise

Jazzercise is a pulse pounding fitness programme that gets results fusing dance based cardio, strength training and core workout.

Jan Goodwin: 0419 202 802
jazzercise.com

SPORTS

Indoor Netball

Ladies Indoor Netball - Thursday nights, school terms. Small indoor netball competition taking whole teams or single players when vacancies available.

Fiona Hatfield: 0413 340 787



TED BLACKWOOD NARRABEEN YOUTH AND COMMUNITY CENTRE

CHILDREN'S ACTIVITIES

Little Kickers

Enthusiastic boys and girls (18 months to 7 years) learn football skills while gaining confidence, co-ordination, control and a sense of camaraderie.

8006 1839

littlekickers.com.au

DRAMA AND THEATRE

Helen O Grady Drama Academy

Our stimulating classes cover speech, movement and creative improvised drama. The course aims to increase children's self-confidence, communicative ability and creative talents.

Alexandra Harrington-Hopkins

0450 107 367

[sydneyntbeaches](mailto:sydneyntbeaches@helenogrady.com.au)

@helenogrady.com.au

HEALTH, RELAXATION AND FITNESS

Jazzercise

Transform your body, boost your mood and ignite your energy. Get cardiofit, toned and stronger. Day and Evening.

Shirley Edwards: 0405 797 055

jazzercise.com.au

Peninsula Physie Club

A fusion of jazz, ballet, contemporary, aerobics and yoga set to modern music. Gain confidence and build self-esteem.

Julie Pond: 0416 033 785

peninsulaphysie.com

MARTIAL ARTS

Dragon Tao Wing Chun Kung Fu

Learn highly effective self-defence, for anyone, from an experienced Instructor who regularly trains with the best in Hong Kong.

Scott Smith: 0417 492 382

dragontaokungfu.com.au

SPORTS

Lifeball Warriewood

Team game for fitness.

Trevor Beardsmore: 9976 3041

TERREY HILLS COMMUNITY CENTRE

COMMUNITY GROUPS

Radio Skills Workshop Community Radio - Radio Northern Beaches 88.7 and 90.3fm

Broadcasting 24hours. Radio by the Community for the Community, serving Northern Beaches. Find out more, book a workshop or email us.

Radio Northern Beaches: 9451 4887
rnb.org.au

DANCE AND MUSIC

DANCE ARENA Academy of Dance Highly Qualified Registered Teacher Katherine Ward, teaches pre- schoolers to advanced pupils, in a nurturing environment.

Katherine Ward
9971 2244 or 0476 248 647
dancearena.com.au

Linedancing

Linedancing for all ages and genres every Thursday 6.30pm. A fun and easy way to keep fit and make new friends. Intermediate class follows.

Linda Burgess: 0419 285 389
onlinerbootscooters.com

MARTIAL ARTS

Taekidokai Martial Arts

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

0413 004 094
tkma.com.au

Martial Methods

Unique classes developed by Occupational Therapists and Martial Arts specialists proven by research to 'improve classroom performance and play ground behaviour'.

YoungHo Bae: 9451 5735
admin@kidsot.com.au

SENIOR'S ACTIVITIES

Belrose and Terrey Hills Computer Pals

Providing up to date computer education for Seniors.

Barbara Borrow: 9452 1402

YOYO'S – FOREST YOUTH CENTRE

CHILDREN'S ACTIVITIES

Ready Steady Go Kids Northern Beaches

Multi-sport and exercise program for pre-schoolers (1.5 - 6yrs). Physio designed activities teach the fundamentals of 10 different sports. FREE TRIAL class available.

Claudia Angelucci: 0420 978 611
readysteadygokids.com.au

DANCE AND MUSIC

Industry Arts

Performing Arts Academy

Industry Arts offers a range of dance, theatre, drama and singing classes throughout the week with performances and competitions throughout the year.

Industry Arts: 0420 550 443
industryarts.com.au

Hip Hop/African Dancehall

Hiphop/African Dancehall classes are a fun way to keep fit as well a refreshing cultural experience
www.obimba.com

Ell Schlyder: 0431 535 015
obimbabookings@gmail.com

Tiny Tutus Pre-School Ballet

Tiny Tutus teaches your ballerina (18 months – 5 years) ballet & jazz with a balance of structure & imagination. Parents invited to watch.

Tiny Tutus: 1300 245 060
tinytutus.com.au

Zumba Fitness

Zumba Fitness for dance to the Latin and salsa music, all ages and genders welcome. 7pm for an hour class.

Galit Marlow: 0402 326 829
galitmarlow.zumba.com

HEALTH, RELAXATION AND FITNESS

Yoga in Frenchs Forest

Stretch and tone your whole body and learn how to release stress and tension. All levels from beginner to intermediate.

Alexi Pallpratt: 0404 815 929
sereneyoga.com.au





