



*Blue Mountains City Council acknowledges that the City of the Blue Mountains is located on the traditional lands of the Darug and Gundungurra Nations.*

**Katoomba Office:**

Monday - Friday, 8:30am to 5:00pm  
2 - 6 Civic Place  
Katoomba NSW 2780

**Springwood Office:**

Monday - Friday, 9:00am to 5:00pm  
104 Macquarie Road  
Springwood NSW 2777

**Council E-mail:** [council@bmcc.nsw.gov.au](mailto:council@bmcc.nsw.gov.au)

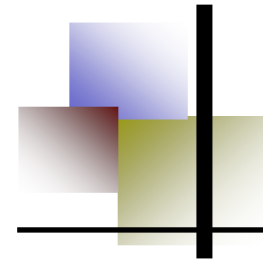
**Telephone (Local call Cost):**

Lower Mountains ~ 4723 5000  
Upper Mountains ~ 4780 5000

**Fax:** 4780 5555

**Postal Address:**

Locked Bag No 1005  
Katoomba NSW 2780



# Staying Physically Active

## A Physical Activity Directory of Services and Activities for Older People in the Blue Mountains



*Produced by*  
**Blue Mountains City Council**  
**October 2014**

**4th Edition**



## STAYING PHYSICALLY ACTIVE

Dear Blue Mountains resident,  
 I am delighted to present the fourth edition of the Physical Activity Services Directory. This revised edition has been reproduced due to popular demand from Blue Mountains residents. As you are no doubt aware, remaining physically active can be quite a challenge for many older people in our local community.

If you are a user of this directory, I encourage you to continue with your physical activity and possibly even try something new. If you are embarking on new physical activities, then this Directory provides a comprehensive list of services and activities both at an individual level and group level available in the Blue Mountains that you can participate in, whether actively or as a volunteer.

Being physically active can provide a number of benefits. These include maintaining good heart function, circulation, assist in joint mobility, maintain efficient lung capacity, and help prevent being injured in a fall.

Doing regular physical exercise also helps to relieve mental tension. The benefits of physical exercise to your mental health can include reduced anxiety and stress levels, release of natural chemicals in our brains (endorphins) to help lift depression, which helps you sleep better, an improved sense of well being, and the opportunity to meet and socialise with friends and family.

It's a good idea to have a plan to make sure you have the time to do the activities that make you feel better, physically and mentally. If you stick to the plan, not only will you continue to do the things that you enjoy, but you will have a sense of achievement. There is also the added benefit of maintaining social contact with people.



## STAYING PHYSICALLY ACTIVE

	Week 1 /— —	Week 2 /— —	Week 3 /— —	Week 4 /— —
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



## **STAYING PHYSICALLY ACTIVE**

---

### **Your Monthly Planner**

Now you have looked through the broad range of activities available in the Blue Mountains hopefully you have seen some activities that interest you. A planner has been provided below to help you get started.

Activities I would like to try:

Activity	Contact name	Contact number
_____	_____	_____
_____	_____	_____
_____	_____	_____

1. Make contact with the groups that provide the activities that interest you.
2. Confirm with the group a date and time that you would like to start and mark it on the calendar below.
3. Remember to ask if there is anything you need to bring along and the cost of the activity.

Once you have been attending an activity for four weeks you can call yourself a regular. The activities will be a part of your weekly routine and you will be on your way to a healthier lifestyle.



## **STAYING PHYSICALLY ACTIVE**

---

If you require more information about this Directory, contact the Aged and Disability Services Development Officer at Blue Mountains City Council on 4780 5546.



Mark Greenhill  
Mayor



## STAYING PHYSICALLY ACTIVE

### Yoga

<b>Name</b>	<b>Dianne Currie</b>
<b>Address</b>	28 Wilson Street, Wentworth Falls 2782
<b>Phone</b>	4757 1006
<b>E-mail</b>	diannecurrie@hotmail.com
<b>Where activity is held</b>	Mid Mountains Community Centre
<b>Level of intensity</b>	Gentle
<b>When</b>	Tuesday 9:15am-10:15am
<b>Cost</b>	\$6
<hr/>	
<b>Name</b>	<b>Blackheath Fitness Centre</b>
<b>Contact</b>	Dan and Kylie Collard
<b>Address</b>	16 Prince George St, Blackheath 2785
<b>Phone</b>	4787 5855
<b>E-mail</b>	blackheathfitness@bigpond.com
<b>Name of Activity</b>	Iyengar Yoga Classes, Fitness Programming
<b>Where activity is held</b>	Blackheath Fitness Centre
<b>Level of intensity</b>	Beginner to Intermediate levels
<b>When</b>	Mon 6:30pm, Wed 6:00pm, Thurs 6:30pm and Sat 8:00am (1.5hrs duration)
<b>Cost</b>	\$17 casual fee per class, (bookings essential, free to members)

## STAYING PHYSICALLY ACTIVE

### Is This Directory for me ?

This directory is designed to help both older residents in the Mountains participate in the number of activities and services available for good mental and physical health and more specifically for those people who are not currently building 30 minutes of exercise into their daily routine. This may be due to a lack of knowledge of what they can participate in, or because of mental health problems or poor mobility, they may feel they are excluded from joining in the activities/services available.

Before you undertake any physical activity for the first time, it is recommended that you consult your medical practitioner before increasing your activity level.

The information listed in this directory was updated in 2010 and to the best of our knowledge is correct. If you find any mistakes or would like your group added to the list, please contact the Aged and Disability Services Development Officer at Blue Mountains City Council on 4780 5546.

Please note that all Fees and Costs are subject to change. If in doubt contact the relevant services.

**“Exercise. You only have to take it regularly, not seriously.”**

## STAYING PHYSICALLY ACTIVE

### Aqua Aerobics

Water exercise classes are a fun way to increase and maintain your fitness level. It's easier than many forms of exercise as your weight is supported, you can keep cool and there is no straining. Water exercise classes are conducted in heated pools in waist deep water by instructors who are trained and experienced. Non swimmers are welcome. Usually performed to music. Aqua Aerobics is an enjoyable activity that can be easily performed by almost anyone willing to give it a go.

<b>Name</b>	<b>* Springwood Aquatic and Fitness Centre</b>
<b>Contact Address</b>	Reception 11-17 Plateau Road, Springwood 2777
<b>Phone</b>	4723 5111
<b>E-mail</b>	leisurecentres@bmcc.nsw.gov.au
<b>Where activity is held</b>	All Blue Mountains Leisure Centres
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Various times; phone for details
<b>Cost</b>	\$15.50 per class or \$140 for a 10 visit pass.

\* Companion Card Affiliate

## STAYING PHYSICALLY ACTIVE

### Yoga

<b>Name</b>	<b>Elizabeth Godleman Yoga &amp; Relaxation</b>
<b>Contact</b>	Elizabeth Godleman holds a variety of classes in Yoga and relaxation across all levels, classes include a Back care Class, Chair Yoga at Aquinas Court 9am Thursdays (cost \$8) and Meditation. See Website listed below
<b>Phone</b>	4751 1375
<b>E-mail</b>	elizabethgodleman@yahoo.com.au
<b>Website</b>	www.elizabethgodlemanyogarelay.com.au
<b>Name of Activity</b>	Yoga and Relaxation
<b>Where activity is held</b>	Contact Elizabeth on the above number
<b>Level of intensity</b>	Gentle
<b>When</b>	Refer to website for further information
<b>Cost</b>	Refer to website for further information

## STAYING PHYSICALLY ACTIVE

### Yoga

<b>Name</b>	<b>Upper Blue Mountains Yoga</b>
<b>Contact</b>	Gyan or Kriya
<b>Address</b>	N/A
<b>Phone</b>	4788 1502
<b>E-mail</b>	booru@iinet.net.au
<b>Name of Activity</b>	Yoga and relaxation
<b>Where activity is held</b>	Masonic Centre Wentworth St, Blackheath
<b>Level of intensity</b>	Gentle, accredited level 2 Satyananda Yoga Academy
<b>When</b>	Tuesday 11:00am-1:00pm
<b>Cost</b>	\$15, Concession \$13
<b>Name</b>	<b>The Yoga Heath Clinic</b>
<b>Contact</b>	Cameron Vigor or Rebecca Turner
<b>Address</b>	N/A
<b>Phone</b>	0415 431 826 or 0404027772
<b>E-mail</b>	yogahealth@mail.com
<b>Name of Activity</b>	Yoga and relaxation
<b>Where activity is held</b>	The Edge Cinema Katoomba( Ballet Art School)
<b>Level of intensity</b>	Gentle,
<b>When</b>	Monday 7:30pm to 8:30pm, Wednesday 7:30pm to 8:30pm, Friday 6:00pm to 7:00pm
<b>Cost</b>	\$10 ( or mats provided)

## STAYING PHYSICALLY ACTIVE

### Aqua Aerobics

<b>Name</b>	<b>* Katoomba Sports and Aquatic Centre</b>
<b>Contact</b>	Reception
<b>Address</b>	Catalina Avenue Katoomba 2780
<b>Phone</b>	4780 5156
<b>E-mail</b>	leisurecentres@bmcc.nsw.gov.au
<b>Where activity is held</b>	Katoomba Sports and Aquatic Centre
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Various Times. Contact Centre for details
<b>Cost</b>	\$15.50 per class or \$140 for a 10 visit pass (\$99 for Seniors Card holders)
<b>Name</b>	<b>* Lawson Aquatic Centre</b>
<b>Contact</b>	Reception
<b>Address</b>	St Bernard's Drive, Lawson 2783
<b>Phone</b>	4759 1458
<b>E-mail</b>	leisurecentres@bmcc.nsw.gov.au
<b>Where activity is held</b>	Lawson Pool
<b>Level of intensity</b>	Gentle and Intermediate during summer
<b>When</b>	Saturday 10:00am
<b>Cost</b>	\$140 block of 10 lessons

\* Companion Card Affiliate

## STAYING PHYSICALLY ACTIVE

### Aqua Aerobics

**Name** \* Glenbrook Swim Centre  
**Contact** Reception  
**Address** Cnr of Fletcher and Wascoe Street,  
 Glenbrook 2773  
**Phone** 4739 5880  
**E-mail** leisurecentres@bmcc.nsw.gov.au  
**Where activity is held** Glenbrook Pool  
**Level of intensity** Gentle and Intermediate  
**When** Tuesdays 6:00pm during summer  
**Cost** \$15.50 per class

**Name** Blue Mountains District Anzac  
 Memorial Hospital Hydrotherapy  
 Pool  
**Contact** Trish Honeysett  
**Address** Woodlands Rd, Katoomba 2780  
**Phone** 4784 6999  
**E-mail** Patricia.honeysett@health.nsw.gov.a  
 u  
**Where activity is held** Blue Mountains District Anzac  
 Memorial Hospital Hydrotherapy  
 Pool  
**Level of intensity** Gentle and Intermediate  
**When** Tuesday 1:30pm & 4:45pm  
 Thursday 11:00am  
**Cost** \$8.00 per class

\* Companion Card Affiliate

## STAYING PHYSICALLY ACTIVE

### Yoga

**Name** Lower Mountains Neighbourhood  
 Centre  
**Contact** Robyn Stewart  
**Address** 33 Hope St, Blaxland 2774  
**Phone** 4739 1164  
**E-mail** cd@lmnc.org.au  
**Where activity is held** Lower Mountains Neighbourhood  
 Centre  
**Level of intensity** Gentle  
**When** Third Thursday, 11:00am  
**Cost** \$2 donation

**Name** Senior Women's Yoga and Relaxation  
 Springwood Neighbourhood Centre  
**Contact** Teachers available to answer  
 enquiries  
**Address** LKM Dance Studio 278b Macquarie  
 Rd,  
 Springwood.  
**Phone** 4751 4696  
**E-mail** For further information refer to web-  
 site  
[www.springwoodyogastudio.com.au](http://www.springwoodyogastudio.com.au)  
**Where activity is held** Springwood Yoga Studio  
**Level of intensity** Gentle  
**When** Wednesdays 9:30am-10:30am during  
 school terms  
**Cost** \$8 for seniors



## STAYING PHYSICALLY ACTIVE

### Yoga

Yoga is an excellent way to connect with your physical, mental, social and spiritual health. It can be done individually or in a group setting. You don't need to be physically active to enjoy the full benefits of this activity.

Yoga is a good way to improve your postural alignment and breathing as well as learning to steady your mind.

<b>Name</b>	<b>Blue Mountains Yoga Studio</b>
<b>Contact</b>	Lulu Bull
<b>Address</b>	Suite 4, 118 Main Street, Katoomba 2785
<b>Phone</b>	4782 6718
<b>E-mail</b>	<a href="mailto:lulu@bmyogastudio.com.au">lulu@bmyogastudio.com.au</a>
<b>Name of Activity</b>	Yoga for over 50s
<b>Where activity is held</b>	Blue Mountains Yoga Studio
<b>Level of intensity</b>	Beginner/Gentle
<b>When</b>	Tuesday 9:30am-11:00am
<b>Cost</b>	\$20, \$17.50 for pensioners <i>(cheaper rates if paying on a monthly basis).</i> Bookings essential

## STAYING PHYSICALLY ACTIVE

### Bushwalking and Walking

Walking is excellent for people of all ages and fitness levels. It is a fun and relaxing activity that can be done alone or with friends. The Blue Mountains has a number of National Parks that can be enjoyed all year round.

Walking is a good way to improve heart and lung function. The more you walk, the fitter you become and the more energy you will have for work and play. It is important to wear supportive shoes, a hat and sunscreen, and to drink plenty of water, especially in summer. Best of all, walking is an easy and inexpensive way to improve your health and meet new people.

For a list of walking tracks in the Mountains go to:  
[www.npws.nsw.gov.au](http://www.npws.nsw.gov.au).

<b>Name</b>	<b>Blue Mountains Women's Health Centre</b>
<b>Contact</b>	Lyn Pagan
<b>Address</b>	124 Lurline Street, Katoomba 2780
<b>Phone</b>	4782 5133
<b>E-mail</b>	<a href="mailto:lyn@bmwhrc.org">lyn@bmwhrc.org</a>
<b>Name of Activity</b>	Women's walking group
<b>Where activity is held</b>	Streets near Women's Health Centre
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Monday and Wednesdays 9:00am
<b>Cost</b>	Free

## STAYING PHYSICALLY ACTIVE

### Bushwalking and Walking

<b>Name</b>	<b>Blackheath Walkers</b>
<b>Contact</b>	Judy Kenyon
<b>Address</b>	12 Bridges St Blackheath
<b>Phone</b>	4787 7770
<b>E-mail</b>	snuffy@pnc.com.au
<b>Website</b>	www.heartfoundation.org.au
<b>Name of Activity</b>	Blackheath Area Neighbourhood Centre Walking Group
<b>Where activity is held</b>	Jubilee Park, Blackheath
<b>Level of intensity</b>	Easy and medium
<b>When</b>	Every Monday morning at 8:30am, Bring own morning tea
<b>Cost</b>	Free

<b>Name</b>	<b>Blue Mountains Bush Care</b>
<b>Contact</b>	Erin Hall
<b>Address</b>	2 Civic Place Katoomba
<b>Phone</b>	4780 5528 or 4780 5623
<b>E-mail</b>	bushcare@bmcc.nsw.gov.au
<b>Website</b>	www.bushcarebluemountains.org.au
<b>Name of Activity</b>	Bush regeneration (see Bush Walking and Walking)
<b>Where activity is held</b>	Various locations over the the Blue Mountains
<b>Level of intensity</b>	Gentle to intermediate
<b>When</b>	Ongoing
<b>Cost</b>	Free

## STAYING PHYSICALLY ACTIVE

### Tennis and Tennis Courts

<b>Name</b>	<b>Mt. Riverview Tennis Club</b>
<b>Contact</b>	Darrel Mendaris
<b>Address</b>	25 Marguerite Ave Mt Riverview
<b>Phone</b>	4739 1814
<b>E-mail</b>	darreljm@gmail.com
<b>Where activity is held</b>	Mt. Riverview Tennis Club, 11a Calver Ave
<b>Level of intensity</b>	Gentle & Intermediate-level is set by the participant
<b>When</b>	Everyday
<b>Cost</b>	\$7 per court, per hour in the day, \$10 evenings.

<b>Name</b>	<b>Blaxland Tennis Courts</b>
<b>Contact</b>	Bookings Office
<b>Address</b>	Matthew Parade, Blaxland
<b>Phone</b>	4739 1017
<b>Name of Activity</b>	Tennis Casual court hire - 7 days a week Competitions - Thursdays, Saturdays
<b>Where activity is held</b>	Lennox Park Matthew Parade, Blaxland
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Casual Bookings available. Contact for details.
<b>Cost</b>	Membership \$20 family (plus \$1 for any guests) Court hire \$10 per hour

## STAYING PHYSICALLY ACTIVE

### Tennis and Tennis Courts

<b>Name</b>	<b>Warrimoo Tennis Courts</b>
<b>Contact</b>	Secretary/Bookings Officer
<b>Address</b>	Rickhard Rd, Warrimoo 2774
<b>Phone</b>	4753 6096
<b>E-mail</b>	geebung@pnc.com.au
<b>Where activity is held</b>	Warrimoo Tennis Courts
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Daily 8:00am-10:00pm
<b>Cost</b>	\$10 per court per hour, \$12 evenings, \$5 per court for juniors (day only)

<b>Name</b>	<b>Katoomba Tennis Club and Courts</b>
<b>Contact</b>	President
<b>Address</b>	14 Bowling Green Ave, Katoomba 2780
<b>Phone</b>	4782 2926/ 4782 2303
<b>Where activity is held</b>	Katoomba Tennis Club and Courts
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Daily 7:00am-6:30pm (Bookings)
<b>Cost</b>	\$12 per court per hour (or part thereof)

## STAYING PHYSICALLY ACTIVE

### Cricket

Cricket is an excellent social game that can be played by people of all ages and improve your eye and hand coordination at the same time.

It is also a good way to meet new people and form new friendships. It is important however to wear a sun hat and sunscreen, at all times whether playing or just watching the game.

<b>Name</b>	<b>Blue Mountains Cricket Association Inc</b>
<b>Contact</b>	Ian Strudwick
<b>Address</b>	PO. Box 635, Springwood, NSW, 2777
<b>Phone</b>	4751 3937 or 0447 267 097
<b>E-mail</b>	ian.strudwick@bigpond.com
<b>Where activity is held</b>	Various venues across the Mountains. Contact the individual clubs for information on the times and venues of each cricket group. For individual club contact details, call the number above or refer to Council's Community Directory at <a href="http://www.bmcc.nsw.gov.au">http://www.bmcc.nsw.gov.au</a>
<b>Level of intensity</b>	Intermediate to High
<b>When</b>	Saturday and Sunday
<b>Cost</b>	Memberships vary Contact individual Clubs for details



## STAYING PHYSICALLY ACTIVE

---

### Cricket Clubs

<b>Name</b>	<b>Wentworth Falls Cricket Club</b>
<b>Contact</b>	Tony Gasparre
<b>Address</b>	51 McLaughlin Ave, Wentworth Falls 2782
<b>Phone</b>	4757 3649
<b>E-mail</b>	gasp@aapt.net.au
<b>Where activity is held</b>	Local grounds from Hazelbrook to Mt. Victoria
<b>Level of intensity</b>	Intermediate
<b>When</b>	Saturday or Sunday in Summer (September to March)
<b>Cost</b>	\$130 Club Registration

<b>Name</b>	<b>Hazelbrook Cricket Club</b>
<b>Contact</b>	Secretary Antony Mann
<b>Address</b>	PO Box 68, Hazelbrook, 2779
<b>Phone</b>	0405 592 070
<b>E-mail</b>	hazelbrook_cricket_club@ yahoo.com
<b>Where activity is held</b>	Mt. Victoria to Hazelbrook Cricket grounds (competition area)
<b>Level of intensity</b>	Competition and 'in2CRICKET'
<b>When</b>	Competition - Saturday & Sunday 'in2CRICKET' - Sat mornings during cricket season only
<b>Cost</b>	Seniors \$160, Juniors \$120 Concessions available for families and juniors playing senior games.



## STAYING PHYSICALLY ACTIVE

---

### Tennis and Tennis Courts

<b>Name</b>	<b>Winmalee &amp; Districts Tennis Club Inc</b>
<b>Contact</b>	President/Bookings
<b>Address</b>	Summerhayes Park, Hawkesbury Rd, Winmalee 2777
<b>Phone</b>	4754 1586
<b>E-mail</b>	nbp28@bigpond.com
<b>Where activity is held</b>	Winmalee & Districts Tennis Club Inc
<b>Level of intensity</b>	Gentle, Intermediate & Professional
<b>When</b>	Available 7 Days, 9:00am-8:00pm. Monday Men's A/B Grade Thursday Social 9:00am-10:00pm Thursday Night Mixed Competition 7:30pm-11:00pm
<b>Cost</b>	Members court hire \$8hr/day, \$12hr/night. Non-members court hire \$10hr/day, \$15hr/night

## STAYING PHYSICALLY ACTIVE

### Tennis and Tennis Courts

<b>Name</b>	<b>Lawson Tennis Club &amp; Tennis Courts</b>
<b>Contact</b>	President/Secretary
<b>Address</b>	Honour Ave, Lawson 2783
<b>Phone</b>	0433 521 286
<b>E-mail</b>	rgoik@people.net.au
<b>Where activity is held</b>	Lawson Tennis Courts (2 courts) Public can book courts through Lawson Liquorstop)
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Sunday to Friday 9:00am-7:00pm Saturday 9:00am-12:00noon and 5:30pm-7:00pm
<b>Cost</b>	Members \$5/hr per court, non members \$6/hr per court

<b>Name</b>	<b>Glenbrook Community Tennis Club and Courts</b>
<b>Address</b>	PO Box 34 Glenbrook 2773
<b>Phone</b>	Enquiries and bookings: 0413 910 762
<b>E-mail</b>	
<b>Where activity is held</b>	Cnr. Ross and Park Streets, Glenbrook
<b>Level of intensity</b>	Gentle, Medium or High
<b>When</b>	Casual Bookings 7 days a week
<b>Cost</b>	Club Membership \$35 family, \$25.00 per annum. <b>Court hire available</b>

## STAYING PHYSICALLY ACTIVE

### Cricket Clubs

<b>Name</b>	<b>Springwood Cricket Club Inc</b>
<b>Contact</b>	Club Secretary
<b>Address</b>	PO Box 294 Springwood 2777
<b>E-mail</b>	secretary@springwoodcc.com.au
<b>Website</b>	www.springwoodcc.com.au
<b>Where activity is held</b>	Main ground at Lomatia Park, Springwood
<b>Level of intensity</b>	Competition
<b>When</b>	Contact the Cricket Club for details
<b>Cost</b>	Contact the Cricket Club for details

<b>Name</b>	<b>Nepean District Cricket Association</b>
<b>Contact</b>	Keith Hawkins, Secretary
<b>Address</b>	Head Office located at Park Street, Emu Plains
<b>Phone</b>	0422 099 860
<b>E-mail</b>	hawkeye50@optusnet.com.au
<b>Website</b>	www.ndca.com.au
<b>Where activity is held</b>	Main ground at Park Street, Emu Plains
<b>Level of intensity</b>	Competition, MyCricket
<b>When</b>	Contact Nepean District for details
<b>Cost</b>	Contact Nepean District for details

## STAYING PHYSICALLY ACTIVE

### Croquet and Gateball

Croquet is an excellent non-contact, non-confrontational social game that can be played by people of all ages and fitness levels. Croquet is a good way to improve eye and hand coordination. It is also a good way to meet new people. It is important to wear comfortable supportive flat shoes, a sun hat and sunscreen.

<b>Name</b>	<b>Hazelbrook Croquet Club</b>
<b>Contact</b>	Carol Bailey
<b>Address</b>	52 Terrace Falls Rd, Hazelbrook, 2779
<b>Phone</b>	4758 8417
<b>E-mail</b>	hazocroquet@gmail.com
<b>Where activity is held</b>	Bonnie View Road, Hazelbrook
<b>Level of intensity</b>	Gentle
<b>When</b>	Tuesday and Thursday
<b>Cost</b>	Membership \$ 20, Green fees \$7 per session (includes morning tea), \$10 for Bowling Club.

<b>Name</b>	<b>Hazelbrook Bowling and Sporting Club</b>
<b>Contact</b>	Marlene Hay
<b>Address</b>	Bonnie View Ave, Hazelbrook 2779
<b>Phone</b>	4758 6240
<b>E-mail</b>	office@hazelbrookbowling.com.au
<b>Where activity is held</b>	Hazelbrook Bowling and Sporting Club
<b>Level of intensity</b>	Gentle
<b>When</b>	Thursday 9—3:30pm, Social—Sunday
<b>Cost</b>	Memberships vary Contact club for details

## STAYING PHYSICALLY ACTIVE

### Tennis and Tennis Courts

<b>Name</b>	<b>Lapstone Tennis Club Inc.</b>
<b>Contact</b>	David Maddox (Secretary), Judith England (bookings)
<b>Address</b>	Explorers Road, Lapstone 2773
<b>Phone</b>	4739 3602
<b>E-mail</b>	N/A
<b>Where activity is held</b>	Lapstone Tennis Club Inc.
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Anytime (contact the club)
<b>Cost</b>	\$ 10 per hour (day), \$14 per hour (night), with lights

<b>Name</b>	<b>Wentworth Falls Tennis Club Inc.</b>
<b>Contact</b>	Virginia Reid (Hon Secretary)
<b>Address</b>	PO Box 129, Wentworth Falls 2782
<b>Phone</b>	4784 2692 or 4757 3266 (bookings)
<b>Where activity is held</b>	Wentworth Falls Tennis Club Inc.
<b>Level of intensity</b>	Intermediate
<b>When</b>	Seven days per week, depending on other bookings
<b>Cost</b>	Casual \$ 15 per court per hour. Membership for Senior/Pensioner: \$95 per year (no further fees)



## STAYING PHYSICALLY ACTIVE

---

### Tennis and Tennis Courts

<b>Name</b>	Springwood Tennis Club
<b>Contact</b>	Andrew McLeod
<b>Address</b>	Spring St, Springwood 2777
<b>Phone</b>	4751 5383
<b>E-mail</b>	springwoodtennisclub@live.com.au
<b>Where activity is held</b>	Springwood Tennis Club
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	7 days a week, Sunday 9:00am till late (bookings for evening)
<b>Cost</b>	\$15 per hour (day), \$18 per hour (night) with lights

---



## STAYING PHYSICALLY ACTIVE

---

### Croquet and \*Gateball

<b>Name</b>	Blue Mountains Croquet Club
<b>Contact</b>	Angela Doran (Secretary)
<b>Address</b>	P.O. Box 852, Katoomba 2780
<b>Phone</b>	4787 64 27
<b>E-mail</b>	bluemountainscroquet@gmail.com
<b>Website</b>	Bluemountainscroquet.wordpress.com
<b>Where activity is held</b>	Former Blackheath Bowling Club, Clanwilliam Street, Blackheath, 2785
<b>Level of intensity</b>	Gentle to moderate
<b>When</b>	* Gateball and golf croquet played on Monday, and Friday mornings Golf croquet on Wednesday and Saturdays.
<b>Cost</b>	Membership \$80 annual, \$5 per session

---

\* Gateball originated in Japan in 1947 and is now played by more than 8 million people in over 15 countries worldwide. Like croquet, gateball is a mallet sport—a fast-paced, non-contact, highly strategic game which can be played by anyone, regardless of age or gender. In Japan gateball is played regularly by large numbers of older people who enjoy the strategic nature of the game

## STAYING PHYSICALLY ACTIVE

### Cycling

Cycling is an efficient, inexpensive and healthy way to get around. Riding a bike mainly uses the muscles in your legs and is also a good way of conditioning the whole body. There are a number of cycle paths in the mountains which provide a safe environment for you to ride your bike.

For a complete listing of bike/cycle tracks in the Blue Mountains, contact Blue Mountains City Council on 4780 5000.

Remember: Safety first when cycling, and you should always wear a helmet, bright clothing and use a night light.

<b>Name</b>	<b>Penrith Cycling Club</b>
<b>Contact</b>	Graeme Spratt (Secretary)
<b>Address</b>	Castlereagh Rd, Penrith 2750
<b>Phone</b>	4751 3197
<b>E-mail</b>	Secretary@penrithcyclingclub.com
<b>Website</b>	www.penrithcyclingclub.com
<b>Where activity is held</b>	Olympic Regatta Centre
<b>Level of intensity</b>	Friendly & competitive
<b>When</b>	Contact the Secretary for details
<b>Cost</b>	Contact the Secretary for details

## STAYING PHYSICALLY ACTIVE

### Tennis and Tennis Courts

Tennis is a game that almost anyone can play. It can be played with a partner or on your own if you prefer a more demanding game. Several Clubs run night time and day time competitions. But if competition isn't your style, social tennis is always an option. All you need is a tennis racquet and some supportive sports shoes.

<b>Name</b>	<b>Blackheath Tennis Club</b>
<b>Contact</b>	Kay Benger
<b>Address</b>	Sports Precinct Clanwilliam St, Blackheath 2785
<b>Phone</b>	4787 7779
<b>E-mail</b>	kaybenger@aapt.net.au
<b>Where activity is held</b>	Sports Precinct
<b>Level of intensity</b>	Intermediate
<b>When</b>	Tuesday, Friday & Sunday 9:00am-12:00noon for club organised games. Social games/court hire everyday until 9.30pm
<b>Cost</b>	Court Hire \$15/hr. for non-members. Membership-\$20/yr for families plus Tennis NSW registration for each person, Single \$12/yr plus Tennis NSW Registration. Ball fees-\$3/member for club organised social tennis. Non-members \$4 for Club organised social tennis



## STAYING PHYSICALLY ACTIVE

### Tai Chi

<b>Name</b>	<b>Arthritis NSW</b>
<b>Contact</b>	Adrienne Arnold
<b>Address</b>	N/A
<b>Phone</b>	02 4787 1124 Free call 1800 011 041
<b>E-mail</b>	info@arthritisnsw.org.au
<b>Website</b>	www.arthritisnsw.gov.au
<b>Name of Activity</b>	Tai Chi for Health
<b>Where activity is held</b>	Leura Fairways
<b>Level of intensity</b>	Gentle
<b>When</b>	Leura: Beginners Wednesday starting, 9:00am, advanced 10:00am
<b>Cost</b>	\$20 Membership, \$8 per class

## STAYING PHYSICALLY ACTIVE

### Dancing

Dancing is ideal for everyone, whether it's ballroom, line, bush, disco or creative dance made up by yourself. It is an excellent way to relieve stress, socialise and gain the benefits of being more active. Dancing will improve your coordination, rhythm, balance, flexibility and strength as well as your heart and lung function. You don't always need a partner, because it is a great way to meet new friends.

<b>Name</b>	<b>Lithgow Outback Line Dancers</b>
<b>Contact</b>	Hope Hollie
<b>Address</b>	Blackheath Golf Club
<b>Phone</b>	6351 3778
<b>Email</b>	aho72081@bigpond.net.au
<b>Name of Activity</b>	Line Dancing
<b>Where activity is held</b>	Blackheath Golf Club
<b>Level of intensity</b>	Gentle to Moderate
<b>When</b>	9.30am, every Tuesday morning
<b>Cost</b>	\$7 per week
<b>Name</b>	<b>Springwood Seniors Dance Club</b>
<b>Contact</b>	Secretary Francis Stephenson
<b>Address</b>	7 Eley Hawkins Dr, Warrimoo, 2774
<b>Phone</b>	4721 4159
<b>Name of Activity</b>	New Vogue Dancing
<b>Where activity is held</b>	Warrimoo Citizens Hall 7 Eley Hawkins Dr, Warrimoo, 2774
<b>Level of intensity</b>	Intermediate
<b>When</b>	Tuesday 12:30pm-3:30pm
<b>Cost</b>	\$5.00 includes afternoon tea

## STAYING PHYSICALLY ACTIVE

### Dancing

<b>Name</b>	<b>Mid Mountains Ballroom Dance Sport</b>
<b>Contact</b>	Kristine Alexander
<b>Address</b>	40 Cliff Avenue, Hazelbrook 2779
<b>Phone</b>	4758 9978, 0415 666 789
<b>Fax</b>	4758 7862
<b>Web</b>	www.midmountainsballroom.com.au
<b>Name of Activity</b>	Latin, Ballroom Dancing & New Vogue
<b>Where activity is held</b>	Blackheath Catholic Church Hall Hazelbrook Public School Warrimoo Citizens Hall
<b>Level of intensity</b>	Gentle, Intermediate
<b>When</b>	Mon - Blackheath Tues - Warrimoo. Also at Hazelbrook (Private classes available at Hazelbrook)
<b>Cost</b>	6 classes \$69 Single, \$120 Couple, includes afternoon tea

<b>Name</b>	<b>Hazelbrook Bowling and Sporting Club—Line Dancing</b>
<b>Contact</b>	Liz Gardiner
<b>Address</b>	Bonnie View Ave, Hazelbrook 2779
<b>Phone</b>	0435 006 800
<b>E-mail</b>	office@hazelbrookbowling.com.au
<b>Where activity is held</b>	Hazelbrook Bowling and Sporting Club
<b>Level of intensity</b>	Gentle
<b>When</b>	Monday 6:30pm-8:30pm, Friday 1pm-3pm
<b>Cost</b>	\$10

## STAYING PHYSICALLY ACTIVE

### Tai Chi

<b>Name</b>	<b>Lower Mountains Neighbourhood Centre</b>
<b>Contact</b>	Robyn Stewart
<b>Address</b>	33 Hope Street Blaxland
<b>Phone</b>	4739 1164
<b>E-mail</b>	communitydevelopment@lmnc.org.au
<b>Website</b>	www.lmnc.org.au
<b>Name of Activity</b>	Tai Chi with Renata Bros
<b>Where activity is held</b>	Sharon Burridge Hall, Lower Mountains Neighbourhood Centre
<b>Level of intensity</b>	Gentle
<b>When</b>	Thursdays, 9:00am.
<b>Cost</b>	\$8 per week

<b>Name</b>	<b>Hazelbrook Bowling and Sporting Club</b>
<b>Contact</b>	Fiona Hayes
<b>Address</b>	Bonnie View Ave, Hazelbrook 2779
<b>Phone</b>	0421 303 786
<b>E-mail</b>	office@hazelbrookbowling.com.au
<b>Where activity is held</b>	Hazelbrook Bowling and Sporting Club
<b>Name of Activity</b>	Tai Chi
<b>Level of intensity</b>	Gentle
<b>When</b>	Monday 1:30pm
<b>Cost</b>	\$10 per class

## STAYING PHYSICALLY ACTIVE

### Tai Chi

Tai Chi is an ancient form of physical activity. Tai Chi is a slow mime of martial arts movements and the art emphasises relaxation, concentration and harmony with the body and mind moving together. Tai Chi has been found to be an excellent way to maintain strength, balance and coordination and helps to prevent falls in older people.



<b>Name</b>	<b>Springwood Neighbourhood Centre</b>
<b>Contact</b>	Renata Bros
<b>Address</b>	LKM Dance Studios, 278B , Macquarie Rd Springwood 2777
<b>Phone</b>	0409 247 267
<b>Where activity is held</b>	Springwood Neighbourhood Centre
<b>Level of intensity</b>	Gentle
<b>When</b>	Every Thursday at 12:00 to 1pm
<b>Cost</b>	\$12

## STAYING PHYSICALLY ACTIVE

### Darts

Darts is an efficient, inexpensive sport that anyone can play. It is an excellent way to make new friends whilst helping you to improve your hand and eye coordination. You don't need to possess any strength or endurance. Darts is an easy game to learn.

<b>Name</b>	<b>Springwood &amp; District Darts Association</b>
<b>Contact</b>	Greg Tatum (President)
<b>Phone</b>	4739 2511
<b>E-mail</b>	
<b>Where activity is held</b>	Clubs & Pubs, Glenbrook to Springwood
<b>Level of intensity</b>	Intermediate
<b>When</b>	Season starts in January. Contact to enroll team (minimum 4, maximum 8).
	Experience preferred
<b>Cost</b>	\$5 per week



## STAYING PHYSICALLY ACTIVE

### Darts

<b>Name</b>	<b>Blue Mountains District Darts Association</b>
<b>Contact</b>	Mr & Mrs. Lane (President)
<b>Address</b>	43 Kanimbla St, Katoomba 2780
<b>Phone</b>	4784 1583 or 0402 496 712
<b>Email</b>	mick290946@hotmail.com
<b>Where activity is held</b>	Various venues Pubs and Clubs from Mt Victoria to Hazelbrook
<b>Level of intensity</b>	Intermediate
<b>When</b>	Tuesday nights
<b>Cost</b>	\$20 per person per 15 week competition

<b>Name</b>	<b>Lawson Bowling Club</b>
<b>Contact</b>	Mr. and Mrs. Rae (Secretary)
<b>Address</b>	Lawson Bowling Club 2 Loftus St, Lawson 2783
<b>Phone</b>	4759 1555
<b>E-mail</b>	info@lawsonbc.com.au
<b>Where activity is held</b>	Various venues Pubs and Clubs from Mt Victoria to Hazelbrook. Contact for details
<b>Level of intensity</b>	Intermediate
<b>When</b>	Tuesday nights
<b>Cost</b>	Free



## STAYING PHYSICALLY ACTIVE

### Swimming & Swimming Clubs

<b>Name</b>	<b>Katoomba RSL Swimming Club</b>
<b>Contact</b>	Walter Hitchell OAM (President) Jo Griffith (Secretary)
<b>Address</b>	Catalina Ave, Katoomba 2780
<b>Mail</b>	PO Box 257, Katoomba 2780
<b>Phone</b>	4782 2292/ 0419 444 872
<b>E-mail</b>	katoombarslswimming@live.com.au
<b>Web</b>	www.katoombarslswimming.com.au
<b>Name of Activity</b>	Swimming for all ages as an organised activity. Volunteers welcome to assist in the running of Club Swimming
<b>Where activity is held</b>	Katoomba Sports & Aquatic Centre, Catalina Ave, Katoomba 2780
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Summer season-Friday evenings at 6:00pm-7:30pm Winter season-2nd & 4th Thursday evenings at 6:00pm-7:30pm
<b>Cost</b>	Contact club for details

## STAYING PHYSICALLY ACTIVE

### Swimming & Swimming Clubs

<b>Name</b>	<b>Springwood Aquatic and Fitness Centre</b>
<b>Contact</b>	Reception
<b>Address</b>	11-17 Plateau Road, Springwood 2777
<b>Phone</b>	4723 5111
<b>E-mail</b>	leisurecentres@bmcc.nsw.gov.au
<b>Where activity is held</b>	Springwood Aquatic Centre
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Monday - Friday 6:00am-8:00pm Weekends 8:00am-6:00pm
<b>Cost</b>	Seniors Concession \$4.80

<b>Name</b>	<b>Glenbrook Swim Centre</b>
<b>Contact</b>	Reception
<b>Address</b>	Cnr of Fletcher & Wascoe St, Glenbrook 2773
<b>Phone</b>	4739 5880
<b>E-mail</b>	leisurecentres@bmcc.nsw.gov.au
<b>Where activity is held</b>	Glenbrook Pool
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Monday - Friday 6:00am-7:00pm Saturday - Sunday 8:00am-7:00pm
<b>Cost</b>	Seniors Concession \$4.40

## STAYING PHYSICALLY ACTIVE

### Gardening

Gardening allows a person to get outdoors and forget the stresses of life. It involves a lot of bending, lifting and walking which is good for muscle strength and endurance. Gardening also enhances balance and co-ordination.

<b>Name</b>	<b>Blue Mountains Bush Care</b>
<b>Contact</b>	Lyndal Sullivan
<b>Address</b>	2 Civic Place Katoomba
<b>Phone</b>	4780 5528 or 4780 5623
<b>E-mail</b>	bushcare@bmcc.nsw.gov.au
<b>Website</b>	www.weedsbluemountains.org.au
<b>Name of Activity</b>	Bush regeneration (see Bush Walking and Walking)
<b>Where activity is held</b>	Various locations over the the Blue Mountains
<b>Level of intensity</b>	Gentle to intermediate
<b>When</b>	Ongoing
<b>Cost</b>	Free



## **STAYING PHYSICALLY ACTIVE**

### **Gardening**

**Name** Leura Home Garden Club  
**Contact** Ann Norman (President)  
**Address** P.O. Box 7082, Leura 2780  
**Phone** 4784 37 37  
**Name of Activity** Garden Club meetings  
**Where activity is held** St Albans Church Hall,  
Megalong St, Leura  
**Level of intensity** Gentle  
**When** Third Tuesday  
**Cost** \$5 joining, \$10 per year

**Name** Katoomba Garden Club Inc.  
**Contact** Margaret Brown (Secretary)  
**Address** 87 Narrow Neck Rd, Katoomba 2780  
**Phone** 4782 2883  
**E-mail** chasnmadge@bigpond.com  
**Name of Activity** Garden Club  
**Where activity is held** Civic Centre, Katoomba  
**Level of intensity** Gentle  
**When** Monthly outings  
**Cost** On enquiry



## **STAYING PHYSICALLY ACTIVE**

### **Swimming & Swimming Clubs**

**Name** Katoomba Sports and Aquatic Centre  
**Contact** Reception  
**Address** Catalina Avenue, Katoomba 2780  
**Phone** 4780 5156  
**E-mail** leisurecentres@bmcc.nsw.gov.au  
**Where activity is held** Katoomba Sports and Aquatic Centre  
**Level of intensity** Gentle and Intermediate  
**When** Monday - Friday 6:00am-8:00pm  
Saturday - Sunday 8:00am-6:00pm  
**Cost** Seniors Concession \$4.40

**Name** Lawson Aquatic Centre  
**Contact** Reception  
**Address** St Bernard's Drive, Lawson 2783  
**Phone** 4759 1458  
**E-mail** leisurecentres@bmcc.nsw.gov.au  
**Where activity is held** Lawson Aquatic Centre  
**Level of intensity** Gentle and Intermediate  
**When** Monday - Friday 6:00am-7:00pm  
Saturday - Sunday 8:00am-7:00pm  
**Cost** Seniors Concession \$4.20

## STAYING PHYSICALLY ACTIVE

### Swimming & Swimming Clubs

Swimming is an excellent exercise for the whole body. As the body is supported by the water there is little chance that joints can be injured. Some benefits of swimming include improved heart and lung function and increased muscle tone. Whether you swim or join a class, water activities are a great way to get started with exercise.

Clubs	Contact
Springwood Swimming Club	Gary Fletcher - 4751 1335 Email: info@springwoodswimmingclub.com.au
Glenbrook Swimming Club	Matt Neale - 0420 808 349 Email: mattfee@tpg.com.au
Lawson Swimming Club	Simone Witherow - 0410 526 091 Email: lawsonswimmingclub@gmail.com

<b>Name</b>	<b>Blackheath Aquatic Centre</b>
<b>Contact</b>	Reception
<b>Address</b>	Prince Edward St, Blackheath 2785
<b>Phone</b>	4787 8018
<b>E-mail</b>	leisurecentres@bmcc.nsw.gov.au
<b>Where activity is held</b>	Blackheath Aquatic Centre
<b>Level of intensity</b>	Gentle to intermediate
<b>When</b>	Monday - Friday 7:00am-7:00pm Saturday - Sunday 8:00am-7:00pm
<b>Cost</b>	Seniors Concession \$4.20

## STAYING PHYSICALLY ACTIVE

### Gardening

<b>Name</b>	<b>Wentworth Falls Garden Club</b>
<b>Contact</b>	Gai Horrocks
<b>Address</b>	P.O. Box 37, Wentworth Falls 2782
<b>Phone</b>	4782 5274
<b>E-mail</b>	ghorrocks@iprimus.com.au
<b>Name of Activity</b>	Garden Club
<b>Where activity is held</b>	Wentworth Falls School of Arts
<b>Level of intensity</b>	Gentle
<b>When</b>	Second Thursday of every month 9:45am
<b>Cost</b>	\$20 annual fee, new membership fee \$30

<b>Name</b>	<b>Blue Mountains and Nepean Herb Group</b>
<b>Contact</b>	Secretary
<b>Address</b>	7 New St, Lawson, NSW, 2783
<b>Phone</b>	4754 3224
<b>E-mail</b>	bmnha87@yahoo.com.au
<b>Name of Activity</b>	Garden Club
<b>Where activity is held</b>	Mid Mountains Community Centre
<b>Level of intensity</b>	Gentle
<b>When</b>	Last Friday of the month at 7:30 pm
<b>Cost</b>	\$15 single membership/\$20 family membership per year.

## STAYING PHYSICALLY ACTIVE

### Gardening

<b>Name</b>	<b>Blue Mountains Rhododendron Society of NSW Inc.</b>
<b>Contact</b>	Ms. Julie Hanley (President)
<b>Address</b>	P.O. Box 238, Blackheath 2785
<b>Phone</b>	Gardens Secretary 4787 5859,
<b>E-mail</b>	jhailsto@bigpond.net.au
<b>Name of Activity</b>	Maintenance of Cold Climate and Native Plants Garden
<b>Where activity is held</b>	The Lodge Campbell Rhododendron Gardens Bacchante St, Blackheath
<b>Level of intensity</b>	Intermediate
<b>When</b>	Monday morning plus special working bee dates
<b>Cost</b>	\$11 membership subscription
<b>Name</b>	<b>Blue Mountains Floral Art Group</b>
<b>Contact</b>	Lorraine McMiles (Secretary)
<b>Address</b>	18 Noble St, Bullaburra 2784
<b>Phone</b>	4759 1989
<b>E-mail</b>	arismcmiles@westnet.com.au
<b>Name of Activity</b>	Learn artistic Flower Arranging
<b>Where activity is held</b>	Progress Hall, Bullaburra
<b>Level of intensity</b>	Gentle
<b>When</b>	Fourth Monday 9:30am-12:30pm
<b>Cost</b>	Membership \$10 per year/ \$3 per meeting.

## STAYING PHYSICALLY ACTIVE

### Social and Services Groups

<b>Name</b>	<b>U3A - University of the Third Age</b>
<b>Address</b>	3 Castlereagh St, Penrith 2751
<b>Post</b>	PO Box 958, Penrith 2751
<b>Phone</b>	4722 3405
<b>E-mail</b>	u3a@u3apenrith.org.au
<b>Where activity is held</b>	Penrith School of Arts & a variety of venues throughout the mountains from Mt Victoria to Penrith
<b>Level of intensity</b>	Gentle to intermediate
<b>When</b>	Contact the group for more information on course details
<b>Cost</b>	\$30 for membership annually
<b>Name</b>	<b>Springwood Toastmasters Club</b>
<b>Contact</b>	Jeanette Curry
<b>Address</b>	Red Cross Hall Macquarie Rd, Springwood 2777
<b>Phone</b>	4751 5801
<b>Email</b>	enquiries@springwoodtm.org.au
<b>Where activity is held</b>	Red Cross Hall Macquarie Rd, Springwood 2777
<b>When</b>	First and Third Monday at 7:30pm
<b>Cost</b>	Contact the Club for more information



## STAYING PHYSICALLY ACTIVE

### Social and Service Groups

**Name** Glenbrook Toastmasters Club  
**Contact** Geoff Manzi  
**Address** Blaxland Public School, Blaxland, NSW 2774  
**Phone** 0419 158 499  
**Email** enquires@glenbrooktm.org.au  
**Where activity is held** Blaxland Public School, 5 Baden Plc, Blaxland, NSW 2774  
**When** Second and Fourth Wednesday of the month at 7:30pm  
**Cost** See Club website for further details— [www.glenbrooktm.org.au](http://www.glenbrooktm.org.au)

**Name** Probus Club of Blackheath  
**Contact** Secretary  
**Address** Blackheath Golf Club  
 1 Brightlands Ave, Blackheath 2785  
**Phone** N/A  
**Email** N/A  
**Where activity is held** Blackheath Golf Club  
 1 Brightlands Ave, Blackheath 2785  
**When** 4th Thursday of the month at 10:00am  
**Cost** Contact the Secretary for more information

## STAYING PHYSICALLY ACTIVE

### Gardening

**Name** Central Blue Mountains Garden Club Inc.  
**Contact** Barry Redshaw (President)  
**Address** P.O. Box 164, Lawson 2783  
**Phone** 4759 2168  
**E-mail** bevandbarry@iprimus.com.au  
**Name of Activity** Garden Club  
**Where activity is held** Hazelbrook Public School  
 Great Western Highway, Hazelbrook  
**Level of intensity** Gentle  
**When** First Tuesday 7:30pm  
**Cost** \$5 membership fee, plus \$18 concession for seniors per year

**Name** Blackheath & District Horticultural Society Inc.  
**Contact** Ms. Julie O'Keeffe (President)/  
 Ms. Heather Pye (Secretary)  
**Address** P.O. BOX 106, Blackheath 2785  
**Phone** 4787 5974 / 4787 7337  
**E-mail** president@blackheathdhs.com  
**Name of Activity** Bi-monthly meetings at the lodge on Thursday, Guest Speakers plus organised Garden Rambles and Bus Outings.  
**Where activity is held** Bacchanti St. Blackheath  
**Level of intensity** Gentle  
**When** 2nd Thursday of the month  
**Cost** Joining fee \$5, Annual fee \$10

## STAYING PHYSICALLY ACTIVE

### Gentle Exercise Classes

<b>Name</b>	<b>Mid Mountains Neighbourhood Centre</b>
<b>Contact</b>	Mick Barrett
<b>Address</b>	9 New St, Lawson 2783
<b>Phone</b>	4759 2592
<b>E-mail</b>	info@mmnc.org.au
<b>Name of Activity</b>	Strengthening Over Sixties Exercise Classes
<b>Where activity is held</b>	Bullaburra Hall
<b>Level of intensity</b>	Gentle
<b>When</b>	4 classes weekly during school terms
<b>Cost</b>	\$60 per 10 week term

<b>Name</b>	<b>Springwood Neighbourhood Centre</b>
<b>Contact</b>	Liz Murphy
<b>Address</b>	LKM Dance Studios, 278B Macquarie Rd Springwood
<b>Phone</b>	4751 3033
<b>E-mail</b>	ccdc@sncc.org.au
<b>Name of Activity</b>	FUNctional Fitness and Strength Training for Older Women
<b>Where activity is held</b>	Springwood Neighbourhood Centre
<b>Level of intensity</b>	Gentle
<b>When</b>	Tuesdays, 9am-9:45am(FUNctional Fitness) Wednesdays 11:15am - 12noon Strength Training
<b>Cost</b>	\$6 per class

## STAYING PHYSICALLY ACTIVE

### Social and Service Groups

<b>Name</b>	<b>Blue Mountains Bridge Club Inc.</b>
<b>Contact</b>	Ian Spight
<b>Address</b>	N/A
<b>Phone</b>	4782 7415
<b>Email</b>	N/A
<b>Where activity is held</b>	Suite 8, 1st Floor, The Spires, 118-124 Leura Mall, Leura 2780
<b>When</b>	Monday 7:00pm, Tuesday 12:45pm & 7:00pm, Wednesday 7:00pm, Thursday 12:45pm, Friday 12:45pm, Saturday 12:45pm
<b>Cost</b>	\$6 members per sitting, \$8 visitors

<b>Name</b>	<b>Blue Mountains Toastmasters Club</b>
<b>Contact</b>	Peter Walker
<b>Address</b>	Carrington Hotel 15- 47 Katoomba St, Katoomba 2780
<b>Phone</b>	4757 3328
<b>Email</b>	president-7593@toastmastersclubs.org
<b>Where activity is held</b>	Carrington Hotel
<b>When</b>	Second and Fourth Monday at 7:15pm
<b>Cost</b>	Contact the Club for more information

## STAYING PHYSICALLY ACTIVE

### Social and Services Groups

<b>Name</b>	<b>The Mid Mountains Bridge Centre</b>
<b>Contact</b>	Ian Spight
<b>Address</b>	N/A
<b>Phone</b>	4782 7415
<b>Email</b>	midmountains@gmail.com
<b>Where activity is held</b>	Suite 8, 1 St Floor, The Spires, 118–124 Leura Mall, Leura 2780
<b>When</b>	Monday 7:00pm, Tuesday 12:45pm (novice) & 7:00pm, Wednesday 7:00pm, Thursday 12:45pm, Friday 12:45pm, Saturday 12:45pm (it is recommended you bring a partner, if you don't have one contact Ian).
<b>Cost</b>	\$6 members per session, visitors \$8 per session

<b>Name</b>	<b>Springwood Bridge Club</b>
<b>Contact</b>	Lee
<b>Address</b>	Lewin Lodge cnr Great Western Hwy & Lewin Rd, Springwood 2777
<b>Phone</b>	4751 2900
<b>Where activity is held</b>	Lower level of southwestern building, Lewin Lodge
<b>When</b>	Monday 12:45pm, Saturday 12:45pm, Thursday 6:45pm
<b>Cost</b>	Members \$4 per session, visitors \$5 per session

## STAYING PHYSICALLY ACTIVE

### Gentle Exercise Classes

Gentle exercise classes are an excellent opportunity to get out and meet new people with the added benefit of improving your fitness. The classes are usually conducted to music and provide many health benefits including improved heart and lung function, as well as increased muscle strength and overall flexibility. These classes are adaptable to all fitness levels and can be a lot of fun. You don't have to be "fit" to join these classes, just be willing to move and have a lot of fun.

It is a good idea to wear comfortable and supportive shoes.

<b>Name</b>	<b>Springwood Aquatic and Fitness Centre</b>
<b>Contact</b>	Reception
<b>Address</b>	11-17 Plateau Road, Springwood 2777
<b>Phone</b>	4723 5111
<b>E-mail</b>	leisurecentres@bmcc.nsw.gov.au
<b>Name of Activity</b>	Pilates, Strengthening for the Over-60s, Heart moves, Body Vive, Body Balance, Aqua Aerobics
<b>Where activity is held</b>	Blue Mountains Leisure Centres
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Various times. Phone the centre for details.
<b>Cost</b>	\$15.50 per class, or from \$88.40 per 10 week session.



## STAYING PHYSICALLY ACTIVE

---

### Gentle Exercise Classes

<b>Name</b>	<b>Katoomba Sports and Aquatic Centre</b>
<b>Contact</b>	Reception
<b>Address</b>	Catalina Avenue, Katoomba 2780
<b>Phone</b>	4780 5156
<b>E-mail</b>	leisurecentres@bmcc.nsw.gov.au
<b>Name of Activity</b>	Gentle Exercise Classes include: Senior's Strength Heart moves On the Ball
<b>Where activity is held</b>	Katoomba Sports and Aquatic Centre
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Various times, contact Centre for details
<b>Cost</b>	\$15.50 per class, or from \$88.40 per 10 week session.

---



## STAYING PHYSICALLY ACTIVE

---

### Social and Services Groups

<b>Name</b>	<b>Blackheath School For Seniors</b>
<b>Contact</b>	Blackheath Neighbourhood Cen-
<b>Address</b>	Gardiner Cres, Blackheath 2785
<b>Phone</b>	4787 7770
<b>Where activity is held</b>	Contact Neighbourhood Centre
<b>When</b>	Various times.
<b>Cost</b>	\$15.00 a head
<b>Name</b>	<b>Quota International of Blackheath</b>
<b>Contact</b>	Janice Kearney
<b>Phone</b>	4787 7090
<b>Where activity is held</b>	Lakeview Holiday Cabins,
<b>When</b>	1st & 3rd Wednesday at 7:30pm
<b>Cost</b>	Contact the Club
<b>Name</b>	<b>Glenbrook Bridge Club</b>
<b>Contact</b>	Frank Fitzpatrick
<b>Phone</b>	4753 6048
<b>Where activity is held</b>	St Finbars Catholic Church Hall 46 Levy St Glenbrook 2773
<b>When</b>	Wednesday at 7pm, Thursday at 1:30pm, Sunday 1:30pm (every 3rd Sunday of the month)
<b>Cost</b>	Members \$5 per session, visitors \$7

---



## STAYING PHYSICALLY ACTIVE

### Social and Service Groups

<b>Name</b>	<b>Upper Mountains View Club</b>
<b>Contact</b>	Elizabeth Cunningham (President)
<b>Address</b>	8 Kurrawang Street, Leura 2780
<b>Phone</b>	4784 2230
<b>Email</b>	ecunnigham5@bigpond.com
<b>Where activity is held</b>	Wentworth Falls Country Club Blaxland Rd, Wentworth Falls 2782
<b>When</b>	Fourth Wednesday of each month at 10:30am
<b>Cost</b>	@\$25 for lunch (The club is a supporter of The Smith Family Educational Programs)

<b>Name</b>	<b>Blackheath Bridge Group</b>
<b>Contact</b>	Marcel Hoevenaars
<b>Address</b>	Brightlands Ave, Blackheath
<b>Phone</b>	4787 6206
<b>Email</b>	info@bluegumpictures.com.au
<b>Where activity is</b>	Blackheath Golf Club
<b>When</b>	Every Monday at 9:30 (Partner not required)
<b>Cost</b>	\$3 per session



## STAYING PHYSICALLY ACTIVE

### Gentle Exercise Classes

<b>Name</b>	<b>Arthritis NSW</b>
<b>Contact</b>	Adrienne Arnold
<b>Address</b>	N/A
<b>Phone</b>	02 47 87 1124 Free call 1800 011 041
<b>E-mail</b>	info@arthritisnsw.org.au
<b>Website</b>	www.arthritisnsw.org.au
<b>Name of Activity</b>	Gentle Exercise
<b>Where activity is held</b>	Blue Mountains District ANZAC Memorial Hospital Hydrotherapy Pool
<b>Level of intensity</b>	Gentle
<b>When</b>	Tuesday 11:00am ,Thursday 1: 30am, Friday 10:30(half hour sessions)
<b>Cost</b>	\$20 Membership for pensioners , \$6 per class . Heated pool.



## STAYING PHYSICALLY ACTIVE

### Gentle Exercise Classes

**Name** Heart moves at Springwood  
**Contact** Karin Pearson  
**Address** N/A  
  
**Phone** 0414 826 838  
**E-mail** kpearson@bmcc.nsw.gov.au  
**Name of Activity** Heart moves  
**Where activity is held** Springwood Anglican Ministry Centre  
**Level of intensity** Gentle to moderate  
**When** Monday and Friday 9:30am School term only  
**Cost** \$6 per class

**Name** Heart moves at Mt Riverview  
**Contact** Karin Pearson  
**Address** N/A  
  
**Phone** 0414 826 838  
**E-mail** kpearson@bmcc.nsw.gov.au  
**Name of Activity** Heart moves  
**Where activity is held** Mt Riverview Anglican Church  
**Level of intensity** Gentle to moderate  
**When** Thursday 9:00am – 10am (Active & Ageless - Intermediate)  
 Thursday 10:15am (Heart moves - Gentle) in School term  
**Cost** \$6 per class



## STAYING PHYSICALLY ACTIVE

### Social and Service Groups

**Name** Central Blue Mountains View Friendship Club  
**Contact** Secretary  
**Address** Lawson Bowling Club  
**Phone** 4758 9652  
**Email** N/A  
**Where activity is held** Lawson Bowling Club  
 2 Loftus Street, Lawson, NSW, 2783  
**When** Fourth Wednesday each month  
**Cost** Joining fee of \$25, contact the Secretary for more information

**Name** Mountains Evening View Club  
**Contact** Secretary  
**Address** Springwood Sports Club  
 83 Macquarie Rd, Springwood 2777  
**Phone** 4751 1627  
**Email** helenelizabeth@westnet.com.au  
**Where activity is held** Springwood Sports Club  
**When** Fourth Tuesday of each month at 6:30pm  
**Cost** Contact the Club for more information

## STAYING PHYSICALLY ACTIVE

### Social and Service Groups

<b>Name</b>	<b>Combined Probus Club of Springwood</b>
<b>Contact</b>	Nerida Murray (Secretary)
<b>Address</b>	N/A
<b>Phone</b>	4751 3422
<b>Where activity is held</b>	Springwood Country Club 1 Hawkesbury Road, Springwood, NSW, 2777
<b>When</b>	Third Wednesday each month at 10:00am
<b>Cost</b>	Contact the Club for more information

<b>Name</b>	<b>Springwood Men's Probus Club</b>
<b>Contact</b>	Denis Smith (Secretary)
<b>Address</b>	N/A
<b>Phone</b>	4739 1472
<b>Where activity is held</b>	Springwood Country Club 1 Hawkesbury Road, Springwood, NSW, 2777
<b>When</b>	First Wednesday each month at 10:00am
<b>Cost</b>	Contact the Club for more infor- mation

## STAYING PHYSICALLY ACTIVE

### Gentle Exercise Classes

<b>Name</b>	<b>Hazelbrook Bowling and Sporting Club</b>
<b>Contact</b>	Marlene Hay
<b>Address</b>	Bonnie View Ave, Hazelbrook 2779
<b>Phone</b>	4758 6240
<b>E-mail</b>	office@hazelbrookbowling.com.au
<b>Where activity is held</b>	Hazelbrook Bowling and Sporting Club
<b>Name of Activity</b>	Bowls, Croquet, Tai Chi, Zumba, Line Dancing
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Social—Tuesday (summer) Wednesday, Friday, Saturday
<b>Cost</b>	Tai Chi, Zumba on Mondays (11:30 to 12:15pm) contact Julie Anne 0408 021 362. Line Dancing—\$10 per class. Memberships vary—Contact club for details

<b>Name</b>	<b>Ageing with Attitude with Margo</b>
<b>Contact</b>	Margo McGinnes
<b>Address</b>	81 Macauley St, Lithgow 2790
<b>Phone</b>	6352 3610 or 0402 807 176
<b>E-mail</b>	Margof-mcg@hotmail.com
<b>Name of Activity</b>	Gentle Exercise
<b>Where activity is held</b>	Blackheath Catholic Church Hall
<b>Level of intensity</b>	Gentle
<b>When</b>	Tuesday & Friday 10:00am-11:00am
<b>Cost</b>	\$10



## STAYING PHYSICALLY ACTIVE

### Gentle Exercise Classes

<b>Name</b>	Lower Mountains Neighbourhood Centre
<b>Contact</b>	Robyn Stewart
<b>Address</b>	33 Hope St, Blaxland 2774
<b>Phone</b>	4739 1164
<b>E-mail</b>	cd@lmnc.org.au
<b>Name of Activity</b>	Gentle Exercise
<b>Where activity is held</b>	Over 50's Social Club 33 Hope St, Blaxland
<b>Level of intensity</b>	Gentle
<b>When</b>	10:00am – 10:30am Every Thursday
<b>Cost</b>	\$2 donation

<b>Name</b>	Flip Out Fitness
<b>Contact</b>	Vaughan Williams
<b>Address</b>	78 St Johns Road, Blaxland 2774
<b>Phone</b>	4739 6531
<b>E-mail</b>	vaughan@bodyfitblaxland.com
<b>Name of Activity</b>	Carls Crew
<b>Where activity is held</b>	Bodyfit Blaxland
<b>Level of intensity</b>	Gentle with weight bearing exercises
<b>When</b>	Tuesdays & Thursdays, 9:00am
<b>Cost</b>	\$11 per class Membership \$11 per week for 3, 6 or 12 months unlimited .



## STAYING PHYSICALLY ACTIVE

### Social and Service Groups

<b>Name</b>	Ladies Probus Club of the Central Blue Mountains
<b>Contact</b>	Secretary/President
<b>Address</b>	PO Box 25, Wentworth Falls 2782
<b>Phone</b>	4757 2860/4757 2981
<b>Where activity is held</b>	Wentworth Falls Country Club 206 Blaxland Rd. Wentworth Falls 2782
<b>When</b>	2nd Tuesday of the month 10:00am
<b>Cost</b>	Contact the Club for more information

<b>Name</b>	Springwood View Day Club
<b>Contact</b>	Secretary
<b>Address</b>	Springwood Country Club Hawkesbury Rd Springwood 2777
<b>Phone</b>	4751 1314
<b>Email</b>	marcellenaomi@live.com.au
<b>Where activity is held</b>	Springwood Country Club
<b>When</b>	Third Monday of every month
<b>Cost</b>	\$20, joining fee.





## STAYING PHYSICALLY ACTIVE

### Social and Services Groups

<b>Name</b>	<b>Probus Club of the Upper Blue Mountains Inc. Men's</b>
<b>Contact</b>	The President/The Secretary
<b>Address</b>	PO Box 7072, Leura, NSW, 2780
<b>Email</b>	ubmprobus@gmail.com
<b>Where activity is held</b>	Leura Golf Club
<b>When</b>	First Friday each month 9:45am-12:00noon.
<b>Cost</b>	Joining fee \$15, annual fee of \$35

<b>Name</b>	<b>Blaxland/Glenbrook Probus Club</b>
<b>Contact</b>	President/Secretary
<b>Address</b>	The Secretary, PO Box 32, Blaxland 2774
<b>Phone</b>	9627 3470
<b>Email</b>	probusblaxlandglenbrook@gmail.com
<b>Web Address</b>	probussouthpacific.org/microsites/blaxlandglenbrook
<b>Where activity is held</b>	St Andrews Uniting Church, cnr Green St and Lucasville Rd, Glenbrook, 2773
<b>When</b>	3rd Friday of each month 10:00am
<b>Cost</b>	Joining fee \$5, annual fee of \$44



## STAYING PHYSICALLY ACTIVE

### Golf and Golf Clubs

<b>Name</b>	<b>Wentworth Falls Country Club</b>
<b>Contact</b>	Lang Doolan
<b>Address</b>	Blaxland Rd, Wentworth Falls 2782
<b>Phone</b>	4757 1899
<b>E-mail</b>	admin@wfcc.com.au
<b>Name of Activity</b>	Golf
<b>Where activity is held</b>	Wentworth Falls Country Club
<b>Level of intensity</b>	Gentle
<b>When</b>	Daylight hours
<b>Cost</b>	18 holes \$30, 10 holes \$22, Mon – Fri Motorised carts available

<b>Name</b>	<b>Springwood Country Club Limited</b>
<b>Contact</b>	Manager
<b>Address</b>	Hawkesbury Road, PO Box 94 Springwood 2777
<b>Phone</b>	4751 1122
<b>E-mail</b>	springcc@pnc.com.au
<b>Where activity is held</b>	Springwood Country Club Limited
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Daylight hours
<b>Cost</b>	18 holes Monday-Friday \$18, public holidays & weekends \$32, 9 holes \$22. Motorised carts available

## STAYING PHYSICALLY ACTIVE

### Golf and Golf Clubs

Golf allows a person to get outdoors and forget the stresses of life. It involves a lot of walking which is good for the heart and lungs as well as muscle strength and endurance. Golf also enhances balance and coordination. It is a pleasant game played alone or with a group of friends.

<b>Name</b>	<b>Blackheath Golf Club Ltd</b>
<b>Contact</b>	Manager
<b>Address</b>	Brightlands Ave, Blackheath 2785
<b>Phone</b>	4787 8406
<b>E-mail</b>	info@blackheathgolf.com.au
<b>Name of Activity</b>	Golf
<b>Where activity is held</b>	Blackheath Golf Club
<b>Level of intensity</b>	Gentle
<b>When</b>	7 days
<b>Cost</b>	Will quote on booking

## STAYING PHYSICALLY ACTIVE

### Social and Services Groups

<b>Name</b>	<b>Rotary Club of Springwood</b>
<b>Contact</b>	Bill Clague
<b>Address</b>	Springwood Sports Club 83 Macquarie Rd, Springwood 2777
<b>Phone</b>	0400 802 448
<b>Email</b>	bjcge_bill@hotmail.com
<b>Where activity is held</b>	Springwood Sports Club 83 Macquarie Rd, Springwood 2777
<b>When</b>	Monday 6:30pm
<b>Cost</b>	Contact the Club for more information

<b>Name</b>	<b>Leura/Katoomba Probus Club</b>
<b>Contact</b>	President/Secretary
<b>Address</b>	Leura Golf Club, Sublime Pt. Rd, Leura 2780
<b>Phone</b>	4757 1438
<b>Where activity is held</b>	Leura Golf Club, Sublime Pt. Rd, Leura 2780
<b>When</b>	Second Friday of the month at 10:00 am
<b>Cost</b>	Morning Tea \$4



## **STAYING PHYSICALLY ACTIVE**

### **Social and Services Groups**

**Name** Rotary Club of Blackheath  
**Contact** Mina Howard  
**Address** Blackheath Golf Club, Brightlands Ave, Blackheath 2785  
**Phone** 0419 629 407  
**Email** minahow@bigpond.net.au  
**Where activity is held** Blackheath Golf Club  
**When** Thursday 6:30pm for 7pm  
**Cost** Dinner \$25

---

**Name** Central Blue Mountains Rotary  
**Contact** Secretary/President  
**Address** P.O. BOX. 124 Wentworth Falls 2782  
**Phone** 0424151 904  
**Email** centralblue@rotarnet.com.au  
**Where activity is held** Grandview Hotel Wentworth Falls  
**When** Wednesday 6:30pm  
**Cost** Contact the Club for more information

---



## **STAYING PHYSICALLY ACTIVE**

### **Golf and Golf Clubs**

**Name** Leura Golf Club  
**Contact** Manager  
**Address** Sublime Point Rd, Leura 2780  
**Phone** 4782 5011  
**E-mail**  
**Name of Activity** Golf  
**Where activity is held** Leura Golf Club  
**Level of intensity** Gentle  
**When** Daylight hours  
**Cost** 18 holes Monday - Friday \$35, \$25 for 11 holes.  
 Motorised carts available

---

## STAYING PHYSICALLY ACTIVE

### Lawn Bowls

Lawn Bowls allows a person to get outdoors and forget the stresses of life. It involves hand-eye coordination and some walking. Bowls also enhances balance and leg strength. It is a pleasant game played with a group of friends.

<b>Name</b>	<b>Springwood Sports Club</b>
<b>Contact</b>	Secretary
<b>Address</b>	Springwood Sports Club 83 Macquarie Rd, Springwood, 2777
<b>Phone</b>	4751 1298
<b>E-mail</b>	admin@springwoodsports.com.au
<b>Where activity is held</b>	Springwood Sports Club 83 Macquarie Rd, Springwood, 2777
<b>Level of intensity</b>	Gentle
<b>When</b>	Ladies - Tues, Thurs & Sat at 9:30am Men - Wed, Fri & Sat at 1:00pm
<b>Cost</b>	Memberships vary Contact Club for more information

## STAYING PHYSICALLY ACTIVE

### Social and Services Groups

<b>Name</b>	<b>Winmalee Neighbourhood Centre</b>
<b>Contact</b>	Manager
<b>Address</b>	62 White Cross Rd, Winmalee 2777
<b>Phone</b>	4754 4050
<b>Email</b>	wncCOORD@tpg.com.au
<b>Where activity is held</b>	Winmalee Neighbourhood Centre a variety of activities on offer for seniors, activities include seniors monthly movies, art classes,
<b>When</b>	Contact the Centre for more information
<b>Cost</b>	Contact the Centre for more information

<b>Name</b>	<b>Rotary Club of Katoomba</b>
<b>Contact</b>	Frank Norman
<b>Address</b>	Tamarind Restaurant The Spires 118-124 The Mall, Leura, 2780.
<b>Phone</b>	4782 9374
<b>Email</b>	katoombarotary@westnet.com.au
<b>Where activity is held</b>	Tamarind Restaurant The Spires, 118-124 The Mall, Leura, 2780
<b>When</b>	Monday 6:30pm
<b>Cost</b>	Dinner \$25

## STAYING PHYSICALLY ACTIVE

### Social and Service Groups

<b>Name</b>	<b>Mid Mountains Neighbourhood Centre</b>
<b>Contact</b>	Manager
<b>Address</b>	9 New St, Lawson 2783
<b>Phone</b>	4759 2592
<b>Email</b>	info@mmnc.org.au
<b>Where activity is held</b>	Mid Mountains Neighbourhood Centre provides a variety of activities available for seniors, Community Café, walking program, community garden.
<b>When</b>	Contact the Centre for more information
<b>Cost</b>	Contact the centre for more information

<b>Name</b>	<b>Lower Mountains Neighbourhood Centre</b>
<b>Contact</b>	Robyn Stewart
<b>Address</b>	33 Hope St, Blaxland 2774
<b>Phone</b>	4739 1164
<b>Email</b>	cd@lmnc.org.au
<b>Where activity is held</b>	Regular groups over 50's Social Group (Thursdays) Harmony Arts Group, Wednesdays other activities for seniors include cyber seniors and Golden Years bus trips
<b>When</b>	Contact the Centre for information
<b>Cost</b>	Varies on the type of activities

## STAYING PHYSICALLY ACTIVE

### Lawn Bowls

<b>Name</b>	<b>Wentworth Falls Bowling Club</b>
<b>Contact</b>	Bronco Dgura
<b>Address</b>	Falls Rd, Wentworth Falls 2782
<b>Phone</b>	4757 1503
<b>Where activity is held</b>	Wentworth Falls Bowling Club
<b>Level of intensity</b>	Gentle
<b>When</b>	Fri - twilight 4:30pm (mixed), Sat 1:00pm, Sun 9:30pm
<b>Cost</b>	Memberships vary Contact individual Clubs for details

<b>Name</b>	<b>Lawson Bowling Club Ltd</b>
<b>Contact</b>	Andrew Frater (Hon. Secretary)
<b>Address</b>	2 Loftus St, Lawson 2783
<b>Phone</b>	4759 1417
<b>E-mail</b>	info@lawsonbc.com.au
<b>Where activity is held</b>	Lawson Bowling Club Ltd
<b>Level of intensity</b>	Gentle
<b>When</b>	Ladies - Tuesday & Fridays, Men - Wednesdays and Saturdays Mixed - Tuesdays
<b>Cost</b>	Memberships vary Contact individual Clubs for details

## STAYING PHYSICALLY ACTIVE

### Lawn Bowls

<b>Name</b>	<b>Glenbrook Panthers Bowling Club</b>
<b>Contact</b>	Kathy Borich
<b>Address</b>	Cnr GWH & Hare St, Glenbrook 2773
<b>Phone</b>	4739 1711
<b>E-mail</b>	kathy.borich@panthers.com.au
<b>Where activity is held</b>	Glenbrook Panthers Bowling Club
<b>Level of intensity</b>	Gentle
<b>When</b>	Tues 5pm (during daylight saving) 2pm Wed - Men 9am, 1pm - Men in Uniform Thurs - Ladies 9.30am Fri - 2pm & 5pm(during daylight savings) Sat morning - Men's Sun - championships Every 3rd Sunday of the month mixed games 1st Sunday of the month - Turkey Triples
<b>Cost</b>	Social bowls \$7 Memberships vary Contact individual Clubs for details

## STAYING PHYSICALLY ACTIVE

### Social and Service Groups

<b>Name</b>	<b>Katoomba Neighbourhood Centre</b>
<b>Contact</b>	Manager
<b>Address</b>	6-10 Station St, Katoomba 2780
<b>Phone</b>	4782 1117
<b>Email</b>	manager@kncinc.org.au
<b>Where activity is held</b>	Katoomba Neighbourhood Centre variety of activities on offer for seniors at the centre. Some of the activities include a Book Club, Community lunches and Katoomba Film Society Contact the Centre for information
<b>When</b>	Contact the Centre for information
<b>Cost</b>	Contact the Centre for information
<b>Name</b>	<b>Blackheath Area Neighbourhood Centre</b>
<b>Contact</b>	Manager
<b>Address</b>	Gardiner Crescent, Blackheath 2785
<b>Phone</b>	4787 7770
<b>Email</b>	community@banc.org.au
<b>Where activity is held</b>	Blackheath Area Neighbourhood Centre provides a variety of activities for seniors, these include photography, Blackheath Knitwits, and play reading shakespeare Contact the Centre for information
<b>When</b>	Contact the Centre for information
<b>Cost</b>	Contact the Centre for information

## STAYING PHYSICALLY ACTIVE

### Social and Service Groups

Social and service groups are an excellent way to meet new people, have fun and be active. The Neighbourhood Centres, Rotary Clubs, Probus Clubs and Church groups provide a number

<b>Name</b>	<b>Katoomba/Leura Senior Citizens Club</b>
<b>Address</b>	Town Centre Arcade, Upper Level, 87–89 Katoomba St, Katoomba 2780
<b>Phone</b>	4782 1174
<b>Where activity is held</b>	Seniors Centre, Katoomba St
<b>Level of intensity</b>	Gentle
<b>When</b>	Mon to Friday at 9:30am
<b>Cost</b>	Membership \$2 per year
<b>Name</b>	<b>Springwood Neighbourhood Centre</b>
<b>Contact</b>	Centre Manager
<b>Address</b>	59 Springwood Ave 2777
<b>Phone</b>	4751 3033
<b>E-mail</b>	ccdc@sncc.org.au
<b>Where activity is held</b>	Springwood Neighbourhood Centre Variety of activities on offer for seniors at the centre. Some of the activities include social cards and board games, knit and yarn and yoga
<b>When</b>	Contact the Centre for more information
<b>Cost</b>	Contact the Centre for more information

## STAYING PHYSICALLY ACTIVE

### Lawn Bowls

<b>Name</b>	<b>Hazelbrook Bowling and Sporting Club</b>
<b>Contact</b>	Marlene Hay
<b>Address</b>	Bonnie View Ave, Hazelbrook 2779
<b>Phone</b>	4758 6240
<b>E-mail</b>	office@hazelbrookbowling.com.au
<b>Where activity is held</b>	Hazelbrook Bowling and Sporting Club
<b>Level of intensity</b>	Gentle
<b>When</b>	Social—Tuesday (summer), Wednesday, Friday, Saturday
<b>Cost</b>	Memberships vary Contact club for details

## STAYING PHYSICALLY ACTIVE

### Leisure Centres

Leisure Centres provide a great opportunity to meet new people with the added benefit of improving your physical and mental health. There is a range of leisure facilities in the Blue Mountains that operate all year round. Some of these facilities are Council-owned and operated. Prior to utilising one of the facilities, it is advisable that you adhere to the following recommended tips. See your Doctor to get clearance before commencing an exercise program, wear comfortable clothing, enclosed footwear, bring a water bottle and towel. Start gently and work at your own pace and ask the friendly staff for assistance - they are there to help you.

<b>Name</b>	<b>Blackheath Fitness Centre</b>
<b>Contact</b>	Dan Collard
<b>Address</b>	16 Prince George St, Blackheath 2785
<b>Phone</b>	4787 5855
<b>E-mail</b>	blackheathfitness@bigpond.com
<b>Name of Activity</b>	Fitness equipment, classes and programs, personal training
<b>Where activity is held</b>	Blackheath Fitness Centre
<b>Level of intensity</b>	All fitness and experience levels
<b>When</b>	Open 7 days a week
<b>Cost</b>	Casual and membership fees. Ring centre for details (reduced rates for members)

## STAYING PHYSICALLY ACTIVE

### Netball

Netball is a great game enjoyed by many girls and women of all ages. Some play for the exercise and friendships, whilst others play for the competitiveness. There are opportunities to be selected for representative teams, and if you are not keen on playing, you may be interested in umpiring or coaching a team. Once the season begins each age division plays at the same time each week until the final series.

<b>Name</b>	<b>Blue Mountains Netball Association</b>
<b>Contact</b>	Website has all the contact details <a href="http://www.bmna.net.au">www.bmna.net.au</a>
<b>Address</b>	Explorers Road, Lapstone
<b>Phone</b>	4739 1515
<b>E-mail</b>	bmna@bmna.net.au
<b>Where activity is held</b>	Explorers Road, Lapstone
<b>When</b>	Competition days— Saturdays through the winter.
<b>Cost</b>	Membership varies. Contact individual clubs for details. Netta (5yrs - 9yrs) Junior (10yrs - 17yrs) Senior (21's through to any age)



## STAYING PHYSICALLY ACTIVE

### Leisure Centres

<b>Name</b>	<b>Flip Out Blaxland</b>
<b>Contact</b>	Vaughan Williams
<b>Address</b>	78 St Johns Road, Blaxland 2774
<b>Phone</b>	4739 6531
<b>E-mail</b>	vaughan@bodyfitblaxland.com
<b>Name of Activity</b>	Gym circuit, cross training, group boxing, personal training, weight bearing and cardio exercises & much more! Contact Body Fit for more information
<b>Where activity is held</b>	Bodyfit Blaxland
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Gym circuit - Monday & Friday 9:30am, Thursday 6:30pm Cross Training - Tuesday 9:30am Group Boxing - Tuesday 6:30pm
<b>Cost</b>	Casual Prices: Adults - \$15 Concession - \$10 Memberships available

<b>Name</b>	<b>Fitness Zone</b>
<b>Contact</b>	Erik
<b>Address</b>	185 The Mall, Leura 2780
<b>Phone</b>	4784 2294
<b>E-mail</b>	N/A
<b>Where activity is held</b>	Fitness Zone
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Seven days a week
<b>Cost</b>	Casual fee is \$17, membership fees are available

## STAYING PHYSICALLY ACTIVE

### Leisure Centres

<b>Name</b>	<b>Katoomba Sports and Aquatic Centre</b>
<b>Contact</b>	Reception
<b>Address</b>	Catalina Avenue, Katoomba 2780
<b>Phone</b>	4780 5156
<b>E-mail</b>	leisurecentres@bmcc.nsw.gov.au
<b>Name of Activity</b>	Gymnasium, swimming pool, exercise classes, sauna, spa, etc. Badminton
<b>Where activity is held</b>	Katoomba Sports and Aquatic Centre
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Open seven days, ring for class times Badminton - Sunday at 4pm
<b>Cost</b>	Swim Entry \$6.40, (concession) \$4.40; Gymnasium \$15.50, (concession) \$11.50; Exercise class \$16 (no concession); Swim-sauna-spa entry \$12.80; (concession) \$0.25; Full Centre Entry \$17 (no concession) Badminton - \$3.60



## STAYING PHYSICALLY ACTIVE

---

### Leisure Centres

<b>Name</b>	<b>Springwood Aquatic and Fitness Centre</b>
<b>Contact</b>	Reception
<b>Address</b>	Plateau Road, Springwood 2777
<b>Phone</b>	4723 5111
<b>E-mail</b>	leisurecentres@bmcc.nsw.gov.au
<b>Name of Activity</b>	gymnasium, swimming pool, exercise classes, sauna, spa, steam etc.
<b>Where activity is held</b>	Springwood Aquatic and Fitness Centre
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Open 7 days. Ring for class times.
<b>Cost</b>	Swim entry \$6.40 (concession) \$4.80; Gymnasium \$15.50, (concession) \$11.50; Exercise class \$15.50, (no concession); Swim Sauna Spa entry \$13.70 (concession) \$10; Full centre entry \$17.70, (no concession)

---



## STAYING PHYSICALLY ACTIVE

---

### Leisure Centres

<b>Name</b>	<b>Curves @ Springwood</b>
<b>Contact</b>	Karina Byrnes
<b>Address</b>	Shop 9/123-125 Macquarie Rd Springwood 2777
<b>Phone</b>	4751 1866
<b>E-mail</b>	curvesspringwood@bigpond.com
<b>Name of Activity</b>	Women's 30min circuit exercise
<b>Where activity is held</b>	Curves Springwood
<b>Level of intensity</b>	Gentle and Intermediate
<b>When</b>	Monday to Friday, Saturday morning
<b>Cost</b>	As per current promotion

---