

# PHYSICAL ACTIVITY DIRECTORY

Keeping fit and healthy is important for everyone. If you are over 50 maintaining or becoming physically active can increase your chances of leading a healthy and independent life.

**It only takes 30 minutes of moderate intensity physical activity on most days of the week to maintain good health.**

The Central Coast Health Promotion Unit, Northern Sydney Central Coast Health while publishing the following list of activities and their providers in the Gosford Local Government Area for the 50 + age group, does not endorse or recommend any of these activities. It is up to the individual to assess the suitability of the activity.

Don't forget to also look at the Active Over 50 timetable on this website [www.healthpromotion.com.au](http://www.healthpromotion.com.au) for other physical activity opportunities eg Tai Chi, Strength Training, Aquafitness and Gentle Exercise classes offered in conjunction with the Central Coast Health Promotion Unit, Northern Sydney Central Coast Health.

Before you start exercising, it is recommended you speak with your doctor first.

The information provided is correct as at **November 2009** and is subject to change without notice.

SUBURB	ACTIVITY DESCRIPTION	TIMES	ORGANISATION / VENUE	CONTACT PERSON	PHONE NO
<b>DANCING</b>					
Ettalong	Latin American	Tues 9.00am	Ettalong Senior Citizens	Anne	4341 3222
Ettalong	Line Dancing	Fri 9.00am	Ettalong Senior Citizens	Anne	4341 3222
Ettalong	New Vogue	Mon 9.00am	Ettalong Senior Citizens	Anne	4341 3222
Ettalong	New Vogue	Thur 9.00am	Ettalong Senior Citizens	Anne	4341 3222
Ettalong	New Vogue	Sat 1.00pm		Ronald McDonald	4344 3131
Gosford	Line Dancing	2nd & 4th Wed 10.30am	Gosford Senior Citizens		4324 4749
Gosford	Line Dancing	1st & 3rd Wed 1.00pm	Gosford Senior Citizens		4324 4749
Gosford	Old Time	2nd & 4th Wed 1.00pm	Gosford Senior Citizens		4324 4749
Terrigal	Line Dancing	Fri 11.00am	Terrigal Senior Citizens		4384 5152
<b>EXERCISES</b>					
Ettalong	Fitness class	Mon 1.00pm	Ettalong Senior Citizens	Anne	4341 3222
Ettalong	Fitness class	Wed 1.00 pm	Ettalong Senior Citizens	Anne	4341 3222
Kincumber	Cardio	Fri 3.00pm	Kincumber Gym		4368 1215

Kincumber	Gentle	Tues 9.00am		Joanne Scherpenisse	4367 0425 0425 352 566
Kincumber	Gentle	Wed 11.30am	Kincumber Gym		4368 1215
Kincumber	Weight resistance	Mon 10.45am	Kincumber Gym		4368 1215
Kincumber	Aquafitness	Thur 9.00am		Joanne Scherpenisse	4367 0425 0425 352 566
Wyoming	Gentle	Wed 10.30am		Joanne Scherpenisse	4367 0425 0425 352 566
<b>GENTLE SWIMMING</b>					
Gosford		Wed 10.00am	Gosford Senior Citizens Gosford Pool		4324 4749
<b>HEARTMOVES</b>					
East Gosford		Wed 8.45am		Sandra Pritchard	0407 940 869
Hardy's Bay		Thur 8.00am		Sandra Pritchard	0407 940 869
Woy Woy		Fri 9.00am		Sandra Pritchard	0407 940 869
<b>INDOOR BOWLS</b>					
Avoca Beach	Mixed	Mon 7.00pm	Avoca Beach Bowling & Rec Club		4382 1342
Ettalong	Ladies	Tues 9.00am	Ettalong Senior Citizens	Anne	4341 3222
Ettalong	Mixed	Mon 9.00am	Ettalong Senior Citizens	Anne	4341 3222
Ettalong	Mixed	Wed 9.00am	Ettalong Senior Citizens	Anne	4341 3222
Ettalong	Mixed	Thur 9.00am	Ettalong Senior Citizens	Anne	4341 3222
Gosford	Ladies	Wed 10.00am	Central Coast Leagues Club	Beverley Wakefield	4323 7398
Gosford	Mixed	Wed 7.00pm	Central Coast Leagues Club	Beverley Wakefield	4323 7398
Gosford	Mixed	Fri 7.00pm	Central Coast Leagues Club	Beverley Wakefield	4323 7398
Gosford	Mixed	Sat 12.30pm	Central Coast Leagues Club	Beverley Wakefield	4323 7398
Gosford	Mixed	Sun 12.30pm	Central Coast Leagues Club	Beverley Wakefield	4323 7398
Gosford	Mixed	Tues 9.30am	Gosford Senior Citizens		4324 4749
Gosford	Mixed	Fri 9.30am	Gosford Senior Citizens		4324 4749
Gosford	Ladies	Fri 10.00am	Gosford RSL Women's	Nancy McDonough	4344 5812
Terrigal	Mixed	Wed 8.45am	Terrigal Senior Citizens		4384 5152
Terrigal	Mixed	Thur 7.00pm	Terrigal Senior Citizens		4384 5152
<b>OUTDOOR BOWLS</b>					
Avoca Beach	Ladies	Tues 9.00am	Avoca Beach Bowling & Rec Club		4382 1342
Avoca Beach	Ladies	Thurs 9.00am	Avoca Beach Bowling & Rec Club		4382 1342
Avoca Beach	Men	Wed 9.00am	Avoca Beach Bowling & Rec Club		4382 1342

Avoca Beach	Men	Wed 1.00pm	Avoca Beach Bowling & Rec Club		4382 1342
Avoca Beach	Men	Sat 1.00pm	Avoca Beach Bowling & Rec Club		4382 1342
Avoca Beach	Mixed	Fri 1.00pm	Avoca Beach Bowling & Rec Club		4382 1342
Ettalong	Ladies	Tues 9.30am	Ettalong Memorial Bowling Club	Marjorie Arnott	4344 3872
Ettalong	Ladies	Fri 9.30am	Ettalong Memorial Bowling Club	Marjorie Arnott	4344 3872
Ettalong	Men	Wed 9.00am	Ettalong Memorial Bowling Club	John Roberts	4341 1910
Ettalong	Men	Wed 1.00pm	Ettalong Memorial Bowling Club	John Roberts	4341 1910
Ettalong	Men	Thurs 1.00pm	Ettalong Memorial Bowling Club	John Roberts	4341 1910
Ettalong	Men	Sat 1.00pm	Ettalong Memorial Bowling Club	John Roberts	4341 1910
Ettalong	Men	Sun 9.00am	Ettalong Memorial Bowling Club	John Roberts	4341 1910
Ettalong	Mixed	Fri 1.30 pm	Ettalong Memorial Bowling Club	John Roberts	4341 1910
Gosford	Ladies	Thur 10.00am	Central Coast Leagues Club Women's Bowling Club	Dora Bailey	4365 9154
Gosford	Men	Wed 1.00pm	Central Coast Leagues Club Gosford City Bowling Club	Wes Lasscock	4328 1576
Gosford	Men	Fri 1.00pm	Central Coast Leagues Club Gosford City Bowling Club	Wes Lasscock	4328 1576
Gosford	Men	Sat. 1.00pm	Central Coast Leagues Club Gosford City Bowling Club	Wes Lasscock	4328 1576
Gosford	Mixed	Tues 10.00am	Central Coast Leagues Club Women's Bowling Club	Dora Bailey	4365 9154
Gosford	Mixed/ Social	1st & 3rd Sun 1.00pm	Central Coast Leagues Club Social Bowls Club	Annette Stephan	4324 2907
Terrigal	Ladies	Tues 10.00am	Terrigal Bowling Club		4384 1403
Terrigal	Men	Thur 9.00am	Terrigal Bowling Club		4384 1403
Terrigal	Men	Thur 12.30pm	Terrigal Bowling Club		4384 1403
Terrigal	Men	Sun 9.30am	Terrigal Bowling Club		4384 1403
Terrigal	Mixed	Wed 1.00pm	Terrigal Bowling Club		4384 1403
Terrigal	Mixed	Sun 1.00pm	Terrigal Bowling Club		4384 1403

Wamberal	Ladies	Tues 9.00am	Wamberal Bowling Club		4385 7362
Wamberal	Ladies	Thur 9.00am	Wamberal Bowling Club		4385 7362
Wamberal	Men	Wed 9.00am	Wamberal Bowling Club		4385 7362
Wamberal	Men	Wed 1.00pm	Wamberal Bowling Club		4385 7362
Wamberal	Men	Sat 1.00pm	Wamberal Bowling Club		4385 7362
Wamberal	Mixed	Sun 9.00am	Wamberal Bowling Club		4385 7362
Woy Woy	Ladies	Tues 9.30am	Everglades Country Club		4341 1866
Woy Woy	Ladies	Thur 9.30am	Everglades Country Club		4341 1866
Woy Woy	Men	Wed 1.00pm	Everglades Country Club		4341 1866
Woy Woy	Men	Thur 1.00pm	Everglades Country Club		4341 1866
Woy Woy	Men	Sat 1.00pm	Everglades Country Club		4341 1866
Woy Woy	Mixed	Frid 1.00 pm	Everglades Country Club		4341 1866
Woy Woy	Mixed	Sun 1.00pm	Everglades Country Club		4341 1866
Woy Woy	Ladies	Tues 9.00 am	Woy Woy Bowling Club	Linda Pointing	4341 7598
Woy Woy	Ladies	Thur 10.00am	Woy Woy Bowling Club	Linda Pointing	4341 7598
Woy Woy	Men	Tues 1.00pm	Woy Woy Bowling Club	Ben King	4341 7598
Woy Woy	Men	Wed 9.00am	Woy Woy Bowling Club	Ben King	4341 7598
Woy Woy	Men	Fri 1.00pm	Woy Woy Bowling Club	Ben King	4341 7598
<b>TABLE TENNIS</b>					
Ettalong Senior Citizen Centre		Wed 9.00am	Ettalong Senior Citizens	Anne	4341 3222
Ettalong Senior Citizen Centre		Thur 1.00pm	Ettalong Senior Citizens	Anne	4341 3222
Gosford Senior Citizen Centre		Mon 1.30pm	Gosford Senior Citizens		4324 4749
Gosford Senior Citizen Centre		Fri 1.30pm	Gosford Senior Citizens		4324 4749
<b>TAI CHI</b>					
East Gosford	Beginners	Thur 9.30am	Australian Academy of Tai Chi	Marie	4332 7176
Erina Heights	Advanced	Wed 9.30am	Australian Academy of Tai Chi	Marie	4332 7176
Ettalong	Beginners	Thur 12.00	Ettalong Senior Citizens	Ann	4341 3222

Gosford	Beginners	Mon 12.15pm	Gosford Senior Citizens		4324 4749
Gosford	Advanced	Thur 2.00pm	Gosford Senior Citizens		4324 4749
Gosford	Beginners	Sun 9.00am	East Coast Yong Nian	Chris Morrow	0408 969 745 4976 3272
Terrigal	Beginners	Tues 6.30pm	Australian Academy of Tai Chi	Marie	4332 7176
Terrigal	Beginners	Fri 1.00pm	Terrigal Senior Citizens		4384 5152
Wagstaffe	Beginners	Tues 9.15am	Australian Academy of Tai Chi	Jacquie	4360 2665
<b>YOGA</b>					
Ettalong		Wed 2.30pm	Ettalong Senior Citizens	Anne	4341 3222
Gosford		Tues 2.00pm	Gosford Senior Citizens		4324 4749
Terrigal		Tues 8.00am	Terrigal Senior Citizens		4384 5152
Terrigal		Thur 8.45am	Terrigal Senior Citizens		4384 5152
Terrigal		Fri 9.30am	Terrigal Senior Citizens		4384 5152
Woy Woy		Wed 10.00am	Peninsula Yoga Centre	John Wilson	4342 5000