

SPORTING ACTIVITIES

		PHONE	FAX	EMAIL/WEB	DETAILS
<u>Athletics</u>					
Little Athletics		6582 4376		www.portmacquarieathletics.org	Mackillop College Oval Grounds 12+ years
<u>Baseball</u>					
Hawks		6583 6498 0438 831 645			
Hastings				president@hastingsbaseball.asn.au	
Port Macquarie Red Sox .		0419 432 947			
Wauchope Giants		6585 2076			
Kempsey Cougars		6566 8172			
<u>Basketball</u>					
Port Macquarie Basketball Assoc.		6583 2573			Miniball Jrs./Srs.
Wauchope Basketball Stadium and Gymnasium		6585 6227			
<u>Boating</u>					
Outrigger Canoeing		0409 789 613 0402 800 649			Maroro Kanu Club paddles every day with club training Sat 6am family day Sun 9am. Meets at Settlement Point near BBQ's. Fun social team-based water sport for all ages fitness levels & ability.
PM Hastngs Canoe Club Inc.		6583 9582			
PM Rowing Club		6584 0950			Coaching & competition
PM Sailing Club		6583 4583 0408 834 583		http://sailing.safeport.com.au/	Sunday afternoon races September to April. Meets 1st Tuesday mthly at clubhouse at 7.30pm (except June & December).
PM Yacht Club		6584 3711			Meets 3rd Mon each month at PM Sailing Club 7.30pm
Sailboarding Association.		6583 1005		markjordan@tsn.cc	
<u>Bowling</u>					
Kew Bowlers w/out partners		6559 6399			Lawn bowls for those having lost their partner. Coaching & bowls use free.
The Friendly Friday Gang		6559 6399			If you're feeling lonely or withdrawn. With or without a partner. Join this friendly group for a fun casual morning. 9am-12pm.
Port City Wave Bowl - Tenpin		6583 2238		info@portcity.com.au	All ages - Jnr adult seniors & special needs fun social or sporting - Regular comp. & fun events. Open 7 Days.
Westport 60 & Over Bowlers		6583 8045			Men's over 60 bowling club
Little Athletics		6582 4376			Mackillop College Oval Grounds 12+ years
<u>Bowling Clubs</u>					
Camden Haven Bowling Club		6559 4203		cahgc@bigpond.net.au	
Lake Cathie Bowling Club		6585 5338		lcbowl@bigpond.net.au	
Port Macquarie City Bowling Club		6583 1133		info@portcity.com.au	
Port Macquarie Panthers Bowling Club		6583 8496			
North Haven Bowling Club		6559 9150		contact@northhavenbowlingclub.com.au	
The Westport Club		6583 1499			
Wauchope Country Club		6585 3020		wcc@wauchopecountryclub.com.au	

Cricket				
Golden Oldies Cricket		6583 7720		
Hastings River Dist. Cricket Assoc. Inc	Seniors	6559 9558		
Hastings River Dist. Cricket Assoc. Inc	Juniors	6582 1420		
Bonny Hills Cricket Club Inc		6559 9348		
Camden Haven Cricket Club		6559 4495		
Comboyne Cricket Club		6550 4256		
Macquarie Hotel Cricket Club		6584 0116		
Croquet				
PM Croquet Club Inc		6583 9234 6584 6181		
Darts				
Hastings Darts Assoc. PM		6582 6507		
Fishing				
The Fisho's Club		6584 9277		thompsond@hotmail.net.au
Beechwood Fishing Club		6585 6170		
Lake Cathie Amateur Fishing Club		6585 5338		
Mid North Coast Fly Rodders		6582 3725 6585 1737		
PM Angling Club		6582 2892		dougshott@yahoo.com
PM Game Fishing Club		6582 2829		
PM Blue Water Club Inc		0421 324 773		geoff.shelton@tafensw.edu.au
Riverview Tavern Anglers Club		6585 0648		Weigh in's 2nd Sunday every month
Tacking Point Tavern Fishing Club		6582 6878		Meets 2nd Tues each mth 6.30 at Tavern. Mthly competition & regular outings.
Football				
Football - Aussie Rules	PM Magpies	6582 3655 0417 567 675		
Football - Rugby League	Hastings League	6585 3155		
Football - Rugby League	Port City Rugby League	6582 5285		
Football - Rugby League	PM Breakers Juniors 6's – 16's	6584 4499		Meets 1st Mon mthly 7pm at Port City Bowling Club
Football - Rugby League	PM Junior Rugby League	6583 1516		
Football - Rugby League	PM Boardriders Football Club	0413 818 753		Meets Wed after 1st Mon mthly
Football - Rugby Union	Port Macquarie Juniors	0408 692 050		
Football - Rugby Union	Port Macquarie Pirates	6583 1377		
Football - Soccer	Football Mid North Coast	6582 2778		
Football - Soccer	Port Macquarie Football Club P.O. Box 5291 P.M. 2444			secretary@portmacfc.net.au www.portmacfc.net.au Home Ground Tuffins Lane Girls & boys to senior men& women & Premier
Football - Soccer	PM Saints Club	6582 0648 0412 773 858		
Football - Soccer	Port United Soccer Club	0409 724 384 0414 431 568		

Football - Soccer	Wauchope Soccer	6585 3857		
Football - Touch Football	PM Touch Association.	0427 811 181		
<u>Golf</u>				
Golf	Camden Haven Golf Club	6559 4203		cahgc@bigpond.net.au
Golf	Emerald Downs Golf Club	6582 6120		
Golf	Hastings Ladies Social Golf	6584 4202		
Golf	Laurieton United Servicemen	6559 9110		
Golf	Port Macquarie Golf Club	6582 0409		
Golf	Port Macquarie Veterans Golf	6585 4770		
Golf	Wauchope Country Club	6585 3020		
Golf	Wauchope Veterans Club	6585 3020		
<u>Guns/Rifles</u>				
Hastings shooting complex		6584 9638		Please phone for more info.
Port Macquarie Gun Club		6585 6188		
Port Macquarie Pistol Club		6581 0053		
Port Macquarie Rifle Club		6581 0506		
PM Small Bore Rifle Club		6559 6832 6584 6546		Saturday 9am – 12pm at Rifle Range Lady Nelson Drv. Small bore & air rifle target shooting.
<u>Gym/Fitness</u>				
Aerobic Arts		6559 9750		Exercise for over 50's
Aerobics Aquarobics		6585 1080		
Port Macquarie Gymnastics Club		6584 3373		
Wauchope Physical Culture		6586 1983		
Port Macquarie Indoor Stadium		6583 2501		
Port Macquarie Gymnastics Club		6584 3373		Gymnastics for various ages. Annex Indoor Stadium Hastings River Drive
<u>Hockey</u>				
Hastings Dist. Women's Assoc.		6582 7328		Meets 1st Monday.
MNC Julior Hockey Assoc		6581 0253		
Port City Hockey Club		0438 152 842		info@portcityhockey.com www.portcityhockey.com
R.S.L. Rovers - Mens		6581 0137		
R.S.L. Rovers – Women		6581 0402 6582 7328		
Signatures Hockey Club - age 12+		6581 0137		
Tacking Pt Tavern Family Hockey Club		6582 1476		
Wauchope Men/Women/Juniors		6585 9309		
<u>Horse</u>				
Dressage Club	Hast. Valley	6585 2732		
Jockey Club	Wauchope	6585 3185		
Race Club	Port Macquarie	6581 1964		
<u>Martial Arts</u>				
Australian Hapkido Assoc. Mid Nth Coast	P.O. Box 789 Port Macquarie	65843832		Foords@tsn.cc www.hapkidoaustralia.com/content/index.php Meeting and Operation hours Tue 5-6.30pm and Thur 6pm-7.30pm Flynns Beach Surf Club \$10 per class

Capoeira Group		6584 2804 0411 845 577 0412 425 734			Martial art from Brazil combining dance & music acrobatics & defence fitness & fun. Phone for times.
Discovery Health Fitness		6581 0484			
Ho Shin Taekwondo		6586 1766			
Ken Sei Kan Karate					
Rhee Tae Kwon Do		6582 2404			
Motor Sports/Cycles					
Hastings Valley Motor Cycle Club		6584 2167			
Port Macquarie Kart Racing Club		6585 3550			
Netball					
Camden Haven Netball Club		6585 5665			
Hastings Valley Netball Assoc.		6585 1016			
Wauchope Netball Club		6585 6430			
Saints Netball Club (Jnr & Snr)		6581 0251 0438 468 958			
Pony Clubs					
Camden Haven Pony Club		6559 4087			
Hastings District Pony Club		6581 3602			
Port Macquarie Pony Club	P.O. Box 5530 Port Macquarie	6587 1194		magennis@tsn.cc www.portponyclub.org.au	
Telegraph Point & District Pony Club		6585 0312			
Softball					
Camden Haven PM Softball Assoc.		6583 4619 0409 124 166			
Spearfishing/Diving					
Dive Centre PM		6583 8483			
Squash					
Laurieton Squash Courts		6559 9555			
Palm Court Squash		6583 5155			
Port Macquarie Oxley Squash Courts		6584 3331			
Sports Facilities					
Hibbard Sports Centre	Boundary St Port Macquarie	6580 2337			
Port Macquarie Indoor Stadium	Hibbard Drv Port Macquarie	6583 2501			
Port Macquarie Insport Arenas	17 Merrigal Rd Port Macquarie	6581 1152			
Wauchope Indoor Sports Centre	218 High Street Wauchope	6585 2514			
Swimming Pools & Clubs					
Mid North Coast District Swimming Association.		6584 8246			
Laurieton Swimming Pool		6559 9072			
Mid-Nth Coast Amateur Swim		6585 3169			
Port Macquarie Swimming Pool		6583 1635			

Port Macquarie Amateur Swim PM Masters Swimming Club		6583 5970 0408 694 487	6574 5511	mjnunn@bigpond.com	Adults 18yrs+ swimming club for fun, friendship & fitness – Saturdays 7.30 am @ Port Macquarie Olympic Pool
Port Macquarie Physiotherapy Pool		6580 1126			
The Swimming Academy		6581 0422			
TSA Swimming Club		6581 0422			
Wauchope Amateur Swimming		6586 4429			
Wauchope Swimming Pool		6585 2001			
<u>Surfing & Surf Clubs</u>					
Mid North Coast S.L.S. Branch		6583 1358			
Camden Haven Surf Club		6559 8125			
Rainbow Beach Rescue		6585 5636			
Port Macquarie Body Boarding Club		6583 4726			
Port Macquarie WALRUS		6582 2668			
Christian Surfers		6581 0587			
<u>Surf Life Saving Clubs</u>					
S.L.S.C.		6559 8340			
S.L.S.C.		6583 1555			
Port Macquarie Lifesaving Club Corp		6582 2668			
S.L.S.C.		6582 0064 6581 1350			
S.L.S.C.		6585 5636 6585 1400			
<u>Table Tennis Clubs</u>					
Port Table Tennis	Port Macquarie	0415946730 6581 5388			Wednesday 9-12 noon Palm Court Squash Courts William St Port Macquarie. Ideal Conditions ,Social friendly group for all standards (5 tables).Over 45s No joining fee \$8.00 3hrs tea, coffee biscuits included
<u>Tennis Clubs</u>					
Beechwood Tennis Courts		6585 6109			
Hastings District Thursdays Ladies Tennis Competition		6581 2228			
Kendall Tennis Courts		6559 4121			
Lake Cathie Tennis Courts		6585 5257			
Port Macquarie Tennis Club		6584 9940 0414 186 844			
T's Tennis Centre		6584 0144			
Telegraph Point Tennis Courts		6585 0224			
Wauchope Tennis Courts		6585 3249			
West Port Tennis Courts		6583 3053			
<u>Walking</u>					
Friends of Kooloonbung Creek		6582 0818		cathlepage@midcoast.com.au	Variety of walks for over 50's By appointment
National Parks Association of	Mid-North Coast	6584 8384			Volunteer conservation organisation which

NSW					also runs a bushwalking-outdoor activity program on weekends. Bush Regeneration Activities 6559 7134
National Parks and Wildlife		6584 2203			Walks mapped out for different areas.
Sea Acres Rainforest Guided Walks		6582 3355			All walks about 1 hour
WFP Club (Walking for Pleasure)		6582 5315			Walks begin at 9:30am each Thursday. Easy walking - various locations.
Wauchope Seniors Walking Group		6585 3222			Monday 1 1/2 hours. Summer: 8am; Winter: 9am at the Town Clock near Library in Wauchope.
Sports Council Clubs					
Sports Council		6584 0518			
Sports Council	Angling	6584 9277		thompsond@hotmail.net.au	
Sports Council	Baseball	6583 2011			
Sports Council	Bowls (Ladies)	6583 3462			
Sports Council	Bowls (Men)	6584 3095			
Sports Council	Bridge	6583 8616			
Sports Council	Cricket	6583 4112			
Sports Council	Darts	6581 3831			
Sports Council	Golf (Ladies)	6582 3387			
Sports Council	Golf (Men)	6583 7008			
Sports Council	Hockey	6583 1252			
Sports Council	Line Dancers	6582 5657			
Sports Council	Netball	6582 2015			
Sports Council	Pigeon	6582 2931			
Sports Council	Rugby League	6584 0190			
Sports Council	Rock N Roll	6584 9964			
Sports Council	Snooker	6581 0431			
Sports Council	Soccer	6583 2034			
Sports Council	Soccer (Jnr)	6582 2408			
Sports Council	Touch Football	6582 2168			
Miscellaneous					
Active and Older Program		6585 1275			
Laurieton Chess Club		6559 9110			Various social & physical activity classes for people over 55 including walking. Yoga. Golf. aqua aerobics. Dancing. tai chi and more.
Cycle & Triathlon Club					Meets Wed. 7:00 pm
Flying Club (Hastings)		6583 1695			
Greyhound Racing Club		6585 6126			
Hastings Radio Modellers Inc.		6582 5814			
St John Ambulance/First Aid					
Sport & Recreation Club.		6585 0316			
Port Panthers		6580 2337			
Port Macquarie Triathlon Club		6584 4177			