

ACT Masters Athletics Club

Masters Athletics represent fitness, fun and fellowship across a range of athletic activities for men and women aged 30 and over. Their Fitness through Fellowship Club is ideal for seniors.

GPO Box 2356

Canberra

0419 009 403

secretary@actmastersathletics.org.au

www.actmastersathletics.org.au

ACT Men's Shed Association

Located across the ACT, the modern Men's Shed is an updated version of the shed in the backyard that has long been a part of Australian culture.

1300 550 009

asms@mensshed.net

www.mensshed.org.au

ACT Veterans Badminton Association Inc

Welcomes new, old and recycled players over 35.

Tuesdays 8pm to 10pm.

Kaleen High School

Baldwin Drive

Kaleen

0416 134 432

actvbassociation@gmail.com

www.badmintonact.org.au

ACT Walking For Pleasure Inc

Exercise and enjoy Canberra's network of open spaces, parks, lakes and forests.

info@actwfp.org.au

www.actwfp.org.au

Belconnen Senior Citizens Club Inc

A group of lively and sociable people over 50 who get together to have fun and learn new skills.

24 Chandler Street

Belconnen

6251 6354

info@belconnenseniors.com.au

www.belconnenseniors.com.au

Canberra International Pitch and Putt Golf Club

The Canberra International Golf Centre is home to a Pitch and Putt 18-hole golf course which caters for pre-teens to people in their 90s, and everywhere in between. It's great for anyone looking to develop golf skills, stay active and incorporate a low-impact sport into their fitness regime.

Corner Hindmarsh Drive and Jerrabomberra Avenue

Narrabundah

6232 7788

www.canberragolf.com.au

Canberra Old Time Dance Club Inc

A social dance club that specialises in Old-time, New Vogue and Modern Sequence ballroom dancing.

St Benedict's Primary School Hall

Jerrabomberra Avenue

Narrabundah

6288 2659

gwensou69@gmail.com

www.members.pcug.org

Canberra School of Dancing Annmarie Sasso

Latin, ballroom and new vogue dancing, a great way to improve your fitness, meet new people and have fun.

Uniting Church

16 Parkinson Street

Weston

0412 629 436

canberraschoolofdancing@gmail.com

www.canberraschoolofdancing1.com.au

Canberra Seniors Centre Inc

A group for people over 50 years of all nationalities and cultures.

10 Watson Street

Turner

6248 9509

cseniors@bigpond.com

www.canberraseniors.org.au

Capital Region Community Services Belconnen Energetic Seniors on Tuesdays Club (BEST)

A weekly program that offers an opportunity to socialise with others.

West Belconnen Raiders Leagues Club

Hardwick Crescent

Holt

6264 0200

contact@crs.com.au

www.crcs.com.au

Capital Region Community Services Gym and Fitness Program

These classes are suitable for people of all fitness levels and abilities, specifically tailored to suit mature participants hoping to maintain and improve their fitness in later life. Experienced instructors for more mature participants.

BCC Gym - Belconnen Community Centre

Swanson Court

Belconnen

6264 0200

bcc@crs.com.au

www.crcs.com.au

Dragons Abreast ACT and Region

Breast cancer survivors who enjoy the fitness, camaraderie and fun involved in paddling together in a dragon-boat crew of 22 on Lake Burley Griffin. All ages welcome.

Canberra Yacht Club

Mariner Place

Yarralumla

1300 889 566

office@dragonsabreast.com.au

www.dragonsabreast.com.au

Fernwood Women's Gym Canberra

A gym run by women for women.

131 Citiwalk

Canberra

6247 7666

www.fernwoodfitness.com.au

Heart Foundation Walking Groups

Group walking in various suburbs across Canberra

13 11 12

www.heartfoundation.org.au

Heartsmart

Fitness for seniors. Better Balance, strength, posture training and more.

10 Charnwood Place

Charnwood

6295 0506

hgwestbur@gmail.com

www.heartsmart.com

My HeartBEATS

Safe, gentle physical activity at various locations across Canberra. Aqua classes, exercises in water. Call Donna O'Brien for information.

0412 026 111

cpmdonna@gmail.com

National Capital Bootscooters

Line dance - fun, fitness, friendship, music, stress relief, parties, cardio workout and dances. All ages from beginners to intermediate. For venues, classes and contact details please check our website.

0417 417 273

julie_hearne@hotmail.com

https://nationalcapitalbootscooters.webs.com/

Park Run

Every Saturday morning at 8:00am at 6 sites in the ACT, plus Queanbeyan (428 sites in Australia). Walk or run 5 km. No cost, just register and turn up.

www.parkrun.com.au

Pedal Power ACT Inc

Pedal Power ACT is the largest cycling organisation in the Australian Capital Territory. We represent the interests of people who already ride bicycles and those who would like to. Pedal Power ACT's aim is to get more Canberrans cycling, more often.

Griffin Centre

20 Genge Street

Canberra

6248 7995

office@pedalpower.org.au

www.pedalpower.org.au

Stay Active, Stay Strong

This exercise program is for over 55s and is run by accredited exercise physiologists. The program is suitable for all levels of fitness and offers a tailored program to improve your balance, mobility and strength.

Lewis Hall, St Columba's Uniting Church

Corner Fawkner and Farrer Streets

Braddon

0438 728 794

rcoppin@uniting.org

Strength for Life ACT

A progressive training program designed to improve the participants strength, balance, coordination and endurance. For enquiries about classes near you call COTA ACT.

6282 3777

strengthforlife@cotaact.org.

www.cotaact.org.au/programs/S4/

Uniting Care Kippax Kippax Uniting Church

Emergency relief with a holistic approach.

Exercises and Tai Chi for the over 50's

Corner Hardwick Crescent and Luke Street

Kippax

6254 1733

info@kippax.org.au

www.kippax.org.au

Woden Seniors Club

We provide a range of intellectually and physically stimulating activities for older persons in a comfortable and sociable environment, with a wide range of activities.

12 Corinna Street

Woden

6282 2573

admin@wodenseniors.org.au

www.wodenseniors.org.au

YMCA Chifley Health and Wellness Centre

A community-based fully equipped gym and group fitness room with various classes catering for people of all ages, abilities and fitness levels.

9/71 MacLaurin Crescent

Chifley

6281 0124

yfitness.can@ymca.org.au

www.canberra.ymca.org.au

