



Activity Program and Fees

Phone: 02 4342 1034 Open: Mon-Fri 8:30am to 4pm
Cnr Broken Bay Road and Karingi Street, Ettalong NSW 2257

Email: ettalong50plus@gmail.com

MONDAY	TIME	FEE
Table Tennis	9:00am – 11:00am	\$3
Chess	9:00am - 11:30am	\$3
RummyKing and Cards	9:00am – 12:00pm	\$3
Ukelele	9:00am – 11:00am	\$3
Gentle Yoga (PH) <i>Contact: 0481 511 434</i>	11:15am – 12:15pm	\$10
Mahjong	12:30pm – 3:30pm	\$3
Fitness (PH) <i>Contact: 0424 347 578</i>	1:00pm – 2:00pm	\$10
Chair Yoga (PH) <i>Contact: 0410 305 011</i>	2:30pm – 3:30pm	\$10
Clubbercise (PH) <i>Contact: 0424 176 411</i>	6:15pm – 7:15pm	\$15
TUESDAY	TIME	FEE
Indoor Bowls	9:00am – 11:30am	\$3
Dancing	9:00am – 11:30am	\$3
Handicraft	9:30am – 11:30am	\$3
Darts	12:00pm – 2:30pm	\$3
Cards (500 / Hand & Foot)	12:00pm – 3:30pm	\$3
Recorder Group	12:45pm – 1:00pm (<i>Beginners</i>) 1:30pm – 2:15pm (<i>Continuers</i>)	\$3
Tai Chi	2:30pm – 3:30pm	\$3
Shake it Off Dance Fitness <i>Contact: 0401 951 698</i>	6:30pm – 7:30pm	\$15
WEDNESDAY	TIME	FEE
Table Tennis	9:00am – 12:00pm	\$3
Leatherwork	9:00am – 12:00pm	\$3
Patchwork – Social UFO	12:30pm – 3:30pm	\$3
Bridge	12:00pm – 3:30pm	\$3
Scrabble	12:00pm – 3:30pm	\$3
Active 50+ Exercise (PH) <i>Contact: 0404 944 342</i>	1:00pm – 2:00pm	\$13
Fiesta Fitness <i>Contact: 0414 515 121</i>	5:45pm – 7:00pm	\$15
THURSDAY	TIME	FEE
Indoor Bowls	9:00am – 11:30am	\$3
Dancing	9:00am – 11:30am	\$3
Chess	9:00am – 11:30am	\$3
Women's Shed	9:30am – 11:30am	\$3
Fitness (PH) <i>Contact: 0424 347 578</i>	12:00pm – 1:00pm	\$10
Mahjong	12:00pm – 3:30pm	\$3
Table Tennis	1:30pm – 3:30pm	\$3
Gentle Yoga (PH) <i>Contact: 0481 511 434</i>	4:15pm – 5:15pm	\$10
FRIDAY	TIME	FEE
Indoor Bowls	9:00am – 11:30am	\$3
Line Dancing (PH) <i>Contact: 0409 150 518</i>	9:30am – 11:30am	\$6
Painting	9:30am – 12:00pm	\$3
Bridge	12:00pm – 3:00pm	\$3
Choir	12:30pm – 2:30pm	\$3
SUNDAY	TIME	FEE
Coastal Bootscooters (PH) <i>Contact: 0409 150 518</i>	12:00pm – 4:00pm	\$6