

List of activities



Active/Physical						
Activity	Contact name	Phone number	Email	Cost	Time & Address	Other information
Touch Football	Katie Walden	50127	norfolktouchfootball@hotmail.com	\$20.00 a comp	Football field	October to March
Oztag	Katie Trickey	54829		Call for membership cost	Kingston Oval	
Outrigger	Heather Bruce	57266	niwoc2899@gmail.com	Call for membership cost	Call for paddling days Emily Bay	
Pony Club	Ngairé Sheridan or PJ Wilson		norfolkislandponyclub@gmail.com	Call for cost	Call for days operating Headstone Rd	
Archery	Dave Pitcher	51098	archerynorfolk@gmail.com	Call for cost	1pm every Saturday at the Clubhouse on Mission Rd	
Tennis	Tennis Club	22966	treasurer.cheryltennisclub@gmail.com	Costs & fees vary	Call for competition days/times. Queen Elizabeth Ave	Open daily ball machine & rackets/courts available to hire
Golf	Andrew Umlauf	22354/ 50437	golf@norfolk.net.nf	Annual Full membership \$495 for adult (subject to change without notice)	Call for competition days/times. Poverty Row	Open daily
Bowls	Bowling Club	23483	bowlingclub.norfolkisland@gmail.com	\$5.00 hireage	Call for competition days/times. Taylors Rd	Open daily
Squash	Leagues Club	22440		\$4.00 for 15 mins-coin operated lights	Leagues Club, Taylors Rd	Open daily
Netball			nina2899@outlook.com	Registration fee varies per age	Saturdays Rawson Hall Netball courts	May to October
Pickleball	Sharon Nicol	22601		Call for cost	Call for days of play Cheryl Tennis Club	
Clay Target Shooters	Clinton & Nerissa Judd	Clinton 50682 / Nerissa 51177	niclaytarget@gmail.com	Call for cost	Wednesday afternoon Anson Bay	MUST: have license to shoot, contact the club for more information
Pistol Club	Doug Creek	50452		\$25.00 for .22 (covers range fee, gun hire & ammunition. Air pistol \$20.00)	Saturday-match day 1.30-5.00pm on 2nd & 4th Saturday. Wednesday-Air pistol	
Cricket Club	Michelle Dowling	51118	nicc2899@gmail.com	Call for cost	Call for session times Kingston Oval	
NI Boxing Assoc	Kelly Quintal	50610	niba.2899@outlook.com	Call for cost	Call for session times John Adams Rd	
Stretch and Relaxation	Dale Howe	56025	dalehowe15@gmail.com	\$4.00	Monday & Thursday, 4- 5.00pm Studio You, New Cascade Rd	Balance, Pelvic Floor and core work,
Running Group	Douglas Donaldson/Greg Quinn				Saturday morning	
Heart Foundation Walking group	Karen Innes- Walker	53969	karen.walker@health.nlk.gov.nf	Free	Sunday at 8.30am Meet at Kingston Pier	Bring water, sunscreen. Dogs & children welcome
Emily Bay Accessibility Program	Health & Wellbeing Office	22687	healthandwellbeing@health.nlk.gov.nf	Free	Call for session times Emily Bay during warmer months	
Swimming lessons	Kylie Umlauf	50439		Call for cost	Call for session time & place	During summer months
NI Fitness & Health - Gym	Kelvin Mulholland	23569		Call for cost	Open daily The Village	
Miss Fit Studio & Gym	Kelly Quintal	50610		Call for cost	Open daily John Adams Rd	
Athletics	Brentt Jones	52230	info@athleticsnorfolkisland.com	Call for cost	Call for session time & place	
Yoga for Women's Health, Yoga for Cancer Recovery	Natasha Arnold	53018	auraville-ni@proton.me	\$25.00 per person	Weekly classes. Please email for details.	Self-care, stress- management, embodiment, breathwork, relaxation, and somatic movement