

Get Active in the North West

Name of program	Run by	Description of program	Contact
Badminton	Latrobe Ladies Social Badminton Club	Tuesday from 12 noon until 2.00 pm. Cost \$3 pp Thursday from 12 noon for social games. Cost \$5 pp Racquets available if required. Latrobe and Districts Youth Centre, Cotton Street, Latrobe	Tues -Jo Duniam 0409 902 539 Thur Margaret Criggie 0448 248 396
Basketball	Latrobe Basketball Club	Intertown roster for U12-U22 and seniors; Seniors Social roster at the Latrobe and Districts Youth Centre, Cotton Street, Latrobe	Troy Spinks 0419 519 414
Bowls	Latrobe Bowls Club	Roster games held at the Latrobe Bowls Club, Victor Street, Latrobe	Greg Douce 0458 539 550
Bowls	Port Sorell Bowls Club	Roster games held at the Port Sorell Bowls Club, Cnr Rice and Meredith Streets, Port Sorell	Jen Simpson 0409 383 195
Boxing	Latrobe Boxing Club	Competitive boxing training Boxing for fitness from 5.30 pm - 7.30 pm Mon - Thurs \$10 per week 196 Moriarty Road, Latrobe	Craig Woods 0418 493 702 Steve Hardy 0419 502 532
CWA	CWA Wesley Vale/Sassafras	Third Wednesday of each month, Wesley Vale Community Church Hall, Port Sorell Main Road, Wesley Vale	Audrey Campbell 6428 4154
Cricket	Latrobe Cricket Club	Roster cricket games at the Latrobe Recreation Ground, entry off Last Street, Latrobe	Stephen French 0400 501 304
Cricket	Port Sorell Cricket Club	Roster cricket games at the Port Sorell Recreation Ground, Wilmot Street, Port Sorell	Claude Orlando 0419 006 085
Cricket	Sassafras Cricket Club	Roster cricket games at Perkins Park, Gilbert Street, Latrobe	Adam Jeffrey 0400 843 584
Croquet	Latrobe Croquet Club	Social games Monday to Thursday and Saturday 10am to 3pm at 70 George Street, Latrobe Coaching available by appointment	Chris West 0499 990 239
Fitter Sitters		Held each Friday from 10.30 am in the Latrobe Memorial Hall Supper Room, James Street, Latrobe \$7.00 per session	Tricia Nancarrow 0409 502 120
Gym	Fresh Fitness Co.	Accessible 24 hours a day by members 23 Burgess Way, Shearwater	Nathan Freshney 0400 634 716 www.freshfitnessco.com.au

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Gym	Fresh Fitness Co.	Accessible 24 hours a day by members Picton Grange via Latrobe Recreation Ground, Gilbert Street, Latrobe	Nathan Freshney 0400 634 716 www.freshfitnessco.com.au
Hydrotherapy Pool	Department of Health and Human Services	Physiotherapy based low impact, aquatic exercise program Must be referred through local GP	Your local GP
Karate	GKR Karate	At the Latrobe Memorial Hall, Gilbert Street, Latrobe on Mondays from 6.00pm \$12 per session. Family discounts available.	Jacob Horne 0450 011 655
Lions Club	Lions Club of Latrobe	First and third Monday of each month 6.30 for 7.00pm start at Lucas Hotel, Gilbert Street, Latrobe Contact by mail: PO Box 100, Latrobe 7307	Kae Campbell 0438 241 129
Netball	Sports and Toys on Gilbert	10 week roster held on a Monday/Tuesday at the Banksia Centre, Pitcairn Street, Port Sorell (February to November)	John House 0407 561 283
Racquetball	Latrobe Racquetball Club	Training each Monday at 5.00pm. Pennant games Wednesday 5.00pm at Latrobe and Districts Youth Centre, Cotton Street, Latrobe	Maria Mundy 0418 754 122
Sacred Circle Dance		1 st and 3 rd Monday of each month October - March at Bells Parade, Latrobe	Emma Creeley 0438 809 748
Senior Citizens Clubs	Latrobe Senior Citizens Club	Meet each Tuesday at 18 Hamilton Street, Latrobe	Dorothy Miles 0457 479 120
Senior Citizens Clubs	Rubicon Senior Citizens Club	Activities Mondays and Thursdays at 1.30pm Bingo Wednesdays 7.30pm at Port Sorell Memorial Hall, Meredith Street, Port Sorell	Joan Mulligan 6428 6847
Squad Personal Training	Fresh Fitness Co.	For current class times and locations https://www.freshfitnessco.com.au/ffco-squad-training	Nathan Freshney 0400 634 716
Squash	Latrobe Squash Club	Social games each Thursday from 6.00 pm at the Latrobe and Districts Youth Centre, Cotton Street, Latrobe	Nathan Rockliff 0438 067 826
Group Personal Training		10 week exercise program to get you back into physical activity. Monday at 10.30am Includes pre and post assessment and individually tailored program. Latrobe Memorial Hall, Supper Room, James Street, Latrobe Cost \$7.00 per session	Tricia Nancarrow 0409 502 120
Strong and Stable		Held each Monday and Friday from 9.30 am in the Latrobe Memorial Hall Supper Room, James Street, Latrobe Cost \$7.00 per session	Tricia Nancarrow 0409 502 120

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Surf Life Saving	Port Sorell Surf Life Saving Club	Off Dumbleton Street, Hawley Seasonal - October to March	Stuart Dickson 0438 577 191
Swimming		Private, hourly swim sessions 7 days a week from 7am until 7pm at 102 Appleby Road, Northdown	6428 6390 or 0419 991 618
Swimming	Latrobe Swim Centre	25m x 10m public pool and paddlers pool in George Street, Latrobe	Adrian Triffett 0448 755 233
Swimming	Rubicon Swim School	Learn to swim (Tues, Thurs and Sat) and squad training (Mon and Thurs) at 32 Charles Street, Squeaking Point. Bookings essential	Helen Mosley 6428 8268
Taekwondo	Flanagan and Chugg Taekwondo	Latrobe High School's gym, Percival Street, Latrobe each Tuesday and Thursday at 6.30 pm \$8.00 per session or reduced monthly payments	Mark Kolodziej 0408 133 510
Taekwondo	Shim-Jang Taekwondo	From 6:15 - 7:30 Monday and Wednesday nights Latrobe High School's gym, Percival Street, Latrobe First lesson free	Josh Johnson 0488 770 959
History	Tasmanian Family History Group	117 Gilbert Street, Latrobe (behind State Library) Open Tuesday and Friday 11.00am – 3.00pm	6426 2257
Tennis		Picton Grange, Gilbert Street, Latrobe Private use available. Keys at Top Shop, Gilbert Street, Latrobe	6426 1595
Tennis	Port Sorell Tennis Club	Quadrant tennis on Mon - Wed evenings from 6.00 pm all year off Kermode Street, Port Sorell	Jo Nichols 0438 064 573
Various for over 50's	University of the Third Age (U3A), Port Sorell	A variety of physical activities for the retired and semi-retired aged over 50 and includes guided nature walks, yoga, walking, stronger seniors and sacred circle dancing. Courses vary per term. Annual membership applies.	0499 162 539
Volleyball	Sports and Toys on Gilbert	10 week roster held on a Wednesday at the Banksia Centre, Pitcairn Street, Port Sorell February to November each year	John House 0407 561 283
Walking	Hearties Walkers	60-75 minute walk each Friday around the Latrobe area Depart from steps at Axemans Hall of Fame, Bells Parade, Latrobe at 9.30 am.	Sue s.zimmermann@bigpond.com

Although all care has been taken in the production of this information, Latrobe Council accepts no responsibility for any inaccuracy or error contained in this document because of information supplied. All information was deemed accurate as at 17 April 2018.