

## DANCING GROUPS

- ☉ *Apache Rebels (Bootscooting) Sin:*  
0413 270 004 or *Merilyn:* 95815059
- ☉ *Beat the Feet (Seniors) Max and Heather* 9582 9219
- ☉ *Boute 66 Line Dancing*  
*Shaz:* 9537 3123 or 0433 134 835
- ☉ *Dance Zone: Debbie* 0409160595
- ☉ *Flammable Inc: Funk, hip hop*  
*Joanne:* 0431 914 873
- ☉ *Funscootin' Line Dancing: Colleen*  
0413606159
- ☉ *Happy Tappers (Seniors Tap Dancing)*  
*Glenice:* 9535 5923
- ☉ *Jive & Rock'nRoll & Latin Sue:* 9581 3281
- ☉ *Pub Jive & Rock in Roll Paul & Silvia:*  
95817742 or 0411207813
- ☉ *Kristy Rose Academy of Dance*  
*Kristy* 9586 9904 or 0411 099 018
- ☉ *Lets Rock Dance School Debbie and Martin:* 9581 8516
- ☉ *Mandurah Ballroom Dancing*  
*Doris:* 9582 1064
- ☉ *Mandurah Cloggers Ted:* 9535 6145
- ☉ *Western Edge Boot Scooters*  
*Debbie:* 0417 919 916
- ☉ **SPECIAL NEEDS ACTIVITIES**
- ☉ *Special needs dancing:* 0409160595
- ☉ *Special Needs Bowls :* 95356281



## WALKING GROUPS

- ☉ Bouvard Margaret: 9582 2636
- ☉ Carcoola Lyn: 9531 1630
- ☉ Mandurah Ron: 9582 8702
- ☉ Dawesville Vera: 9582 1017
- ☉ Dudley Park Ron: 9582 8702
- ☉ Falcon Barry: 9534 2886  
Pat: 9534 2652
- ☉ Mandurah Ken: 95342643  
Bill: 9581 1007
- ☉ Pinjarra Anna: 9531 1149  
Linda: 9531 1050
- ☉ Wannanup Cheryl: 9582 2649
- ☉ Waroona Clare: 9733 2087
- ☉ Walkin n' Talkin Lita: 0417985282



## CYCLING GROUPS

- ☉ Over 55's Cycling Club John: 9586 1408
- ☉ Silver Wheels Cycle Club Mary: 9534 7521
- ☉ Peel District Cycling Club Peter: 9581 6613
- ☉ Peel Mountain Bike Club Ben: 0407383593

Physical Activity Project Officer (Mandurah)  
Recreation Services  
PO Box 210  
MANDURAH WA 6210  
**Mandurah Community Directory website @**  
**[www.mandurah.wa.gov.au](http://www.mandurah.wa.gov.au)**

Phone: 08 9550 3601  
Fax: 08 9581 1026  
Email: [sheree-g@mandurah.wa.gov.au](mailto:sheree-g@mandurah.wa.gov.au)

Ways to Get  
Physically Active  
in the Peel Region



Medical Research  
supports at least 30  
minutes of moderate-  
intensity physical  
activity every day to  
increase general  
health and well being.



Waroona Recreation and Aquatic Centre

**Aim Fitness Studio**

1151 Pinjarra Road, Mandurah Ph: 9535 8783

- ◆ Aerobics and weight training

**Body Power Health and Fitness Centre**

56 Reserve Drive, Mandurah Ph: 9581 9960

- ◆ Aerobics and Les Mills Programs
- ◆ Circuit and Weight Training

**Curves Ladies Fitness Studio**

Shop 6c/318 Pinjarra Rd Ph: 95359040

- ◆ Exercise programs and fellowship

**Dept Sport and Recreation (Peel)**

Suite 3, 94 Mandurah Tce ph: 95353309

- ◆ Prime Movers: Seniors Rec Council
- ◆ Active After School Prog
- ◆ Urban Adventures

**Dudley Park Bowling and Recreation Club**

28 Eden Street, Dudley Park Ph: 9535 2695

- ◆ Bootscooting and Lawnbowls
- ◆ Vogue Ballroom and Rock'n'Roll

**Halls Head Recreation Centre**

42 Honeysuckle Ramble, Halls Head Ph: 9550 3950

- ◆ Aerobics, Yoga, Pilates,
- ◆ Circuit (incl. 40+) and Weight Training
- ◆ Badminton, Basketball, Dancing, Inline Hockey, Netball, Martial Arts, Soccer
- ◆ Volleyball, Walk ball, Tennis, Gymnastics

**Hearts Health Club for Ladies**

15-19 Pinjarra Road, Mandurah Ph: 9586 2288

- ◆ Aerobics and Les Mills Programs, weights
- ◆ Circuit, Fitball, Yoga and Pilates

**Mandurah Aquatic and Recreation Centre**

303 Pinjarra Road, Mandurah Ph: 9535 5966

- ◆ Aerobics/Aquarobics and Les Mills Programs
- ◆ Circuit and weight training

**Mandurah Senior Citizens Centre**

41 Ormsby Terrace, Mandurah Ph: 9550 3799

- ◆ Dancing, Bootscooting, and Carpet Bowls
- ◆ Exercise Classes, Tennis, Tai Chi and Yoga

**Mandurah Indoor Sports**

87 Dower Street, Mandurah Ph: 9535 2512

- ◆ Indoor Beach Volleyball, Cricket, Netball and Soccer

**Murray District Recreation Centre**

Camp Road, Pinjarra Ph: 9531 2000

- ◆ Aerobics, Les Mills Programs and Yoga
- ◆ Weight Training
- ◆ Badminton, Basketball, Swimming, Volleyball and Tennis
- ◆ Gymnastics and Dance Classes

**Port Bouvard Recreation and Sporting Club**

Estuary Close, Dawesville Ph: 9582 2871

- ◆ Bootscooting and Bowls
- ◆ Exercise Classes

**Waroona Recreation and Aquatics Centre**

Hill Street, Waroona Ph: 9733 2389

- ◆ Aerobics/Aquarobics and Exercise Classes
- ◆ Badminton, Basketball, Dance, Gymnastics, Martial Arts, Squash, Swimming, Volleyball
- ◆ Activities for all ages – Juniors/Teens/Seniors

**Yunderup Sport and Recreation Club**

Delta Drive, South Yunderup Ph: 9537 6587

- ◆ Lawn Bowls and Tennis



Murray Recreation Centre



- ☞ Many groups and clubs hold sessions for beginners to try the physical activity.
- ☞ Make of list of activities you are interested in whether it be a team sport, individual sport or just cycling or walking. Check the website.
- ☞ Set short term goals.
- ☞ Contact the Physical Activity Project Officer for the applicable contact numbers for your age (ie Junior/Adult or Senior) on **9550 3623**.
- ☞ Contact the group and ask about their venue, times, costs and equipment.
- ☞ Consult with your doctor before starting an activity if you have a chronic condition, such as heart disease or diabetes.
- ☞ Ask a friend to come along with you for motivation.
- ☞ Keep a plan on the wall/fridge to remind you daily

Physical Activity Project Officer (Mandurah)  
Recreation Services  
PO Box 210  
MANDURAH WA 6210

Phone: 08 9550 3601  
Fax: 08 9581 1026  
Email: sheree-g@mandurah.wa.gov.au

