

Clubs & Organisations Register - Fitness

Ace Swimming Club			
Ace Swimming Club, the No1 Club in Hamilton, based at Waterworld Te Rapa and training all year round in a heated indoor pool. We have a wide range of ages and skills, with 4 trained coaches to support and guide the swimmers. We also cater for Triathletes or the slightly older swimmer that no longer wishes to compete.			
Address	PO Box 9599 Waikato Mail Centre Hamilton 3240		
Phone	027 471 3328	Email	stephenscales@xtra.co.nz
Website	www.aceswimmingclub.co.nz		
Contact	Contact Phone	Contact Email	
Steve Scales	027 471 3328	stephenscales@xtra.co.nz	

Aikido Musubi Ryu			
Aikido is a relatively modern Japanese martial art. The techniques of aikido involve joint locks, throws and pins with the emphasis being on breaking an opponent's balance, bringing them to the ground in a controlled manner. Along with the physical aspects of the art, a strong moral and ethical code of conduct is taught. Classes held behind Waikato Stadium. Entrance corner of Richmond & Willoughby Streets, Hamilton.			
Address	Hamilton Old Boys RFC Cnr Richmond & Willoughby Streets Hamilton		
Phone	07 825 7574	Email	musubiryu@gmail.com
Website	www.aikidomusubiryu.nz		
Contact	Contact Phone	Contact Email	
Clyde Sutton	07 825 7574	musubiryu@gmail.com	

Balintawak (Philippine Martial Arts)			
Philippino stick fighting.			
Address	30 Duck Road Te Kowhai R D 8 Hamilton		
Phone		Email	
Website			
Contact	Contact Phone	Contact Email	
John Wheaton	(07) 829 7909, (025) 972 674	victech@coincascade.co.nz	

Beerescourt Park Sports Association			
The centre provides recreation facilities for the local community. The complex houses 6 tennis courts. Tennis club telephone 07 838 1277. bowling - women's, men's, outdoor 07 839 3293. Indoor bowls 07 838 0628. 170812 Ph call rcvd from the Treasurer & not the Secretary, all mail shd be going via him, have changed postal address today as rqtd. LA			
Address	C/O Lloyd Bilcough 38 Weka Street Frankton Hamilton 3204		
Phone		Email	
Website			
Contact	Contact Phone	Contact Email	
John Cameron Gavin	07 847 2404, 07 847 7800, 027 245 8934	gavin.family@gmail.com	

Breakaways Tramping & Bushwalking Group			
To provide recreation adn enjoyment for members.			
Address	C/O C Molloy 7 Hillside Heights Road R D 1 HUNTLY 2191		
Phone	07 828 8566	Email	dorothygo@xnet.co.nz
Website			
Contact	Contact Phone	Contact Email	
Claire Molloy	(07) 828 8566, (07) 828 9687	dorotygo@xnet.co.nz	

Cambridge Athletic & Harrier Club			
Address	PO Box 245 CAMBRIDGE 2351		
Phone		Email	
Website	www.athletics.org.nz		

Contact	Contact Phone	Contact Email
Margaret Fisher	07 827 3628	jmfisher@xtra.co.nz

Cambridge Badminton Club Inc		
To promote and offer excellent facilities for badminton.		
Address	PO Box 493 CAMBRIDGE 2351	
Phone	07 823 2689	Email
Contact	Contact Phone	Contact Email
Marlene Thornton	(07) 827 7207	

Capoeira Pasifika Inc Hamilton		
Capoeira is a fighting art and a dynamic performing art. It is a vigorous sport and casual recreation. It is an art of powerful African-Brazilian percussion and song. Capoeira mixes fight and play, co-operation and confrontation, gymnastics and theatrics, malice and playful taunting, percussion and song into a dynamic cultural expression. Regular classes and beginners' courses held regularly in Hamilton.		
Address	PO Box 5473 Hamilton 3242	
Phone	07 859 3403	Email
	capoeira_feiticeiro@hotmail.com	Website
		www.capoeira.org.nz
Contact	Contact Phone	Contact Email
Josh Moreland	021 169 2590	

Cats Corner Swing Dance		
At Cats Corner we teach traditional style Lindy Hop dance (swing dance) from the 1930's to the 1950's		
Address	C/O Gravity Bar 30 Alexander Street Hamilton 3204	
Phone	021 183 7705	Email
		michswingal@yahoo.co.nz
Contact	Contact Phone	Contact Email
Michelle Parish	021 183 7705	michswinggal@yahoo.co.nz

Chartwell Walking Group		
Walking group for sport, fitness, and leisure.		
Address	8 Rutherford Street Chedworth Hamilton 3210	
Phone	07 855 4281	Email
Contact	Contact Phone	Contact Email
Carrie Haak	07 855 4281	

Choices Healthy Lifestyle Group		
Choices is an Action Activity Support Group, which is open to anyone wanting to look at ways of improving their health.		
Address	PO Box 1388 Hamilton 2015	
Phone	07 839 3917	Email
		choices@hmss.org.nz
Contact	Contact Phone	Contact Email
Louisa Talbot	07 839 3917, 025 629 7433	xxaquaxx@myway.com

Claudlands Croquet Club		
We play both Golf and Association croquet, Club days: Golf Tues 12.45pm, Fri 10.15am and 12.45pm. Association: Tues 9.30am, Sat. 12.30pm Visitors welcome		
Address	C/O M Clow 5 Blue Cedar Lane Hamilton 3214	

Phone	07 856-4603	Email	amandas@slingshot.co.nz	Website	www.croquet.org.nz/claude-lands/
Contact		Contact Phone		Contact Email	
	Amanda Mary Smith		07 856 4603, 021 100 2297		amandas@slingshot.co.nz

Community Learning Centre					
Provider of adult and community education programmes.					
Address	Private Bag 3107 Hamilton 2020				
Phone	07 843 5917	Email	clc@melville-high.school.nz	Website	www.melville-high.school.nz
Contact		Contact Phone		Contact Email	
	Neil Bruce				

Dance Folkus - International Folk, Historical & Vintage Dance					
Recreational dance classes and performance group. Meets Thursday evenings St Stephen's Church Hall, 2 Mahoe Street, Hamilton.					
Address	PO Box 528 Hamilton 3240				
Phone		Email	dancefolkus@slingshot.co.nz	Website	www.folkdance.org.nz
Contact		Contact Phone		Contact Email	
	Fiona Murdoch		022 340 7865		

Davies Karate New Zealand					
We are proud to be New Zealand's Premiere Martial Arts training centre for children, teens, and adults. We offer unique life changing programmes: Tiny Kiwi'z (3-4yrs) Lil' Dragonz (5-7yrs) Ranger (8-12yrs) Teen Eagles (13-17yrs) Adult Programmes (18+). Contact Duayne or Penita Davies.					
Address	67/69 Cameron Road Hamilton East Hamilton 3216				
Phone	07 856 1007, 07 856 1007	Email	davieskarate@xtra.co.nz	Website	www.davieskarate.com
Contact		Contact Phone		Contact Email	
	Duayne Davies		07 856 1007		davieskarate@xtra.co.nz

Drifters Rock 'n' Roll Club Inc					
For friendship, fun & learning to dance ongoing courses are provided for Seniors on Tuesday 7pm - 8pm & Juniors on Friday 6.30pm - 7.30pm with Club nights continuing afterwards for those interested. Take this opportunity to learn Rock n Roll with the help of experienced tutors & capable club members. Come along & enjoy the relaxed & friendly atmosphere. Ladies flat soled shoes please. Any enquiries please contact Michelle (07) 8546699 (evenings) Jnrs or Marleen (07) 8438325 Snrs. Lessons advertised in the Hamilton Press.					
Address	PO Box 9066 Waiakato Mail Centre Hamilton 3240				
Phone	021 180 4145	Email	president@drifters.org.nz	Website	www.drifters.org.nz
Contact		Contact Phone		Contact Email	
	Marleen Carter		021 180 4145		president@drifters.org.nz

Eastside Walking Group					
Address	2/41 Donny Avenue Chartwell Hamilton 3210				
Phone		Email		Website	
Contact		Contact Phone		Contact Email	
	Irene Millar		07 855 6848		

Elliot Park Tag Module (hamilton)

Address 16B Storey Ave Forest Lake Hamilton 3200					
Phone	021 0241 3681	Email	ginat.r@hotmail.com	Website	
Contact		Contact Phone		Contact Email	
Gina Te Rongomau		021 0241 3681		ginat.r@hotmail.com	

Fairfield Swimming Club

Lessons held at Fairfield College, Bankwood Road, Hamilton. Community swimming club offering Learn-to-swim lessons, improver classes, and squad training up to National Representative level. Experienced and qualified coaches for all levels of swimming. Outdoor training October to April in heated pool, indoor training in Winter.

Address PO Box 12293 Hamilton 2030					
Phone		Email	secretary@fairfieldswimclub.co.nz	Website	www.fairfieldswimclub.co.nz
Contact		Contact Phone		Contact Email	
Rodney Coombridge		07 855 9752			

Fighting Fit Boxing

Fighting Fit Boxing is a non for profit boxing club. If you are committed and are looking for a sport that will challenge you physically and mentally - then contact us! We are on the look out for committed individuals who are looking to get in the ring! Boxing is excellent cardio training with a focus on core strength. If you can make the commitment - we can take you to the next step

Address 90 B Commerce Street Frankton Hamilton 3204					
Phone	021 737597	Email	info@fightingfitboxing.co.nz	Website	
Contact		Contact Phone		Contact Email	

Footwork Dancesport Studio

Teaching people to dance latin american and ballroom.

Address 50 Commerce Street Frankton Hamilton 3204					
Phone	07 847 0450	Email	dance@footwork.co.nz	Website	www.footwork.co.nz
Contact		Contact Phone		Contact Email	
Michael Jonson		021 273 8903		dance@footwork.co.nz	

Halau Oceanic Pearlina Performing Arts

Polynesian academy who embraces the rich diversity within our Pacific cultures.

Address 41A Vardon Road Saint Andrews Hamilton 3200					
Phone		Email		Website	
Contact		Contact Phone		Contact Email	

Hamilton Amateur Swimming Club Inc

Promote swimming and provide affordable training for families in Hamilton. Learn to swim program, competitive squad training, leisure and fitness swimming programs, masters swimming training. Open to the public October to late March. Available for hire to clubs, schools and community groups.

Address PO Box 9273 Waikato Mail Centre Hamilton 3240					
Phone	07 838 1232	Email		Website	www.hamiltonswimmingclub.org.nz

Contact	Contact Phone	Contact Email
Denise Balvert	07 827 9477	birdees@xtra.co.nz

Hamilton Arthritics Hydrotherapy Support Group		
Address	PO Box 16238 Hamilton 2030	
Phone	07 855 0052	Email yvonne@infofen.net.nz or penniej@clear.net.nz
Website		
Contact	Contact Phone	Contact Email
Yvonne Wales	07 855 0052	yvonne@infofen.net.nz

Hamilton BMX Club		
Minogue Park, Moore Street, Hamilton.		
Address	PO Box 1251 Waikato Mail Centre Hamilton 3240	
Phone		Email hamiltonbmx@xtra.co.nz; lucas.paej@xtra.co.nz
Website	www.hamiltonbmx.co.nz	
Contact	Contact Phone	Contact Email
Lynda Ardern	07 843 8373	

Hamilton Bugeikan Karate Club		
We are a self defence oriented Karate club - ideal for people not interested in the sport or competition aspects of martial arts. Top quality martial arts in a very fiendly and relaxed atmosphere.		
Address	C/O 116 Saxbys Road Deanwell Hamilton 3206	
Phone		Email
Website	www.bugeikan.com	
Contact	Contact Phone	Contact Email
Guss Wilkinson	07 843 9083	guss@bugeikan.com

Hamilton Cardiac Care & Heart Support Club		
A community rehabilitation programme for people with, or at risk of heart disease		
Address	27 Te Anau Place Glenview Hamilton 3206	
Phone	07 843 4544	Email edken@clear.net.nz
Website		
Contact	Contact Phone	Contact Email

Hamilton City Cadet Unit		
A Cadet Corps Unit of the New Zealand Cadet Forces. Providing personal development training to teenagers. Our programme has a military aspect but prepares us for much more than that.		
Address	71 Dey Street Hamilton East Hamilton 3216	
Phone		Email hccu@cadetforces.org.nz
Website	https://www.facebook.com/HamiltonCityCadetUnit/	
Contact	Contact Phone	Contact Email

Hamilton Hawks Olympic Freestyle Wrestling Club		
Address	41 Boundary Road Claudelands Hamilton 3214	
Phone		Email
Website	www.olympicwrestling.org.nz	

Contact	Contact Phone	Contact Email
Marlene Linda Pouri-Lane	07 854 8949	mpourilane@xtra.co.nz

Hamilton Hornets Rugby League		
Address	Carol Ogle 30 Norrie Street Melville Hamilton 3206	
Phone	022 105 4932, 027 664 7041	Email
Contact	Contact Phone	Contact Email
Warren Simon	0274 853 312	warrens@hotmail.co.nz

Hamilton Laughter Club		
Held at Celebrating Age Centre 30 Vicotria Street, Hamilton		
Address	31 Oxford Street Fairfield Hamilton 3214	
Phone	021 367 735	Email laughterhamilton@gmail.com
Contact	Contact Phone	Contact Email
Jean Dorrell	021 367 735, 021 367 735, 021 367 735	jdorrell@xtra.co.nz

Hamilton Marathon Clinic		
For all social and competitive runners and walkers for all distances. Not just marathons. Physical address: Hamilton City Hawks Clubrooms, Grantham Street.		
Address	PO Box 1015 Hamilton 2015	
Phone	07 838 9394	Email
Contact	Contact Phone	Contact Email
Raewyn Margaret Putt		dgputt@freenet.co.nz

Hamilton Marist Netball		
Hamilton Marist Netball Club is one of the biggest netball clubs in Hamilton, with six teams competing in the 2008 season. In 2005, the club was named Waikato Club of the Year. The club is dedicated to ensuring a welcoming, social enviroment and emphasises competitive yet fair play in all players. We cater to teams at all levels and welcome new players, coaches and umpires to the club.		
Address	PO Box 7168 Hamilton 3247	
Phone	07 856 6668	Email marist_netball@yahoo.com.au
Contact	Contact Phone	Contact Email
Glendon Carter	021 180 6813	

Hamilton Orienteering Club		
Hamilton Orienteering Club Orienteering is a sport for everyone, despite their age and experience. It is easy to learn how to orienteer, however the sport provides endless intellectual and physical challenges to elite level. Typically different courses provide for a range of abilities. Orienteering is a sport for the whole family. Competitive orienteering involves using a detailed map to navigate one's way around a course with designated control points. We often organise events in Hamilton parks and there are three venues where permanent courses are set up (Hamilton Lake, Hamilton Gardens and Waikato University).		
Address	23 Oldfield Court Rototuna HAMILTON	
Phone	07 8539349	Email simonjaddison@gmail.com
Contact	Contact Phone	Contact Email

Hamilton Road Runners Club Inc

Join us at the Hamilton Yacht Club on Thursdays at 5.30pm or on Saturdays at 7.30am for runs/walks and socialising at the beautiful Hamilton Lake.

Hamilton Yacht Club, Innes Common, Lake Crescent, Hamilton.

Address	PO Box 19175 Hamilton 3244				
Phone	021 244 4695	Email	committee@hamiltonroadrunners.org.nz	Website	www.hamiltonroadrunners.org.nz
Contact	Contact Phone		Contact Email		

Hamilton Rowing Club Inc

Rowing on the beautiful Waikato River in the center of Hamilton city we are one of the most successful rowing clubs in the country. Rowing is New Zealand's most successful Olympic sport. Rowing is a challenging sport, but also very rewarding. Rowers are the fittest athletes you'll meet. Come and row at Hamilton Rowing Club. Located at Grantham Street, Hamilton.

Address	154 Grantham Street Hamilton Central Hamilton 3204				
Phone	07 838 1501, 07 838 6009, 021 552 617	Email	sonjavv@gmail.com	Website	www.hamiltonrowingclub.co.nz
Contact	Contact Phone		Contact Email		
Sam Roberts	021 326 207				

Hamilton School of European Martial Arts

The Hamilton School of European Martial Arts is dedicated to reviving and teaching the many rich martial arts of Europe. These arts are practical, fun, stimulating exercise for body and mind, and develop self-confidence and fitness. The Hamilton School specialises in teaching the traditions from Germany in the 14th and 15th centuries, including wrestling, sword and buckler (small shield) and longsword. We offer beginners classes and weekly workshops for most of the year. Guests and newcomers are always welcome.

Address	5 Sutton Crescent Hillcrest Hamilton 3216				
Phone		Email	hamilton@swordmanship.co.nz	Website	www.swordmanship.co.nz
Contact	Contact Phone		Contact Email		
Phillip Shorter	021 050 2363		pjs17@waikato.ac.nz		

Hamilton Square Dancers Inc

Promoting friendship, fellowship and exercise through dance. Held in the Frankton Primary School Hall, Rifle Range Road.

Address	12B Northview Lane Nawton Hamilton 3200				
Phone	0800 8277 8273	Email		Website	
Contact	Contact Phone		Contact Email		
Raewyn Lois Johnson	07 846 7742		raewynlj@xtra.co.nz		

Hamilton Tramping Club Inc

Promotion and enjoyment of tramping. Tramps organised approx. fortnightly.

Address	PO Box 766 Hamilton 3240				
Phone	07 855 1447	Email	info@tramphtc.org.nz	Website	www.tramphtc.org.nz
Contact	Contact Phone		Contact Email		

Henkada Judo Club Inc

Classes held at the corner of Willoughby & Richmond Streets, Hamilton (down driveway by Hamilton Old Boys RFC). Sport judo club with classes for children and adults. Member of Judo NZ.

Address	C/O 3 Oak Street MORRINSVILLE 2251				
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Phone	027 375 8744	Email	aberstol@xtra.co.nz	Website	www.henkadajudo.blogspot.com
Contact		Contact Phone		Contact Email	
	Derek Maggs		07 847 5536		derek@rnl.co.nz

Hillcrest Walking Group					
Address	25 Norma Place Riverlea Hamilton 3216				
Phone		Email		Website	
Contact		Contact Phone		Contact Email	
	Roger Malcolm Frazer		07 856 6635		ejfrazer@hotmail.com

Hispanic Club					
The Hispanic Club is New Zealand's largest Latin American and Spanish group. The club is for anyone from Latin America or interested in our culture. We organise regular film festivals, salsa nights and cultural festivals. We also teach spanish language and salsa dance classes and provide support and jobs for new migrants. Contact Antonio 021 46 1551					
Address	Ground Floor Student Union Building University Of Waikato Gate1 Knighton Rd Hamilton				
Phone	0800 472 572 SALSA), 021 461 551	Email	info@hispanicclub.co.nz	Website	www.hispanicclub.co.nz
Contact		Contact Phone		Contact Email	

HRG Monstars Junior Roller Derby					
Junior Roller Derby League. Physical Address Melville Skate Rink, Melville, Hamilton					
Address	6 Aspiring Crescent Chartwell Hamilton 3210				
Phone	022 0388 105	Email	our4ballerins@yahoo.com	Website	
Contact		Contact Phone		Contact Email	
	Tanja Miller		07 855 4301, 022 0388 105		our4ballerins@yahoo.com

Latin Rhythm Dance School					
The Hispanic Club is New Zealand's largest Latin American and Spanish group. The club is for anyone from Latin America or interested in our culture. We organise regular film festivals, salsa nights and cultural festivals. We also teach spanish language and salsa dance classes and provide support and jobs for new migrants. Hamilton East School Dawson Street Hamilton					
Address	PO Box 106534 AUCKLAND 1143				
Phone	0800 472 572	Email	info@latinrhythm.co.nz	Website	www.latinrhythm.co.nz
Contact		Contact Phone		Contact Email	

Low Impact Aerobics					
Sport Waikato instructor.					
Address	C/O Scots Presbyterian Church 32 Vardon Road Hamilton				
Phone		Email		Website	
Contact		Contact Phone		Contact Email	
	Scots Presbyterian Church		07 849 2865, 07 849 2865		scotspres@xtra.co.nz

Lugton Park Tennis Club					
Club for social and competitive tennis - seniors and juniors - midweek. Day Street.					

Address	PO Box 4069 Hamilton East Hamilton 3247		
Phone	07 856 5572	Email	Website www.lugtonparktennis.org.nz
Contact	Contact Phone		Contact Email
Harry Bowkett			

M A K Kyokushin			
Where families and individuals, will learn to train hard and train with spirit. Its a way of learning discipline in a fun environment and its a way of finding out, that opportunities are out there. So come on, come along. Whatever your age, this Dojo has something for all. Take up the challenge!			
Address	43 Pine Avenue Melville Hamilton 3206		
Phone	021 1596952	Email	mak.dojo@ihug.co.nz Website
Contact	Contact Phone		Contact Email
Kapi Peita	021 1596952		

Monday Bush Trampers			
A variety of leisurely and energetic one day tramps, on Mondays. Meet 8am at the end of Claudelands Rd for carpooling to the tramps.			
Address	47 Splitt Avenue Glenview Hamilton 3206		
Phone	07 843 4434	Email	mondaytrampers@email.com Website
Contact	Contact Phone		Contact Email

Ni Ghabhann Irish Dance Academy			
We are a traditional and contemporary Irish Dancing School based in Hamilton, New Zealand, accepting students from Hamilton City and the North Waikato. Offering both competitive and non-competitive classes for adults and children aged 6 and over, we cater for all levels of dancer. We have a strong focus on developing a passion for Irish Dancing. We expect our students to be dedicated and hard working and have a love for their dance that shines through with every step! We are registered with the Traditional Irish Dancing Association of New Zealand and the Irish Dancing Commission.			
Address	18 Tranmere Road Fairfield Hamilton 3214		
Phone	027 646 6466	Email	NGIDA@xtra.co.nz Website www.freewebs.com/irishdancen z
Contact	Contact Phone		Contact Email
Ceara Smyth	07 855 3840, 027 646 6466		

North City Yoga			
Yoga classes for all comers to increase flexibility and relax the mind and body. Classical or Astanga.			
Address	63 Kent Street Frankton Hamilton 3204		
Phone		Email	Website
Contact	Contact Phone		Contact Email
Joan Farnbrough	07 846 6419		farnborough@xtra.co.nz

NZ Street/Latin Dance Festival			
An international dance festival held annually in Hamilton focussing mainly on Street and Latin dance styles, with workshops, shows, dance parties, and competitions			
Address	PO Box 515 Hamilton 3240		
Phone	07 855 2324	Email	info@dance-festivals.com Website www.dance-festivals.com
Contact	Contact Phone		Contact Email
Carl Gordon	07 838 0096		

Okinawa Ryu Karate Do Shuri Te Seibukan NZ					
The Okinawa Ryu Karate Do Shuri Te Seibukan Association of New Zealand. Instruction in classical Okinawan Karate Do, training two nights a week at the "Whitikahu Hall." We are directly affiliated with Garry O'Connor Hanshi Kudan principal Instructor and examiner for Oceania. "New Members Welcome."					
Address	241 Tenfoot Road RD 1 Taupiri 3792				
Phone	07 8244 802, 027 419 1036	Email	louiseiansargent@farmside.co.nz	Website	www.sportsground.co.nz/okinawanhamilton
Contact		Contact Phone		Contact Email	
Ian Sargent		07 8244 802, 027 419 1036		louiseiansargent@farmside.co.nz	

Order of St Luke					
Christian Service Ministry in healing/wholeness and welfare.					
Address	48 Kahikatea Drive Hamilton				
Phone		Email		Website	
Contact		Contact Phone		Contact Email	
Patricia Margaret Ammundsen		07 843 4008		ronamm@wave.co.nz	

Paraplegic & Physically Disabled Association Inc.					
Sport, recreation, and leisure for people with physical disabilities.					
Address	PO Box 14067 Hamilton 2030				
Phone	07 849 9384	Email		Website	
Contact		Contact Phone		Contact Email	
Tiffiney Perry		(07) 849 1178, (025) 2908858		tperry@perry.co.nz	

Ryoku-Kara-Kuntou Karate Do					
Classes held Mondays 6.15pm to 8.30pm at 22 Richmond Street, Whitiora, Hamilton.					
Address	C/O Ross Bredesen 3 Puriri Street Hamilton 3200				
Phone		Email		Website	www.rkk.co.nz
Contact		Contact Phone		Contact Email	
Ross Bredesen		027 212 4500		ross@rkk.co.nz	

Scots Walking Group					
Address	C/O Scots Presbyterian Church 32 Vardon Road Hamilton				
Phone		Email		Website	
Contact		Contact Phone		Contact Email	
Scots Presbyterian Church		07 849 2865, 07 849 2865		scotspres@xtra.co.nz	

Shradda - Yogic Lifestyle Education Trust					
We teach a range of yoga classes in Hamilton to stretch body and mind. We also conduct havan, kirtan and workshop on a variety of topics.					
Address	60 B Regent Street Silverdale Hamilton 3216				
Phone	07 858 3445	Email	info@shraddha.org.nz	Website	www.shraddha.org.nz
Contact		Contact Phone		Contact Email	
Samadhimurti		07 858 3445			

Southern Pacific Tennis			
Tennis coaching, holiday programs, school programs.			
Address	PO Box 839 WAIKATO MAIL CENTRE 3240		
Phone	07 853 3017	Email	info@southernpacifictennis.com
Website	www.southernpacifictennis.com		
Contact	Contact Phone	Contact Email	
Laine Poon	07 853 3017	info@southernpacifictennis.com	

Southnet Sports Club Inc			
Junior and Senior Softball club and junior touch rugby club			
Address	18 Rawlings Street Melville Hamilton 3206		
Phone	07 843 2006	Email	kfletch@xtra.co.nz
Website			
Contact	Contact Phone	Contact Email	
Kirstin Fletcher	07 843 2006, 021 431 696	kkfletch@vodafone.co.nz	

Squash Waikato			
OUR MISSION: To promote, foster, and develop squash in the greater Waikato Region through a coordinated and professional approach. Contact us to find out more about what is available in squash in the greater Waikato region!!! Competitive and social options in all clubs. 325 Tristram Street Hamilton			
Address	PO Box 9270 Hamilton 3240		
Phone	07 839 7766	Email	squash@squashwaikato.co.nz
Website	www.squashwaikato.co.nz		
Contact	Contact Phone	Contact Email	
Karina Ormsby	07 839 7766	squash@squashwaikato.co.nz	

Swim Waikato Inc			
Regional Swimming Body responsible for Waikato Swimming Clubs.			
Address	Private Bag 3091 Hamilton 3240		
Phone	07 856 9747	Email	swimwaikato@wave.co.nz
Website	www.swiminfo.co.nz/waikato/		
Contact	Contact Phone	Contact Email	
Kate Thorn	07 856 9747	swimwaikato@wave.co.nz	

Taoist Tai Chi			
Classes held at Celebrating Age Centre, 30 Victoria Street, Hamilton. We focus on Health & Wellbeing. We commence each year with a 6 week Introductory class.			
Address	31A Sandwich Road Saint Andrews Hamilton 3200		
Phone	07 849 4444	Email	hamilton.nz@taoist.org
Website			
Contact	Contact Phone	Contact Email	
Doug Downs			

Touch for Health Kinesiology			
Kinesiology is a system of healthcare that uses gentle but powerful techniques to improve vitality, wellbeing and energy. Anyone can learn the Touch for Health system for personal use or in the clinic situation.			
Address	201 King Street Cambridge 3434		
Phone		Email	
Website	www.touchforhealthnz.co.nz		
Contact	Contact Phone	Contact Email	

Colleen Ryan	07 823 5054	colleen@prioritywellness.co.nz
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Ultimate Kickboxing		
Classes held at Waikato University Gate 4, Hillcrest Road, Hamilton. Kickboxing classes to suit all levels from beginners to fighters.		
Address	160 Nixon Street Hamilton East Hamilton 3216	
Phone	Email	Website www.ultimatekickboxing.co.nz
Contact	Contact Phone	Contact Email
Sandra Irene Blair	07 856 1231	goldenboyaaron@hotmail.com

Valerie Lissette School of Dance		
Address	60 Fairfield Road Fairfield Hamilton 3214	
Phone	Email	Website
07 855 1524	lissette@wave.co.nz	
Contact	Contact Phone	Contact Email
Dance 1 Charitable Trust	07 855 1524	lissette@wave.co.nz

Waikato Armoured Combat		
Full Contact, Medieval Armoured Combat Sport		
Address	20 Grey Street Hamilton East Hamilton 3216	
Phone	Email	Website
022 3631 269	waikatoarmouredcombat@gmail.com	
Contact	Contact Phone	Contact Email
Sarah Pitcaithly	07 856 1308, 022 363 1269	waikatoarmouredcombat@gmail.com

Waikato Diocesan Rowing Club		
Address	PO Box 3051 Hamilton 2015	
Phone	Email	Website www.waikatodiocesan.school.nz
07 855 2038		
Contact	Contact Phone	Contact Email
Paul Street	07 847 3389	pauls@zipplumbingplus.co.nz

Waikato Diving Inc		
We are a springboard and platform diving club teaching children and adults of all ages from beginner to Elite.		
Address	PO Box 9367 Hamilton 3240	
Phone	Email	Website
027 752 1366	vicki@sharkattack.co.nz	
Contact	Contact Phone	Contact Email
Clare Lobley	027 752 1366	

Waikato Institute For Leisure and Sport Studies		
Provides community education in sport, leisure and active living.		
Address	PO Box 46 Hamilton 2015	
Phone	Email	Website www.wilss.ac.nz
07 839 9908	wilss@wilss.ac.nz	
Contact	Contact Phone	Contact Email

Waikato Swords Club			
Modern Fencing for all ages. Mondays from 7pm at Berkley Normal Middle School, Berkley Avenue, Hamilton.			
Address	PO Box 109 CAMBRIDGE 3450		
Phone		Email	Website
Contact	Contact Phone		Contact Email
Chris McLaren	07 827 8373		halodotjay@hotmail.com

Waikato Tai Chi Academy			
Classes held at: YWCA Hall, Pembroke Street; 955 Heaphy Terrace, Fairfield; Western Community Centre, Hyde Ave, Nawton; Celebrating Age Centre, 30 Victoria Street; Melville Hall, Ohaupo Road/Normandy Avenue. Tai Chi for Health, fitness and relaxation and Modified Tai Chi for Older Adults.			
Address	C/O Elizabeth Barker 5 Somme Crescent Hamilton 3216		
Phone	07 856 3778	Email	Website
Contact	Contact Phone		Contact Email
Maureen Josephine Leong	07 843 6219		moleong@xtra.co.nz

Waikato/Bay of Plenty Powerlifting Association			
Organising and running powerlifting competitions and recruiting new members. Note: We have an AGM Jan/Feb of each year therefore our contact details can change if NEW officers are elected.			
Address	C/O Secretary 113 Greerton Road TAURANGA 3001		
Phone	07 578 6164	Email	Website
Contact	Contact Phone		Contact Email
Julian Perry	07 5441 630, 027 4497 880		

Western Wayward Wanderers Walking Group			
To meet every Monday to walk for one hour (and talk) and have fresh air. Western Community Centre. Senior Walking Group.			
Address	46 Hyde Avenue Nawton Hamilton 3200		
Phone	07 847 4873	Email	Website
Contact	Contact Phone		Contact Email
Robin Read-Bloomfield	07 847 9769, 07 846 5307, 027 208 5556		www.westerncommunity.org.nz

YMCA - Hamilton City Leisure Centre			
Address	PO Box 19080 HAMILTON 2030		
Phone	07 838 2529	Email	Website
Contact	Contact Phone		Contact Email
Andries De Lange	07 854 5676, 07 838 2529, 027 671 3275		http://www.nzymca.com/hamilton/index.php?branch_id=4 minandi@clear.net.nz

Yoga with Sue Burchell			
Yoga at Houchen Retreat House, Houchens Road, Glenview. Monday evenings 7pm Thursday afternoons 3.30pm Next 10-week courses begin January 29th and 1st February. Cost. Full course \$100 Individual sessions \$15			
Address	C/O CTC Aviation Training (NZ) Ltd 131 Boyd Road Hamilton Airport R D 2 HAMILTON 3282		
Phone		Email	Website

Contact	Contact Phone	Contact Email
Sue Burchell	07 843 3701	sue@sueburchell.com

YWCA

"The YWCA of Hamilton offers programmes and workshops for young women, Tertiary Education and Outward Bound Scholarships and a Maori Women's Community Award; fresh and frozen YW Mobile Meals "meals on wheels;" hostel accommodation for women and men and venue hire (hall, meeting rooms and commercial kitchen)."

Address	PO Box 1011 Hamilton 3240				
Phone	07 838 2219	Email	admin@ywcahamilton.org.nz	Website	www.hamilton.ywca.org.nz
Contact	Contact Phone		Contact Email		
Anne Bennett	07 838 2219		hamilton@ywca.org.nz		

Number of records: 76