



get in to life: sport and recreation

Staying active can improve your sleep, give you more energy and help manage stress – all helping you keep a healthy headspace.

your mood when you move

We get it – when you're feeling stressed or low you probably feel more like watching TV than being active. Yet it's often that the moment you need it most is when you least feel like moving your body. You may know that exercise is good for your physical health, but what you may not know is that it also improves your wellbeing too!

Exercising doesn't have to be running on the treadmill. It's really anything that gets your body moving and increases your heart rate. Activities like walking, playing team sports with friends, dancing or swimming will all help you release stress and give you a better chance at improving your mood. There are so many benefits to staying active.

benefits to staying active



Help you sleep better



Raise your energy levels



Improve your confidence



Boost your mood



Release stress and lower anxiety

ATLAS

Access to Leisure and Sport for People with Disabilities

Phone (08) 9956 2180
Mobile 0408 945 880
Website www.atlas.asn.au



Basketball WA (Geraldton)

Round ball through hoop.
Does the name Michael Jordan ring a bell?

Phone (08) 9956 2160
Mobile 0473 151 986
Website www.basketballwa.asn.au

Geraldton Pool Club

If you are interested in learning how to play 8 Ball pool or would like to play in a pool competition this is the place for you children and adults are welcome.

Mobile 0400 180 130
Address "Italian Club" Eighth Street, Wonthella WA

Geraldton PCYC

An amazing community resource. Lots and lots of different and fun activities for people to do.

Phone (08) 9921 1317
Address 105 Pass St, Wonthella WA

Football (Soccer) West

Round ball into net, popular in Europe.

Phone (08) 9956 2189
Mobile 0432 523 648
Website www.footballwest.com.au

Geraldton Sporting Aboriginal Corporation

The Geraldton Sporting Aboriginal Corporation is responsible for promoting and increasing participation of Indigenous people in the Mid-West in sport and recreation.

Phone (08) 9956 2172
Mobile 0417 980 513

Geraldton Badminton Association

Hitting a white ball with feathers over a net to an opponent, great fun.

Mobile 0428 382 285
Website www.geraldtonbadminton.org.au
Address 232 Eighth Street, Wonthella WA

Geraldton Squash Club

Squash is a fun social sport, similar to tennis!

Mobile 0490 766 270



Geraldton Beach Volleyball

A social & competitive group who love to play beach volleyball. They play at Aquarena & occasionally the Foreshore. Join us!

Phone (08) 9956 6997
Email info@geraldtonbeachvolleyball.com.au

Geraldton Touch Football

Similar to rugby or rugby league, but without the contact. Great fun social sport. All skill levels welcome!

Website geraldtontouchfootball@gmail.com

Geraldton Harriers

Social running club, see new places & meet new faces. All fitness levels welcome.

Email secretary@geraldtonharriers.com.au



Geraldton Hockey Association

Local hockey competition. A small hard ball, chased around a field and put into goals.

Phone (08) 9956 2191
Mobile 0429 528 794
Website www.geraldtonhockeyassociation.org.au

Geraldton Water Polo

The competition currently consists of 4 senior clubs, junior teams, flippaball and dolphin ball. Games are played at the Geraldton Aquarena in Pass Street with the summer season beginning in October and finishing in March the following year.

Website www.revolutionise.com.au/geraldtonwp

Geraldton Yacht Club

Have fun sailing a boat on the Geraldton foreshore. Any experience level welcome.

Phone (08) 9964 1664

Geraldton Yoga Club

We are massive advocates for the way yoga can support all people to be healthy. Try some of the free classes on a Wednesday or Saturday. All experience levels welcome.

Mobile 0437 282 220
Website www.geraldtonyogaclub.com.au



Surf Lessons!

Try something new, or something you haven't done for a while. We have such a beautiful coast line. Get out and amongst it!

Maybe start with a lesson: Or pop into a surf shop:

A Glassy Day Surf Coaching **Corner Surf Shop**
Mobile 0447 212 010 **Phone** (08) 9921 3127

Midwest Surf School **Willocks Surf**
Mobile 0419 988 756 **Phone** (08) 9921 8623

Great Northern Football League

Local AFL competition. An oval shaped ball kicked through white sticks.

Phone (08) 9956 2183
Mobile 0437 039 133
Website www.gnfl.com.au



Infinity Skate

Providing access to skateboards and equipment, as well as giving some tips to help get you started.

Email infinityskatewa@gmail.com
Social Search: Infinity Skate WA on Facebook

Kite West WA

Embrace the wind, try kite surfing or windsurfing. Kite West offer a range of water based activities and lessons!

Mobile 0449 021 784

Mid-West Regional Cricket

Local cricket competition. Little hard ball bowled at wooden sticks in ground. Player with bat tries to protect.

Phone (08) 9956 2187
Mobile 0429 107 963
Website www.waca.com.au



Netball WA- Mid West Gascoyne

Local netball competition. Round ball through ring. But different to basketball.

Phone (08) 9956 2162
Mobile 0427 912 685
Website www.shootingstars.com.au



Surf Live Saving

Beach games, fitness and meet new people.

Champion Bay SLSC:
Email admin@champions.org.au
Website www.champions.org.au

Geraldton SLSC
Mobile 0427 641 757
Email surfclub@geraldtonslsc.com.au
Website www.geraldtonslsc.com.au

Tennis West

Local tennis competition.

Phone (08) 9956 2182
Mobile 0427 449 240
Website www.bataviatennis.com.au



Ultimate Watersports

Try lots of different and awesome water sports. Stand up paddle boarding, Kayak's, Jet Ski's and Fly boards. Just to name a few.

Phone (08) 9999 1839
Address 268 Marine Terrace, Geraldton WA

Woorree Park BMX Club

BMX is great fun, meet new people and have a race at the BMX club.

Mobile 0438 914 541

Know of other sport and recreation activities in the community? We'd love to hear about it!

Phone (08) 9943 8111
Email admin@headspacegeraldton.com.au