

**Lake Haven Recreation Centre**

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**FiT**  
For Life

**Lake Haven  
Recreation  
Centre  
Sports  
Activities List**



Leisure  
Centres

OPEN ACTIVITIES (18+)	DAY & TIME	COST (valid to 30 <sup>th</sup> June 2022)	SEASONS
<b>General BB Court Hire</b>	Mon to Sun (operating hrs)	\$30 (30min) \$65 (60min)	all year round (court avail varies)
<b>General Squash Court Hire</b>	Mon to Sun (operating hrs)	\$11.50(1/2hr) \$23(hr)#members free	all year round (court avail varies)
<b>Indoor BB Courts Casual Entry</b>	Mon to Sun (operating hrs)	\$6.50 per person #members free	all year round (court avail varies)
<b>Netball - LHRC</b> women's comp night	Wed 6pm-9pm	teams pay \$60 per game*	Mar-Jun, Jul-Oct & Nov-Feb
<b>Basketball - LHRC</b> men's & U25s comp night adult drop-in games (staffed)	Tue 6pm-10pm Mon 615pm-8.15pm	teams pay \$60 per game* \$8.50 per person #members free	Mar-Jun, Jul-Oct & Nov-Feb 5.45pm-7.45pm school hols
<b>Dance</b> – Your First Dance Co. Held in the multi room	contemp, twerk, burl, tap Mon,Tue,Wed 630pm-830pm	Info: 0438 401 872 yourfirstdanceco.com.au	school terms
<b>Squash</b> social comp (Mags Mullarkey) social drop-in (LHRC)	Mon & Wed 9am-11am Mon, Wed & Fri from 7pm	info: 0412 006 708 \$6.50 per person #members free	school terms 5.45pm-7.45pm school hols
<b>Badminton - LHRC</b> social drop-in	Mon,Wed,Fri 10am-12pm	\$6.50 per person #members free	all year round
<b>Volleyball – LHRC</b> social drop-in	Sat 10am-12pm Thurs 600pm-8pm	\$6.50 per person #members free \$6.50 per person #members free	all year round 5.45pm-7.45pm school hols
<b>Judo - Evolution Judo Academy</b>	Thurs 5.30pm-6.30pm	info: 0423 466 212 matthewlipman36@hotmail.com	all year round

JUNIOR ACTIVITIES (2-18)	DAY & TIME	COST (valid to 30 <sup>th</sup> June 2022)	SEASONS
<b>Indoor BB Courts Casual Entry</b> before & after school+weekends	Mon to Sun (operating hrs)	*\$5.50 per person #members free	court availability varies
<b>Basketball - LHRC</b> U12,U14,U16,Youth(16-18) comp learn to play coaching (5-11 yrs) game skills coaching (12-16 yrs)	teams play Fri 4pm-10pm Mon & Thurs 4-5.05pm Mon & Thurs 5.05-6.10pm	teams pay \$50 per game* \$12.50 per session <b>accept AK vouch</b> \$12.50 Per Session <b>accept AK vouch</b>	terms 1&2 + terms 3&4 school terms school terms
<b>Futsal (ind soccer) - NNSWFutsal</b> junior comp night (U8s to U18s)	TBA	info: NNSWFutsal.com.au	school terms (Sept-Feb)
<b>Mini Movers - LHRC</b> structured gross motor sports program for pre-schoolers	TBA	\$8.50 each	school terms
<b>Little Kickers – Soccer</b> lessons for pre-schoolers	Mon & Sat mornings classes held on crt 1	info: 4326 1997 littlekickers.com.au	all year round
<b>RugbyTots – Rugby</b> lessons for pre-schoolers	Sun mornings from 9am classes held on crt 2	Info: timw@rugbytots.com.au	school terms
<b>Free YMCA Programs (12+ years)</b> <b>Brekkie &amp; Basketball</b> <b>Street Gym (fitness, fun &amp; food)</b>	Mon & Wed 7am-8.30am Thurs 2.30pm-4.30pm	info: 0409 658 302 free indoor crt use and brekkie free indoor crts & outdoor gym	centralcoast.youth@ymcansw.org.au school terms school terms
<b>Goshu Kenpo – Golden Dragon</b> 6 -17 years martial arts	Tue,Wed,Thurs 6pm-7pm squash crt3 with Sensei Ryan	info: 0447 512 695	school terms
<b>Judo – Evolution Judo Academy</b> 6 -17 years martial arts	Mon & Wed 4.30pm-5.30pm multi room with Matt Lipman	info: 0423 466 212 matthewlipman36@hotmail.com	school terms
<b>Taekwondo - East Coast TKD</b> 6 -17 years martial arts	Wed 6.15pm-7.15pm multi room with Kes Hartley	info: 0415 452 152 www.taekwondoeastcoast.com.au	school terms
<b>Kids School Holiday Activities</b> learn to play basketball (5-13 yrs) basketball clinic (Rebels) netball clinic (Amber Cross) inflatable and sports fun multi sport casual entry	Mon & Thurs 4pm-515pm TBA TBA TBA Mon to Fri 9am-3pm	\$12.50 per session info: www.ccbasketball.com.au info: netball4life.com \$9.90 per person *\$5.50 per person #members free	school holidays school holidays school holidays school holidays court availability varies

\* Children 11 years and under require supervision by an adult or responsible teenager

\* Team registration fee applies

**Operating Hours - 6am to 8pm Monday to Friday, 8am to 4pm Saturdays, 9am to 3pm Sundays (closed most public holidays)**