

SPORT GUIDE

THERE ARE VARIOUS SPORTING OPPORTUNITIES IN AND AROUND GEORGE GIVING VISITORS THE CHANCE TO ENJOY THEIR HOLIDAY IN A CONSTRUCTIVE WAY

ACTION SPORTS:

Action Cricket, Netball, Soccer & Hockey. Grant 072 800 5099.

ARCHERY:

Koos Venter 082 441 8036 / 044 871 2916.

BASEBALL CLUBS:

- * Pacaltsdorp, Conville, Mossel Bay, Knysna, Beaufort-West and Oudtshoorn. Kontakpersone: Desmond Speelman 083 521 2821; Hayden van Rooyen 073 130 0645.
- * Bears Baseball Club Pacaltsdorp: Oefendae: Dinsdae & Dond. Nadia Townsend 071 266 4561 of 044 873 3200.

BOWLS:

- * George Bowls Club (next to Outeniqua Park). Contact 044 873 2055.
- * Outeniqua Bowls Club: Contact Basie du Preez 044 874 7005.
- * Wilderness Bowls Club. Contact Neville 044 877 0455 or 084 300 2610 or Sylvia on 044 977 1370

BRIDGE:

- * George Bridge Club: Errol Walker on 044 873 3264 or 072 244 5738.
- * Outeniqua Bridge Club, George Bowling Club, Tuesdays at 12:45, Thursdays at 8:45. Contact Terry Walton at 044-8707148 or 083-494-4888.
- * Wilderness Bridge Club meets at 13:15 every Wednesday at the Fairy Knowe Hotel. Contact Marion Brits at 044-8770554 or 072-3695935.

CLAY TARGET:

Outeniqua Clay Target Club: Meets every Saturday afternoon from 14:00 at the range. Peter Sullivan 082 498 1797.

CROSSFIT (The Sport of fitness):

CrossFit Kwagga: Dinsdae & Donderdae 5:00, 6:00 & 8:00. Kontak Walter by 082 561 8669, info@crossfitkwagga.co.za, www.crossfitkwagga.co.za

FENCING:

Outeniqua Fencing Club: Susan Agrella 082 717 7924 or (044) 850 1026. Voortrekker Hall Caledon Street.

FLYFISHING:

Southern Cross Fly Fishers: Herman 082 829 6428 and André Jonck 083 381 6344.

GEORGE SPORT SKIETKLUB:

Voorsitter: Jaap Steenkamp 082 377 7998. Sekretaris: Helgaard Steenkamp 082 781 8194

GIMNASTIEK:

Dolphins Gimnastieklklub: Theuns by 082 329 4521.

GYMTRIM:

Dinsdae en Donderdae 17:30 tot 18:30. Hervormde Kerk h/v Meyer & Dordelaan. Kontak Lydia 078 395 2965.

HOCKEY:

Men: Warren Mullon 083 264 1517. Ladies: Tanya Ludick 082 448 3332.

HORSE RIDING:

- * George Riding Club, Glenwood Avenue: Contact Laura on 044 871 3256.
- * Burnside Equestrian Services, Airport Road, Blanco: Contact Linda Squair 083 476 7292.

JUKSKEI:

Correctional Services Club. Practice days Tuesdays and Thursdays from 16:00 to 18:00. Contact Henda Jordens 082 304 0995 or Elmarie Slabbert 072 958 3033.

KANOVAART:

Tuinroetedam: Hugo Lodder 083 2777 123.

KLEITEIKENSKIET:

Outeniqua Kleinteiken Klub: Peter Sullivan 082 498 1797.

KUSHENGEL:

Suid-Kaap Kushengel: Johann Strauss 044 874 7233.

KAYAK HENGEL SUID-KAAP SOSIALE KLUB:

Quintus 072 460 2718 | quintus@pbsgrg.co.za

LINEDANCING:

- * Fun Linedancing: Tuesdays & Thursdays. Contact Pamela 076 116 5165.
- * Funky Linedancing: Fridays. Madie 082 694 2569.
- * Line dancing with Anita. Tuesday morning and evening classes and Thursday morning classes. All ages welcome. Anita 078 836 9239 or 044 871 2814.

MARTIAL ARTS:

- * George Goju Ryu Karate school and Ryukyu Kobudo - Traditional Okinawa weapon training. Sensei's Jannie & Rocher le Grange 082 579 3099 or 044 873 3594. www.gojuryu-southerncape.co.za
- * Two Brothers Combat Institute & Scorpions Martial Arts Academy. Muaythai, MMA & Brazilian Jiu jitsu & Kickboxing, K-1. Sors 082 589 1763 & Nantas 082 856 7803. info@scorpionsmaa.co.za & www.scorpionsmaa.co.za
- * TIGER KAI Muay Thai, MMA, K-1 and Crossfit academy. The Ultimate Freestyle Fighting Academy Wellness World, York Street. Tuesday and Thursday between 18:30 - 20:30 Adults and children. Sensei/kru Phillip 083 575 7571. Shihan Joe 073 311 7005. www.tigerkai.co.za
- * Anderson's Martial Arts Academy: Shihan Phil Anderson 072 385 0581 or 044 851 0114.
- * Wessel's Martial Arts School: Wessel 044-850 1255.
- * Jisei Judo Club: Sensei Lilian 061 326 7400. Website: www.jiseijudoclub.co.za

Email: lilian@jiseijudoclub.co.za

MODEL AIRCRAFT FLYING:

Radio controlled model aircraft and helicopters in George. Phone André 084 406 9906 or Pieter 083 357 4787.

MODEL SAILING:

Radio controlled model yachts: Contact 082 729 8297.

MUURBAL:

Muurbal Navrae: Hester Willer 083 410 9900

PADWEDLOPE:

- * Eden Athletics Club time trial every Wednesday 17:30 from Eden Adventures in Wilderness National Park.
- * Nedbank Running Club: Time Trials every Tuesday 17:45 from 35 Airway Road (Bowling Club) Heather Park.
- * Outeniqua Harriers: Weekly time trials on Wed at 17:45 from Methodist Church in Plantation Road.
- * Rainbow Atletieklklub tydtoets Woensdag om 18:00 by Rosemoor Sportgronde.

PARAGLIDING:

- * Skywings Paragliding Club at Klein-krantz Dunes: Phone 072 199 0622.
- * Flying at Wilderness: Deon 082 971 8062.

POOL:

Cleveland Pool Club: Henry Erasmus on 072 176 7310 or Tollie on 082 730 3138.

RAMBLERS KRIEKET KLUB

Oefen Maandae, Dinsdae en Donderdag vanaf 17H00 tot 18H30 op Rosemoor Sportgronde. Almal is welkom om aan te sluit. Dames is ook meer as welkom om by ons vroue span aan te sluit. Vir verdere inligting kontak: Verlon Peters by 083 590 6835 of Phillip Rothman by 084 578 1798.

REBEL 4 x 4 KLUB

Vir alle 4 x 4 geesdriftiges wat buitelig en aksie geniet. Kontak Etienne Jacobs 082 558 7037 of Francois du Toit by 081 362 8525.

SA JAGTERS TUINROETE:

Kontak Gerhan Archer by 082 567 6941.

SAILING:

George Lakes Yacht Club at Island Lake. Contact Evelyn Osborne 044 343 2608.

SKAAK:

George Skaakklub: Albert Visagie 072 190 1790 of Hans Ottervanger 082 806 8994.

SKATEBOARDING:

Open 14:00 to 18:00; scooters, rollerblades and bmx welcome. For info call Mr. Miller at Skatelab on 083 780 7235.

SNOEKER:

Deon Floris by 082 742 5383.

SPEARFISHING:

Southern Cape Spearfishing: Contact Rudolf Stolze 082 709 1922.

SURFING: Anton Joubert on 082 490 4339.

SWIMMING:

Fish Eagle Aquatics: Administrator Tarita Pollicutte 044 873 5506 or feagles@telkomsa.net

- * Masters Swimming Association: Jill Black 083 4205 029.
- * Orca Aquatics Swimming Club: Trish Haveman 874 7151.

TABLE TENNIS:

Every Monday & Wednesday from 19:00 at Sport Club. Contact 044 8700 023.

TAI CHI CHUAN CLASSES:

Wednesdays in George. Contac Henk Liebenberg on 082 684 5626.

TENNIS:

- * George Tennisklub: Henriëtte Stander 044 871 0490 of 083 437 8153.
- * Sedgefield Tennis Club: Greta van de Wiele 082 080 53 77.

TEN PIN BOWLING AT LET'S GO BOWLING

Hours : Monday 'till Thursday: 9h00 'till 22h00. Friday and Saturday: 8h00 'till 24h00. Sunday: 10h00 'till 22h00

TRAIL RUNNING:

- * Donderdae middae 17:45 vanaf die George Botaniese Tuine, Caledon Str. Die roete is 4 of 6km. Info: Info@gardenroutetrailrunning.co.za | www.gardenroutetrailrunning.co.za. Tel 082 787 5300 Jacques Mouton.

ULTIMATE FRISBEE:

From 5-6pm every Monday at the Botanical Gardens. Everyone welcome. Come along and try it out. It's free and lots of fun.

VARSWATER HENGEL:

- * Hartebeeskuil Varswater Hengelklub: Skakel Juan by 082 560 7535.
- * Eden Hengelklub: Koos Groenewald 083 991 4697.

VOETSLAANKLUBS:

- * Hak-Tot-Toon Voetslaanklub: Tel 044 874 3673, sel 082 931 7812.
- * Berg-en-Dal Voetslaanklub: Mike Wray 071 104 9877.

VEERPYLTJIES:

Kontak E Swanepoel 082 802 8187.

YOGA CLASSES:

For beginner & intermediate students in George and Wilderness. Contact Chanti for further information on 082-345-0613.