



**Special Olympics Upper North Shore  
Vacancy List**

**Aquatics**

	Day	Time	Location	Requirements	Description
<b>Swimming Squad (Competitive Swimmers) *New*</b>	Monday	7-8pm	Ku-ring-gai Fitness & Aquatic Centre, West Pymble	Interested in swimming competitively, swimming squad experience necessary.	Swimming squad for athletes that are interested in competing at regional and state level Special Olympics competitions and want a squad environment that is centred around athlete preparation for swimming competitions.
<b>Learn to Swim (Private one-on-one Swimming Lessons)</b>	Sunday	1:30-2pm 3:30-4pm 4-4:30pm	Clarke Rd School Pool, Hornsby	N/A	Private one-on-one swimming lessons for children and adults wanting to learn to swim or to swim for fitness.

Please contact SOSUNS Sports Coordinator Alexandra Mitchell to enrol.  
Phone: 0481582576 | Email: [admin@souppernorthshore.com](mailto:admin@souppernorthshore.com)

## Tenpin Bowling

	Day	Time	Location	Requirements	Description
Tenpin Bowling	Thursday	5:30-6:30pm	Strike Bowling Chatswood	N/A	Social, fun, no previous experience necessary. Two games of bowling each session. Opportunity to participate in competitions if athlete is interested. <i>(*Starting in Term 4 depending on numbers*)</i>
Tenpin Bowling	Saturday	11-12pm	Hornsby AMF Bowling	N/A	Social, fun, no previous experience necessary. Two games of bowling each session. Opportunity to participate in competitions if athlete is interested.

## Dance

	Day	Time	Location	Requirements	Description
Senior Ballet	Monday	4-5pm	Turrumurra Uniting Church Hall	Age 12+	For teenagers and adults with previous dance experience who would like to learn the fundamentals of ballet. RAD Syllabus ballet.
Performance Dance Group	Tuesday	6-7:30pm	Turrumurra Uniting Church Hall	Some dance experience preferable. Able to commit to performing at events throughout the year.	For teenagers and adults with previous dance experience who love performing and are able to commit to performing at major events throughout the year including the Special Olympics Australia Signature Dinner.
Asquith Dance	Thursday	6-7pm	Church of Christ Hall, Asquith	Age 12+	For teenagers and adults who love dancing and want a weekly dance program to be a part of. A fun social class.

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## Tennis

	Day	Time	Location	Requirements	Description
Junior Mixed Tennis	Monday	6-7pm	North Ryde RSL	Age 8-14	For 8-14 year olds who want to learn how to play tennis. Tennis skills focused lesson.
Mixed Tennis	Tuesday	5-6pm	Kim Warwick Tennis Academy, Hornsby	Age 10+	For children and adults of all tennis ability who are interested in participating in tennis for fitness. Opportunities to participate in competitions if the athlete is interested.
Senior Men's Tennis	Tuesday	6-7pm	Thomas Thompson Courts, Cherrybrook	Age 14+, Male	Male only class. For teenage and adult men who have tennis experience and are interested in participating in tennis for competitions and for fitness.
Mixed Tennis	Wednesday	6-7pm	North Ryde RSL	Age 14+	For teenagers and adults of all tennis ability who are interested in participating in tennis for fitness. Opportunities to participate in competitions if the athlete is interested.
Mixed Tennis (Competition Group) *New*	Thursday	4:45-5:45pm	St Ives Primary School Tennis Courts	Age 15+	This group is geared towards athletes who attend competitions and want more intensive training to assist them in game play on the court such as returning more balls and rally practice. Recommended for athletes attending National competitions as well as State level competitions.
Mixed Tennis	Thursday	6-7pm	North Ryde RSL	Age 10+	For children and adults of all tennis ability who are interested in participating in tennis for fitness. Opportunities to participate in competitions if the athlete is interested.
Senior Women's Tennis	Wednesday	5-6pm	Epping Tennis Centre	Age 14+, Female	Female only class. For teenage and adult women who have tennis experience and are interested in participating in tennis for competitions and for fitness.

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### Football

	Day	Time	Location	Requirements	Description
Football (Soccer)	Wednesday	6-7pm	North Sydney PCYC	N/A	All ages and abilities. Learn football (soccer) skills and play a game each lesson. Opportunities to participate in competitions if the athlete is interested.

### Softball

	Day	Time	Location	Requirements	Description
Softball	Sunday	10-11:30pm	St Ives Village Green	N/A	All ages and abilities. Learn softball skills and play a game each lesson. Focused on playing softball for recreation and fitness. Opportunities to participate in competitions if the athlete is interested,

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