



2017/18 SPORTS DIRECTORY



Ards and
North Down
Borough Council

Mayor's Foreword

Sports Directory 2017/18

Ards and North Down Borough Council actively encourages local people of all ages and abilities to participate in sport and physical activity, working in a range of ways to open up opportunities for participation – through its five leisure centres Bangor, Holywood, Newtownards, Comber and Portaferry, its pitches, parks and play areas and its sports development programme.

It works directly with local sports clubs, through the Ards and North Down Sports Forum, to support their development and growth, offering advice, financial support and training. The Sports Directory is a result of this partnership.

Now in its fifth year and containing 121 clubs, the Sports Directory shows very clearly the host of different sports which are thriving in the Ards and North Down area and provides local people with comprehensive information about how to get involved in the sport of their choice. I hope the latest edition of the Sports Directory will continue to help promote our local sports clubs, as well as encouraging more people living in the area to participate in, and enjoy physical activity, and so create a much healthier borough.

**Mayor of Ards and North Down
Councillor Robert Adair**



Ards and North Down Borough Council

Ards and North Down Borough Council is not responsible for the delivery/management of activities provided by any of the sports/clubs listed within this directory.

**All details are correct at time of print,
November 2017.**

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Ards and North Down Borough Council

Ards and North Down Borough Council has a firm commitment to support local athletes and sports clubs within the Borough by providing financial assistance through a number of different funding streams.

Sports Development Capital Grants

Ards and North Down Borough Council recognises the need for capital investment into our sports clubs and facilities. The aim of the grant programme is to increase participation rates, improve the pathway for sports development and improve the environment in which citizens of the Borough participate in sport.

The Sports Development Capital Scheme is available for capital expenditure i.e facilities and/or equipment. 'Capital Expenditure' is defined as expenditure for technical assistance and/or purchase, improvement, restoration and construction of an asset directly related to the applicant organisation.

The Council can award up to 50% of eligible capital costs with a maximum award of £5,000 in respect of anyone project.

It is anticipated that the application process for a Capital Grant will be open in two tranches

- 1st Tranche 28th May 2018 – 27th June 2018
Applications for Tranche 1 will be assessed week beginning Monday 2nd July 2018 and awarded following Council approval in August 2018.
- 2nd Tranche 17th September 2018 – 17th October 2018
Applications for Tranche 2 will be assessed week beginning Monday 22nd October 2018 and awarded following Council approval in November 2018.

Please note that if there is an underspend in Tranche 1, funds will roll into Tranche 2 and the Council may consider awarding grants of more than £5,000. For an application form and criteria please contact Sports Development on 0300 013 3333 or email: sportsdevelopment@ardsandnorthdown.gov.uk

Ards and North Down Sports Forum Grant Programme

Ards and North Down Sports Forum is a voluntary organisation made up of affiliated sports clubs and organisations from the Borough. This forum is supported by Ards and North Down Borough Council.

The aim of the grant Programme is to promote and encourage life-long involvement in sport and to create, nurture and develop the sporting community within the Ards and North Down Borough through the allocation of grants. This will be achieved through the financial investment from the Sports Forum to support talented athletes, to develop quality coaches and sustainable clubs within the Borough.

The Sports Forum grant programme is open all year round and provides the opportunity for individuals of the Ards and North Down Borough and affiliated sports clubs and organisations with a sporting remit/section to seek financial assistance. The funding amount for 2017/2018 is in place for this year, the funding amount for 2018/2019 will be confirmed in February 2018. This is subject to council approval.

Criteria for Grants:

- Sports Clubs must be located within the Ards and North Down Borough and be a current member of the Ards and North Down Sports Forum.
- Individuals from affiliated sports clubs.
- Individuals from non-affiliated clubs who reside in the Borough.

Grant Categories:

- **Coaching** - Governing Body Courses, Officials qualifications and CPD workshops.
- **Equipment** - Sports equipment that is eligible for funding - Equipment that will enhance the delivery of physical literacy for junior clubs. To support the development of new organisations, or new sections of existing organisations. Equipment to support the hosting of sports events. Training equipment i.e. SAQ equipment, bibs, cones, time keeping etc. High performance equipment i.e. heart rate monitors, video analysis equipment etc.
- **Events** - Affiliated Sport Clubs and organisations with a sporting remit/section can apply for financial assistance towards the overall cost of delivering a sporting event within the Borough.
- **Gold Card** - Elite athletes who are training for a specific event and/or competition can apply for concessionary use of leisure facilities within the Borough.
- **Seeding** - Financial assistance is available for the development of new sport clubs and new sections of existing clubs and organisation.
- **Sport Club Anniversary** - Financial assistance is available to sport clubs celebrating special anniversaries. This would relate to 50th, 75th, 100th and beyond and in multiples of 50 years i.e. 150yrs, 200yrs, 250yrs. Please note the Forum will only consider the shortfall in costs.

- **Travel and Accommodation** - Financial assistance is available for the following:
 - o Individuals who are representing their sport at National and International level.
 - o Assistance towards the cost involved in obtaining a GB sports specific coaching /officials qualification. Please note assistance will only be considered if courses are not provided by GB within NI.
 - o Assistance for continuous professional development for athletes, coaches and officials who are involved with a local sports club and who reside within the Borough.
 - o Clubs can apply on behalf of individuals, who reside or who are active members of an affiliated sports club within the Borough, to participate at Club Level Competition, outside of Northern Ireland, that provides a stepping stone to the next level of competition.
 - o Affiliated clubs can apply on behalf of teams for travel assistance towards a specific competition or event. Please note routine costs to away games and training in normal competitions will not be considered.
 - o Assistance may be considered [in exceptional circumstances] towards the costs involved in attending National Governing Body Selection Training Squads.
 - o Assistance may also be considered [in exceptional circumstance] from individuals who are residents of the Borough who have been selected as part of a squad to compete at a high standard competition/tournament. This will be at the discretion of the Forum Panel and subject to available funds.



**For further information
on Ards and North Down
Sports Forum, how your
sport club can affiliate and
how to access financial
assistance, please contact
Sports Development Officer,
Ards and North Down
Borough Council, 2 Church
Street, Newtownards BT23
4AP, Tel 0300 013 3333 or
email [sportsdevelopment@
ardsandnorthdown.gov.uk](mailto:sportsdevelopment@ardsandnorthdown.gov.uk)**

Coach Education Courses

Ards and North Down Borough Council acknowledge that Coaches, officials and volunteers are the backbone of sport in Ards and North Down. We realise that the strong diversity of sports that are represented throughout the borough would not be possible without them.

The council organises an annual sports education programme for coaches, volunteers and sports clubs in Ards and North Down. The Programme is designed to give coaches, officials and volunteers of sports clubs within the borough the opportunity to develop important skills and knowledge and gain qualifications within all areas of sport whether this is coaching/teaching, officiating or administrating.

The 2017-2018 programme contains ten courses in total. Please see course information below to give you an outline of courses included in the programme. All courses are included for upskilling your coaching knowledge, better governance for sports clubs and CPD. Affiliated members of the Sports Forum receive discount rates on all courses.

For further information, please contact The Sports Development Team on 0300 013 3333 or by emailing sportsdevelopment@ardsandnorthdown.gov.uk

Coach Education Timetable

Date	Code	Course	Time	Venue	Price*
Mon 11 Sep	SAFE1	Safeguarding Children and Young People	6.30pm-9.30pm	Londonderry Park	£15/£20
Mon 18 Sep	STRUCT	Effective Organisational Structures	6.30pm-9.00pm	Londonderry Park	£5/£10
Mon 25 Sep	AED	AED Training	6.30pm-9.30pm	Londonderry Park	£15/£20
Wed 4 & Wed 11 Oct	EPI	Sports Injury First Aid & Epipen	6.00pm-9.30pm	Londonderry Park	£25/£30
Wed 18 Oct	MIND	Mind Games: Mental Skills for Competition	6.30pm-9.00pm	Londonderry Park	£10/£15
Mon 23 Oct	PLAN	Business Planning	6.30pm-9.00pm	Bangor Aurora Aquatic & Leisure Complex	£5/£10
Wed 8 Nov	CLUB	Clubmark Awareness	6.30pm-8.00pm	Londonderry Park	Free
Mon 20 Nov	AYC	Analysing Your Coaching	6.30pm-9.00pm	Bangor Aurora Aquatic & Leisure Complex	£10/£15
Mon 8 Jan	SA FE2	Safeguarding Children & Young People	6.30pm-9.30pm	Bangor Aurora Aquatic & Leisure Complex	£15/£20
Wed 7 Feb	DES	Designated Officers	6.30pm-9.30pm	Londonderry Park	£15/£20

* Affiliated/Non Affiliated

Please note: Affiliated prices only apply to members of clubs who are currently affiliated to Ards and North Down Sports Forum.





2017/18
SPORTS
DIRECTORY



Angling

Club Name	Bangor Angling Club
Sport	Angling
Club Address	Ballysallagh Road, Bangor, BT19 1UT
Training Location	As above
Training Days and Times	Contact Club for details
Age Group	All
Gender	Both
Fees	Joining fee £180 plus yearly subscription of £180
Telephone	07581 301144
Website	
Email	secretary.bac@gmail.com
Governing Body Affiliation	ITFFA
Club Mark Accreditation	n/a
Sports Forum Affiliation	Yes



Angling

Club Name	Carrickmannon Fishery
Sport	Angling
Club Address	130 Station Road, Saintfield, Co Down, BT24 7EL
Training Location	As above
Training Days and Times	Contact Club for Details
Age Group	All ages
Gender	Both
Fees	See website
Telephone	028 9751 0654
Website	www.carrickmannon.com
Email	carrickmannonfishery@btinternet.com
Governing Body Affiliation	
Club Mark Accreditation	
Sports Forum Affiliation	No



Angling

Club Name	Inler Angling Club
Sport	Angling
Club Address	Engler River Comber c/o 52 Dermott Road, Comber, BT23 5LQ
Training Location	As above
Training Days and Times	Contact Club for details
Age Group	All ages (Adult over 16, Junior under 16)
Gender	Both
Fees	Yearly Fees - Adult £20, Junior £5
Telephone	028 9187 3482
Website	inleranglers.com
Email	inleranglers@gmail.com
Governing Body Affiliation	Ulster Angling Federation
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Angling

Club Name	Northern Ireland Cross Community Angling
Sport	Angling
Club Address	15 Thiepval Avenue, Belfast, BT6 9JF
Training Location	10F Loughries Road, Newtownards, BT23 8RN
Training Days and Times	Facility is open 7 days per week
Age Group	All
Gender	Both
Fees	Annually: U12 £10, U18 - £25, Adult - £75, Disabled/Over 65/Student/Unemployed - £50, Family - £115. Pay as you go £10 per adult and £5 for U18
Telephone	07900 485067
Website	www.nicca.org.uk
Email	niccangling@gmail.com
Governing Body Affiliation	UAF - UCFF - NCCFI
Club Mark Accreditation	Yes - Silver Award
Sports Forum Affiliation	Yes

Archery



Club Name	Lough Cuan Bowmen
Sport	Archery
Club Address	Ards Leisure Centre, William St, Newtownards, BT23 4EJ
Training Location	Ards Rugby Club, Lansdowne Road, Newtownards, BT23 4NT
Training Days and Times	ALC: September to end of April, Friday 7.30pm - 9.30pm ARC : May to end of August, Thursday 7.00pm - dark
Age Group	Seniors 18-80 Juniors 8-17
Gender	Both
Fees	Annually: £81 for Seniors (over 25) £43 for Seniors 18-24 £38 for Juniors 8-17
Telephone	07939 477770
Website	www.loughcuanbowmen.com
Email	loughcuanbowmen@gmail.com
Governing Body Affiliation	Archery GB and Archery NI
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Athletics

Club Name	Ballydrain Harriers & AC
Sport	Athletics
Club Address	
Training Location	North Down Cricket Club, Comber
Training Days and Times	Tuesday 7.15pm Thursday 7.15pm
Age Group	Juniors 12 to 18 and Adults
Gender	Both
Fees	Juniors £20 PA Adults £40 PA
Telephone	Phil Gilmore - 07768 648821
Website	www.ballydrainharriers.co.uk
Email	Ballydrainharriers@rocketmail.com
Governing Body Affiliation	Athletics Northern Ireland
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Athletics

Club Name	North Down Athletics Club
Sport	Athletics
Club Address	Bangor Sportsplex 292 Old Belfast Road, Bangor
Training Location	As above
Training Days and Times	Daily
Age Group	Fundamentals 8-11 Juniors 11+ Seniors 18+
Gender	Both
Fees	Annual fees: £6 fundamentals £19/£24 Juniors, £26 Seniors Includes annual ANI fee
Telephone	
Website	www.northdownac.co.uk
Email	northdownac@gmail.com
Governing Body Affiliation	Athletics Northern Ireland
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Badminton

Club Name	Ballygowan Presbyterian Church Badminton Club
Sport	Badminton
Club Address	Church Hill, Ballygowan, Newtownards, Co. Down, BT23 6JA
Training Location	Church Halls, Comber Road, Ballygowan, Newtownards, Co. Down, BT23 5TS
Training Days and Times	Tuesday evenings 8.00pm
Age Group	Adults - 16 upwards
Gender	Both
Fees	£65 per annum or £3.00 per week
Telephone	028 9044 8687
Website	
Email	desimilligan115@gmail.com
Governing Body Affiliation	Badminton Union of Ireland
Club Mark Accreditation	No
Sports Forum Affiliation	No



Basketball

Club Name	Wizards Special Olympics Basketball Club
Sport	Basketball
Club Address	Bangor Academy & Sixth Form College, 2 Castle Park Road, Bangor, Co Down, BT20 4TB
Training Location	As above
Training Days and Times	Thursday evenings 7.00pm to 8.30pm
Age Group	8+ (no upper age limit)
Gender	Both
Fees	Weekly fee £3
Telephone	07594 990161
Website	
Email	
Governing Body Affiliation	Special Olympics Ulster
Club Mark Accreditation	Yes
Sports Forum Affiliation	No



Bowling

Club Name	Donaghadee Ladies Bowling Club
Sport	Bowls
Club Address	The Commons, Millisle Road, Donaghadee, BT21
Training Location	As above
Training Days and Times	Monday 2.30pm-4.00pm
Age Group	Adults
Gender	Female
Fees	Membership fees £20
Telephone	028 9188 8739
Website	
Email	
Governing Body Affiliation	NIWBA
Club Mark Accreditation	No
Sports Forum Affiliation	No



Club Name	Groomsport Presbyterian Bowling Club
Sport	Bowling – Indoor
Club Address	Walter Nelson Hall, Groomsport, Co Down, BT19
Training Location	As above
Training Days and Times	Wednesday Evening 7.15pm - 9.45pm
Age Group	Adults
Gender	Both
Fees	Annual Membership Fee approx: £10
Telephone	028 9146 2552
Website	www.groomsportpc.com
Email	gportpc@googlemail.com
Governing Body Affiliation	Groomsport Presbyterian Church
Club Mark Accreditation	
Sports Forum Affiliation	



Bowls

Club Name	Ards Bowling Club
Sport	Lawn Bowls
Club Address	70 South Street, Newtownards, Co Down, BT23 6JU
Training Location	As above
Training Days and Times	Mon - Fri 7.30pm - 11pm Sat 1.30pm - 11pm Sun 12.30pm - 3pm
Age Group	All
Gender	Both
Fees	Full member £60 Associate member £30, Junior member (under 18) £10
Telephone	028 9181 2914
Website	ardsbowls.blogspot.co.uk
Email	ardsbowlingclub.ards@gmail.com
Governing Body Affiliation	Ni. Private Greens Bowling League
Club Mark Accreditation	
Sports Forum Affiliation	Yes

Bowls



Club Name	Ballyholme Bowling Club
Sport	Lawn Bowling
Club Address	Ward Park, Park Drive, Bangor
Training Location	As above
Training Days and Times	Monday 1.45pm to 4pm During the months from April to September League Matches - Thursday Afternoons
Age Group	Juniors and adults
Gender	Female
Fees	Contact Club for details
Telephone	Jill - 028 9182 7981
Website	
Email	jill.breadon@gmail.com
Governing Body Affiliation	Irish Women's Bowling Association
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Bowls

Club Name	Ballyholme Presbyterian Church Indoor Bowling Club
Sport	Bowls
Club Address	Ballyholme Presbyterian Church, Ashley Drive, Bangor, BT20 5RD
Training Location	As above
Training Days and Times	Wednesdays 7.30pm-9.30pm September-April
Age Group	No age limit
Gender	Both
Fees	£12 per annum
Telephone	028 9146 6260
Website	
Email	
Governing Body Affiliation	IIBA
Club Mark Accreditation	No
Sports Forum Affiliation	No



Bowls

Club Name	Bangor Bowling Club
Sport	Bowls
Club Address	Ward Park, Bangor, BT20 4LJ
Training Location	
Training Days and Times	Summer months April-Sept
Age Group	All ages
Gender	Both
Fees	£15 club membership
Telephone	07787 436298
Website	
Email	thomas.cannavan@sky.com
Governing Body Affiliation	Irish Bowling Association
Club Mark Accreditation	
Sports Forum Affiliation	No



Bowls

Club Name	Bangor Parish Indoor Bowling Club
Sport	Bowling – Short Mat
Club Address	31 Cleland Park South, Bangor, BT20 3EW
Training Location	Dufferin Hall, 4 Hamilton Road, Bangor, BT20 4LE
Training Days and Times	Tuesdays 7.15pm Thursdays 7.15pm September - March
Age Group	Juniors none/Adults 20-80 years
Gender	Both
Fees	Annual subscription £30.00
Telephone	028 9147 3514 / 07727 122219
Website	
Email	Harrywatterson37@gmail.com
Governing Body Affiliation	Irish Indoor Bowling Association
Club Mark Accreditation	No
Sports Forum Affiliation	No



Bowls

Club Name	Castle Bowling Club
Sport	Bowls
Club Address	Ward Park, Park Drive, Bangor, BT20 4LJ
Training Location	As above
Training Days and Times	Rinks night, Thursday night 7.00pm but members down most evenings from 6.30pm
Age Group	8+
Gender	Male only
Fees	£25 per summer months plus £2 per Home Game. Contribution to transport costs.
Telephone	028 9146 2096 Hon Club Secretary
Website	
Email	
Governing Body Affiliation	Irish Bowling and Northern Ireland Bowling Associations
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Bowls

Club Name	Cloughey Bowling Club
Sport	Bowling
Club Address	17A Main Road, Cloughey, Newtownards, BT22 1EA
Training Location	As above
Training Days and Times	Outdoor Bowling [Summer] April to September Mon-Sat 10am to 9pm. Indoor Bowling Oct-Mar
Age Group	12 years to 65 plus
Gender	Male
Fees	Per hour standard fee by council. Membership £30. Open to the Public. Prices set by Ards and North Down Council.
Telephone	028 4277 2581 Pavilion
Website	
Email	
Governing Body Affiliation	Irish Bowling Federation
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Bowls

Club Name	Donaghadee Bowling Club
Sport	Lawn Bowls
Club Address	The Commons, Millisle Road, Donaghadee, BT21 0HZ
Training Location	As above
Training Days and Times	Mon and Thurs 6.30pm
Age Group	Juniors 10-18yrs Seniors 18yrs plus
Gender	Both
Fees	Full £30, Veterans £25, Juniors, £10 Weekly - Full £3, Veterans £3, Juniors £1.50
Telephone	07542 179202
Website	www.donaghadeebowls.co.uk
Email	N/A
Governing Body Affiliation	IBA and NIBA
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Bowls

Club Name	North Down Bowling Club
Sport	Lawn Bowls
Club Address	Ward Park, Park Drive, Bangor, BT20 4JU
Training Location	
Training Days and Times	Tuesday 7.00pm - 8.30pm Matches on Saturdays 2.00pm - 5.30pm
Age Group	Juniors and adults
Gender	Male
Fees	Council Green Fees apply, £25 Club Subscription
Telephone	07989 972454
Website	
Email	
Governing Body Affiliation	NIBA, IBA
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Bowls

Club Name	North Down Visually Impaired Bowling Club
Sport	Short Mat and Lawn Bowling
Club Address	Pickie Bowling Club, Broadway, Bangor, Co Down
Training Location	As above
Training Days and Times	Short mat bowling on Wednesday afternoon from 2.00pm to 4.00pm during the months from October to March Lawn Bowling - Contact Secretary of NDVIBC
Age Group	Juniors/Adults who are partially sighted or blind
Gender	Both
Fees	On application
Telephone	Jill - 028 9182 7981
Website	
Email	jill.breadon@gmail.com
Governing Body Affiliation	Northern Ireland Association of Visually Impaired Bowlers
Club Mark Accreditation	No
Sports Forum Affiliation	No



Club Name	NI Visually Impaired Bowling Association
Sport	Short Mat Outdoor and Stadium
Club Address	
Training Location	Please contact club for more information
Training Days and Times	Please contact club for more information
Age Group	All ages
Gender	Both
Fees	Please contact club for more information
Telephone	028 9145 5774
Website	pathayes18@hotmail.com
Email	N/A
Governing Body Affiliation	Associate members Irish Bowling Association
Club Mark Accreditation	No
Sports Forum Affiliation	No

Boxing



Club Name	Comber Boxing Club
Sport	Boxing
Club Address	57-59 Castle Street, Comber, BT23 5DY
Training Location	As above
Training Days and Times	Tuesdays 6-8pm Fridays 5.30-7.30pm
Age Group	Juniors 8+ Seniors 18+
Gender	Both
Fees	Membership: Junior £15, Seniors £30 Weekly Fee - Juniors £3
Telephone	07496 911322
Website	
Email	comberboxingclub@outlook.com
Governing Body Affiliation	IABA
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Canoeing & Kayaking

Club Name	Belfast Kayak Club
Sport	Canoeing & Kayaking
Club Address	Correspondence via website
Training Location	Training trips at various paddling locations along the North Down, Antrim coast and Strangford Lough. Pool sessions in Belfast.
Training Days and Times	Club organises regular Tuesday and Thursday evening paddles and Saturday morning skills sessions [April - September]
Age Group	Adults
Gender	Both
Fees	Annual membership = £40
Telephone	
Website	www.belfastkayakclub.co.uk
Email	info@belfastkayakclub.co.uk
Governing Body Affiliation	Canoe Association of Northern Ireland
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Cricket

Club Name	Ards Cricket Club
Sport	Cricket
Club Address	c/o 15 Whiteside Newtownards, BT23 4UP
Training Location	Londonderry Park, Portaferry Road, Newtownards, BT23 8SG
Training Days and Times	Seniors Tuesday 7pm - 9pm Juniors Wednesday 7pm - 9pm
Age Group	U11, 13, 15, 17, Adults
Gender	Both
Fees	Annually: U18 £30 (includes all students) Seniors £60 Non Playing £15
Telephone	028 9181 3974
Website	www.ards.hitscricket.com
Email	Please see website
Governing Body Affiliation	NCU
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Cricket

Club Name	Hollywood Cricket Club
Sport	Cricket
Club Address	Chambers Pavilion, Belfast Road, Hollywood, BT18 9EH
Training Location	Seapark, Hollywood, BT18 0LH
Training Days and Times	Adults: Monday/Wednesday at 6pm Juniors: Tuesday at 5.30pm
Age Group	Juniors 6 years through to 'veteran'
Gender	Both
Fees	Adults £100 Juniors £30
Telephone	07768 567769
Website	HollywoodCC
Email	alanmurrayd@hotmail.com
Governing Body Affiliation	Northern Cricket Union
Club Mark Accreditation	No
Sports Forum Affiliation	Yes

Cricket, Rugby and Football

Club Name	Bangor Cricket and Rugby Club
Sport	Cricket, Rugby and Football
Club Address	Upritchard Park, Bloomfield Road South, Bangor, BT19 7PN
Training Location	
Training Days and Times	Tuesday 18h30-20h30 Thursday 18h30-20h30
Age Group	All ages
Gender	Both
Fees	
Telephone	028 9146 2670
Website	www.bangorcricketclub.com
Email	
Governing Body Affiliation	NCU
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Cycling

Club Name	Ards Cycling Club
Sport	Cycling
Club Address	
Training Location	
Training Days and Times	Saturday - 9.30am - Comber Square Sunday - 9.00am - Conway Square, Newtownards Tuesdays Evening 7pm (April-August)
Age Group	Juniors (16+) and Adults
Gender	Both
Fees	Club membership - £15 adults, £5 Junior
Telephone	Chairman - 07977 113298
Website	www.ardsccl.co.uk
Email	ardscyclingclub@yahoo.com
Governing Body Affiliation	Cycling Ireland
Club Mark Accreditation	No
Sports Forum Affiliation	No



Club Name	Killinchy Cycling Club
Sport	Cycling
Club Address	Killinchy Community Hall, BT23 6PH
Training Location	
Training Days and Times	Various - See Killinychc facebook and webpage for further details
Age Group	16+ as parental consent form is required
Gender	Both
Fees	Annually: £15, £7.50 for students or NIL fee if under 18
Telephone	07412 547709
Website	Killinchc.co.uk
Email	killinchycyclingclub@gmail.com
Governing Body Affiliation	Cycling Ireland
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Club Name	North Down Cycling Club
Sport	Cycling
Club Address	Bangor Sportsplex, 292 Old Belfast Road, Bangor, BT19 1LU
Training Location	Daily club runs - as listed on website
Training Days and Times	Daily club runs - as listed on website northdowncc.com/sanctioned-club-runs/
Age Group	Youth, Juniors and Adults
Gender	Both
Fees	£30 annual membership (January to December) Free for under 18's and over 65's
Telephone	Via Contact us on our website
Website	www.northdowncc.com/contactus/
Email	via Contact us on our website
Governing Body Affiliation	Cycling Ireland
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Cycling

Club Name	Ride & Speak
Sport	Cycling
Club Address	114, Tullynakill Road, Killinchy, Co Down, BT23 6QP
Training Location	Various
Training Days and Times	Various - See website or facebook for further details
Age Group	8yrs - 80 yrs
Gender	Both
Fees	Non Specified
Telephone	07747 630730
Website	www.rideandspeak.cc
Email	rideandspeak@gmail.com
Governing Body Affiliation	Cycling Ireland
Club Mark Accreditation	Yes
Sports Forum Affiliation	No



Diving

Club Name	Diving Academy Northern Ireland
Sport	Competitive Platform and Springboard Diving Club
Club Address	Bangor Aurora Aquatic and Leisure complex, 3 Valentines Road, Bangor, BT20 4TH
Training Location	
Training Days and Times	Monday, Tuesday , Wednesday, Friday - Training times are different for each level.
Age Group	Levels 1-7, Entry Squad, Development 1+2 . Adults
Gender	Both
Fees	Membership fee - £80 plus training lessons
Telephone	028 9127 0271
Website	Facebook: Diving Academy Northern Ireland
Email	
Governing Body Affiliation	Swim Ireland, Swim Ulster
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Equestrian

Club Name	Gransha Equestrian Centre
Sport	Horse and Pony Riding
Club Address	10A Kerrs Road, Bangor, BT19 7QD
Training Location	As above
Training Days and Times	Closed Mondays. Open 9.00-8.00 Tuesday-Friday. 9.00-5.00 Saturdays and Sundays.
Age Group	5 years old - 85 years old
Gender	Both
Fees	Group lesson £20 per hour, £15 per 1/2 hour. Private 45 min £40, 1/2 hour £30
Telephone	07855 462614
Website	www.granshaequestrian.co.uk
Email	granshariding@yahoo.com
Governing Body Affiliation	British Horse Society
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Equestrian

Club Name	North Down Pony Club
Sport	Equestrian
Club Address	c/o Secretary, 38 Magherascous Road, Ballygowan, BT23 5RU
Training Location	Gransha Equestrian Centre, Newtownards. Ardnachasel Equestrian Centre, Comber, BT23 5RU
Training Days and Times	Friday nights, Saturday afternoons, Sunday afternoons
Age Group	Aged 5-21
Gender	Both
Fees	£75 . Lessons range from £10-20 depending on type e.g. dressage, showjumping or cross country.
Telephone	028 9752 8980
Website	branches.pcuk.org/northdown/
Email	
Governing Body Affiliation	PCUK
Club Mark Accreditation	
Sports Forum Affiliation	Yes



Fencing

Club Name	Sullivan Upper/Belfast Fencing Club
Sport	Fencing
Club Address	Sullivan Upper School, Belfast Road, Holywood, BT18 9EP
Training Location	
Training Days and Times	Wednesday 19.00-21.30
Age Group	Juniors [8-12] Seniors [13 and above]
Gender	Both
Fees	4 Week beginner course for £20
Telephone	07909 738628
Website	www.belfastfencingclub.com/
Email	belfastfencingclub@hotmail.co.uk
Governing Body Affiliation	British Fencing
Club Mark Accreditation	No
Sports Forum Affiliation	No



Football

Club Name	1st Bangor FC
Sport	Football
Club Address	Drome Park, 59 Portaferry Road, BT23 6SG
Training Location	Londonderry Park, Portaferry Road, Newtownards, BT23 8SN
Training Days and Times	Tuesday 8pm-9pm??, Thursday 8pm-9pm??
Age Group	18+
Gender	Male
Fees	Membership £15, Weekly fee £5
Telephone	07929 111608
Website	www.facebook.com/1stbangorfc/
Email	ken@kenmcmullan.plus.com
Governing Body Affiliation	IFA, CAFA
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Football

Club Name	Abbey Villa Youth FC
Sport	Football
Club Address	Adams Park, Abbey Road, Millisle, BT22 2PG
Training Location	As above
Training Days and Times	Mon-Fri nights but vary with different age groups
Age Group	Age 6-60 adults
Gender	Both
Fees	£65 sign on fee £10 month training fee £2 match fee - if applicable
Telephone	N/A
Website	Facebook – Abbey Villa FC
Email	abbeyvillafc@hotmail.com
Governing Body Affiliation	IFA
Club Mark Accreditation	In progress
Sports Forum Affiliation	Yes

Football



Club Name	Ards FC Academy
Sport	Football
Club Address	3 Meadowbank Park, Dundonald, BT16 2BN
Training Location	Londonderry Park, Portaferry Road, Newtownards, BT23 8SG
Training Days and Times	Mon 7pm-9pm Wed 7pm-9pm
Age Group	5 years up to 17 years
Gender	Both
Fees	See website
Telephone	07790 725040
Website	ardsfcacademy.co.uk
Email	info@ardsfcacademy.co.uk
Governing Body Affiliation	NIBFA
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Football

Club Name	Ards Football Club
Sport	Football
Club Address	Bangor Fuels, Clandeboye Road, Bangor
Training Location	Londonderry Park and Bangor
Training Days and Times	First - Tues and Thurs - Bangor U20's Monday and Wednesdays - Londonderry Park U18's Monday and Wednesdays - Londonderry Park
Age Group	Under 6s to Under 20s
Gender	Both
Fees	Senior Teams - semi professional Others £200PA
Telephone	028 9181 4970
Website	www.ardsfc.co.uk
Email	admbrian@aol.com
Governing Body Affiliation	IFA and Co. Antrim Association
Club Mark Accreditation	No
Sports Forum Affiliation	No



Football

Club Name	Ards Rangers
Sport	Football
Club Address	Drome Park, Portaferry Road, BT23 8SG
Training Location	Londonderry Park, Portaferry Road, Newtownards, BT23 8SG
Training Days and Times	Tuesday 7-8pm Thursday 8-9pm
Age Group	18+
Gender	Male
Fees	Contact Club for details
Telephone	07887 677542
Website	www.facebook.com/ards-rangers-fc
Email	ardsrangersfc@sky.com
Governing Body Affiliation	IFA
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Football

Club Name	Ards Rangers Juniors
Sport	Football
Club Address	Drome Park, Portaferry Road, BT23 8SG
Training Location	Londonderry Park, Portaferry Road, Newtownards, BT23 8SG
Training Days and Times	Monday, Tuesday, Wednesday and Thursday
Age Group	2013 - 2000's
Gender	Both
Fees	Monthly £15 2009s-2011 £25 2008's-2000's
Telephone	07779 307804
Website	
Email	ardsrangersjuniorssecretary@gmail.com
Governing Body Affiliation	IFA
Club Mark Accreditation	Yes
Sports Forum Affiliation	N/A



Football

Club Name	Ballywalter Rec
Sport	Senior Football
Club Address	12A Springvale Road, Ballywalter, BT22 2PE
Training Location	Londonderry Park 3G, BT23 8SG
Training Days and Times	Tuesdays 8pm-9pm Thursdays 9pm-10pm
Age Group	Adults
Gender	Male
Fees	£25 membership £2 per week for training
Telephone	028 4275 8874
Website	
Email	ballywalterrecfc@gmail.com
Governing Body Affiliation	IFA and Co. Antrim Fa
Club Mark Accreditation	No
Sports Forum Affiliation	No

Football



Club Name	Bangor Football and Athletic Club
Sport	Football
Club Address	Bangor Fuels Arena, 1A Hawthorne court, Clandeboye Road, Bangor, BT20 3HR
Training Location	As above
Training Days and Times	Tuesday and Thursday Evenings
Age Group	Adults (juniors covered by youth academy Castle Juniors FC)
Gender	Senior teams - male only /Junior teams - both
Fees	N/A
Telephone	028 9145 5830
Website	www.bangorfc.com
Email	media@bangorfc.com
Governing Body Affiliation	Co. Antrim & District Football Association
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Football

Club Name	Bangor Ladies Football Club
Sport	Football
Club Address	
Training Location	Bloomfield Playing Fields, 95 Bloomfield Road, Bangor BT20 4XB
Training Days and Times	Various [Contact club for details]
Age Group	Seniors [14+]
Gender	Female Football Club
Fees	Membership fee for 2017 season: £60 [Agreed at the beginning of each new season]. £2 per training session.
Telephone	07872 335188 [Chairman] / 07834 788676 [Manager]
Website	www.facebook.com/BangorLadiesFC
Email	bangorladiesfc@outlook.com
Governing Body Affiliation	Irish Football Association
Club Mark Accreditation	No
Sports Forum Affiliation	No



Football

Club Name	Bangor Rangers Football Club
Sport	Association Football
Club Address	1 Castle Street, Bangor, BT20 4SU
Training Location	Aurora Leisure Centre, 3 Valentine Road, Bangor, BT20 4TH
Training Days and Times	Tuesday 8pm-9pm Thursday 8pm-9pm
Age Group	Adults
Gender	Male
Fees	Annually: £40 Membership Fee, £5 Matchday Fee
Telephone	07886 276930 (Mark Gilmore, Secretary)
Website	
Email	bangorrangersfc@gmail.com
Governing Body Affiliation	IFA - CAFA
Club Mark Accreditation	No
Sports Forum Affiliation	No



Football

Club Name	Bangor Young Men FC
Sport	Football
Club Address	2 Cranley Green, Bangor, BT19 7FE
Training Location	Aurora Leisure Centre, 3 Valentine Road, Bangor, BT20 4TH
Training Days and Times	Tuesdays & Thursdays 7pm-8pm
Age Group	4-16, adults
Gender	Male
Fees	Annual Fee: £30 £5 matches only
Telephone	028 9048 0460
Website	www.bangoryoungmenfc.co.uk
Email	chris@john-boston.co.uk
Governing Body Affiliation	IFA; Co ANTRIM; NRFL; DAWFL
Club Mark Accreditation	In progress
Sports Forum Affiliation	Yes



Football

Club Name	Bryansburn Rangers FC
Sport	Football
Club Address	Ballywooley Park , Crawfordsburn Road, Bangor, BT19 1BT
Training Location	Bangor Aurora, 3 Valentines Road, Bangor, BT20 4TH
Training Days and Times	Tuesday 8pm-9pm Thursday 8pm-9pm
Age Group	Adults
Gender	Male
Fees	£10 - £50 Annual Subscription £5 Match Fee
Telephone	07793 805986
Website	
Email	bryansburnfc@btopenworld.com
Governing Body Affiliation	IFA and Co Antrim FA
Club Mark Accreditation	
Sports Forum Affiliation	Yes



Football

Club Name	Castle Juniors FC
Sport	Football
Club Address	Bangor Sportsplex, 292 Old Belfast Road, Bangor
Training Location	Bangor Sportsplex, Bangor Aurora, Bangor FC
Training Days and Times	Monday-Thursday evenings, precise timings and locations are dependant on the year groups
Age Group	5-18years
Gender	Both
Fees	Annually £240
Telephone	07526 309906
Website	www.castlejuniors.com
Email	info@castlejuniors.com
Governing Body Affiliation	IFA
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes

Football

Club Name	Comber Rec Ladies FC
Sport	Football
Club Address	Parkway, Comber, BT23 5AR
Training Location	
Training Days and Times	Seniors: Sundays 1.30-3.30pm Tuesdays 7.30-9pm Juniors & MumBees (Over 30s) Tuesdays 6.30-7.45pm
Age Group	Juniors 6-14 Seniors 15+
Gender	Female
Fees	Membership fees – Juniors £20 Seniors – £35 Weekly Fee – Juniors £2, Seniors £3
Telephone	Heather – 07814 345270
Website	comberrecladiesfc.co.uk
Email	comberrecladiesfc@gmail.com
Governing Body Affiliation	IFA
Club Mark Accreditation	Yes
Sports Forum Affiliation	No



Football

Club Name	Comber Recreation FC
Sport	Association Football
Club Address	Parkway, Comber, BT23 5AR
Training Location	Various facilities during winter months (contact club)
Training Days and Times	All weekday evenings
Age Group	Developers through to senior male and female
Gender	Both
Fees	Refer to Club
Telephone	028 9187 8262 / 07811 300756
Website	comber-rec.co.uk
Email	
Governing Body Affiliation	Irish Football Association
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Football

Club Name	East Coast Strikers
Sport	Football
Club Address	Church Street, Newtownards, BT23 4EJ
Training Location	
Training Days and Times	Monday, Tuesday and Thursday - 6.30pm to 8pm
Age Group	Juniors 2010 - 2005
Gender	Both
Fees	To register - £15, monthly dues £20
Telephone	07495 516613
Website	
Email	eastcoaststrikers@gmail.com
Governing Body Affiliation	NIBFA
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Football

Club Name	Hollywood Football Club
Sport	Football
Club Address	c/o 12 Princess Gardens, Hollywood, BT18 OPN
Training Location	Spafield 3G Pitch, Belfast Road, Hollywood
Training Days and Times	Youth Section (year 1 to Under18s) Monday to Thursday 6.00pm onwards depending on age group. Adult Section Tuesday – 7.30pm to 8.30pm Thursday 7.00pm to 8.00pm
Age Group	See above
Gender	Primarily Male
Fees	Youth Section – on request Adult section – £5 per week
Telephone	07762 086896
Website	
Email	
Governing Body Affiliation	Irish FA and Country Antrim FA
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Football

Club Name	Irish Football Association
Sport	Football
Club Address	Irish Football Association – Ards and North Down Borough Department, Londonderry Park, Portaferry Road, Newtownards, BT23 8NN
Training Location	
Training Days and Times	For information on: <ul style="list-style-type: none"> • Grassroots • Coach Education, • Club Development • Small Sided Games please contact Kyle Spiers. Please contact Craig Brotherson for local information.
Age Group	All ages
Gender	Both
Fees	
Telephone	07966 373384 (Kyle Spiers) 0300 013 3333 Ext 40262 (Craig Brotherson)
Website	www.irishfa.com
Email	kyle.spiers@irishfa.com
Governing Body Affiliation	FIFA, UEFA
Club Mark Accreditation	No
Sports Forum Affiliation	No



Football

Club Name	Portaferry Town Sports Club
Sport	Soccer
Club Address	17 Joe Tomelty Drive, Portaferry, BT22 1RP
Training Location	Astroturf, High Street, Portaferry
Training Days and Times	Under 12 - Tuesday 7.00pm-8.00pm Under 14 - Wednesday 7.00pm-8.00pm Under 16 - Wednesday 8.00pm-9.00pm
Age Group	Juniors U12, U14, U16
Gender	Both
Fees	£2 per training session. Under 14 and Under 16 £50 membership
Telephone	07775 757795
Website	
Email	
Governing Body Affiliation	NIBFA
Club Mark Accreditation	No
Sports Forum Affiliation	No



Football

Club Name	Portavogie Rangers Football Club
Sport	Football
Club Address	c/o secretary, 21 Oak Avenue, Ballyhalbert, BT22 1TB
Training Location	Portavogie Pitch, New Harbour Road, Portavogie, BT22 1EE
Training Days and Times	Tuesday 7pm-8.30pm Thursday 7pm-8.30pm
Age Group	16+
Gender	Both
Fees	Weekly fee £5 for each playing member
Telephone	07885 742785
Website	
Email	portavogierangersfc@hotmail.com
Governing Body Affiliation	IFA
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Gaelic Games

Club Name	Down GAA
Sport	Gaelic Games and Culture
Club Address	46-48 Main Street, Castlewellan, BT31 9DJ
Training Location	
Training Days and Times	
Age Group	All ages
Gender	Both
Fees	
Telephone	028 4377 0880
Website	www.downgaa.net
Email	secretary.down@gaa.ie
Governing Body Affiliation	GAA
Club Mark Accreditation	No
Sports Forum Affiliation	No



Gaelic Games

Club Name	St Pauls GAC
Sport	Gaelic Games
Club Address	McNamee Park, Belfast Road, Holywood, BT18 9HT
Training Location	As above
Training Days and Times	Sunday 09.30-10.30, 11.00-12.00, 12.00-13.00 Monday 19.15-20.30 Wednesday 19.15-20.30
Age Group	Juvenile 6 years old – 18 years Senior 19 years – 30+
Gender	Both
Fees	Full Member – £70 Juvenile – £15 Student - £25 Social - £60
Telephone	07771 732609
Website	www.stpaulsgaa.com
Email	secretary.stpauls.down@gaa.ie
Governing Body Affiliation	GAA
Club Mark Accreditation	Working towards
Sports Forum Affiliation	Yes



Golf

Club Name	Clandeboyne Golf Club
Sport	Golf
Club Address	Tower Road, Conlig, Newtownards , BT23 7PN
Training Location	As above
Training Days and Times	Open everyday
Age Group	5 - 100 years old
Gender	Both
Fees	Annual Fee: £987
Telephone	028 9127 1767
Website	www.cgc-ni.com
Email	office@cgc-ni.com
Governing Body Affiliation	GUI, ILGU
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Golf

Club Name	Donaghadee Golf Club
Sport	Golf
Club Address	84 Warren Road, Donaghadee, BT21 0PQ
Training Location	
Training Days and Times	
Age Group	All ages
Gender	Both
Fees	Please contact the office for membership fees and latest offers
Telephone	028 9188 3624 OPTION 3
Website	www.donaghadeegolfclub.com
Email	office@donaghadeegolfclub.com ;
Governing Body Affiliation	GUI, ILGU
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Club Name	Helens Bay Golf Club
Sport	Golf
Club Address	Golf Road, Helens Bay, BT19 1TL
Training Location	
Training Days and Times	Contact Club for details
Age Group	Juniors 8-18, Adults 18+
Gender	Both
Fees	Contact Club for details
Telephone	028 9185 2815
Website	www.helensbaygc.com
Email	mail@helensbaygc.com
Governing Body Affiliation	
Club Mark Accreditation	
Sports Forum Affiliation	



Golf

Club Name	Hollywood Golf Club
Sport	Golf
Club Address	Demesne Road, Hollywood BT18 9LE
Training Location	
Training Days and Times	
Age Group	6 upwards
Gender	Both
Fees	From £140 p.a.
Telephone	028 9042 3135
Website	www.hollywoodgolfclub.co.uk
Email	mail@hollywoodgolfclub.co.uk
Governing Body Affiliation	GUI
Club Mark Accreditation	
Sports Forum Affiliation	Yes



Club Name	Mahee Island Golf Club
Sport	Golf
Club Address	Mahee Island, Comber, BT23 6EP
Training Location	
Training Days and Times	Play everyday if possible
Age Group	Juveniles and Adults
Gender	Both
Fees	£529 M, £533 F
Telephone	07929 462771
Website	www.maheegolf.com
Email	peter.farlay@icloud.com
Governing Body Affiliation	GUI, ILGU
Club Mark Accreditation	N/A
Sports Forum Affiliation	No



Golf

Club Name	Scrabo Golf Club
Sport	Golf
Club Address	233 Scrabo Road, Newtownards, BT23 4SL
Training Location	As above
Training Days and Times	Contact Professional Shop
Age Group	7-18 yrs/18 yrs and above
Gender	Both
Fees	Per categories. Contact office 028 9181 2355
Telephone	028 9181 2355
Website	www.scrabogolfclub.com
Email	admin@scrabogc.co.uk
Governing Body Affiliation	GUI
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Club Name	The Royal Belfast Golf Club
Sport	Golf
Club Address	Station Road, Craigavad, Holywood, BT18 0BP
Training Location	
Training Days and Times	Open everyday, 07.30 to close [depending on the time of year]
Age Group	7+
Gender	Both
Fees	Round of Golf from £55 per person on application
Telephone	028 9042 8165
Website	www.royalbelfast.com
Email	admin@royalbelfast.com
Governing Body Affiliation	GUI
Club Mark Accreditation	Yes
Sports Forum Affiliation	No



Gymnastics

Club Name	Queens Gymnastics Club
Sport	Gymnastics
Club Address	Queens Leisure Complex, Hollywood
Training Location	Queens Leisure complex and Bangor Aurora Aquatic and Leisure Complex
Training Days and Times	Fridays and Saturdays in Queens Mondays in Bangor
Age Group	4-18 years
Gender	Both
Fees	Please contact club
Telephone	07745 061873 (Jayne)
Website	www.queensgymnastics.co.uk
Email	
Governing Body Affiliation	British Gymnastics/ Gymnastics NI
Club Mark Accreditation	No
Sports Forum Affiliation	No



Gymnastics

Club Name	Rathgael Gymnastics and Tumbling Club
Sport	Gymnastics
Club Address	Unit 1, 14 Balloo Avenue, Bangor, BT19 7QT
Training Location	Castle Gardens PS, BT23 8SH & Bangor Ju Jitsu Club, unit 61, 4 Balloo Drive, Bangor BT19 7QY
Training Days and Times	Training 7 days a week Please contact club for Disability and Junior sessions Adult Gymnastics Mondays 8pm-10pm
Age Group	All age groups catered for
Gender	Both
Fees	Between £4-£7 per hour depending on venue class and coaches Payments monthly by DD
Telephone	028 9145 9346
Website	www.rathgaelgym.org
Email	reception@rathgaelgym.org
Governing Body Affiliation	British Gymnastics and Gymnastics Ireland
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Hockey

Club Name	Ards Ladies Hockey Club
Sport	Hockey
Club Address	13 Glen Ebor Park, Belfast, BT4 2JJ
Training Location	Londonderry Park, Portaferry Road, Newtownards, BT23 8SG
Training Days and Times	Senior Club – Thursday 6.30pm-8.00pm Under 9's – Fridays 6.30pm-7.30pm Under 15's – Tuesdays 6.30pm-8.30pm
Age Group	Adult - 15+, Junior - U15s [P7-Y11], Juniors - U9s [P2/3-P6]
Gender	Female
Fees	From £90-£180 – family rates available
Telephone	07772 115373
Website	www.ardslhc.com
Email	lynnamills@yahoo.co.uk
Governing Body Affiliation	Ulster Hockey Union
Club Mark Accreditation	Working towards
Sports Forum Affiliation	Yes



Hockey

Club Name	Bangor Ladies Hockey Club
Sport	Hockey
Club Address	Bangor Aurora Aquatic and Leisure complex, 3 Valentines Road, Bangor, BT20 4TH
Training Location	
Training Days and Times	Senior – Wed 19.30-20.30 Under 11s – Fri 18.00-19.00 Under 15s – Fri 19.00-20.00
Age Group	U9, U11, U13, U15, Seniors
Gender	Female
Fees	Senior £160 p/a Student £130 School £120 Junior Club £80 (U15)
Telephone	Lyndsay Turner – 07894 433397
Website	Facebook – Bangor Ladies Hockey
Email	bangorladieshockeyclub@gmail.com
Governing Body Affiliation	Ulster Hockey/Hockey Ireland
Club Mark Accreditation	No
Sports Forum Affiliation	No

Hockey

Club Name	Bangor Men's Hockey Club
Sport	Hockey
Club Address	Bangor Aurora Aquatic and Leisure complex, 3 Valentines Road, Bangor, BT20 4TH
Training Location	
Training Days and Times	Tuesday 7.30pm-8.30pm and Thursday 7-8pm Juniors Tuesday 6.30-7.30pm
Age Group	Junior [6-14] Adult [15+]
Gender	Male
Fees	Full - £250, Restricted - £100, Student - £150, School - £100, Junior - £75
Telephone	07411 232377
Website	www.bangorhockeyclub.com
Email	matchsec@bangorhockey.com
Governing Body Affiliation	Ulster Hockey
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Hockey

Club Name	Donaghadee Ladies Hockey Club
Sport	Hockey
Club Address	Bangor Grammar School, Gransha Road, Bangor, BT19 7QU
Training Location	
Training Days and Times	Wednesdays 7.30-9pm
Age Group	15+
Gender	Female
Fees	£175 Adult, £100 School Girls
Telephone	n/a
Website	www.donaghadeelhc.co.uk
Email	dlhc@hotmail.co.uk
Governing Body Affiliation	Ulster Hockey Union
Club Mark Accreditation	No
Sports Forum Affiliation	No



Hockey

Club Name	Hollywood Ladies Hockey
Sport	Hockey
Club Address	Strathearn School, 188 Belmont Road, Belfast, BT4 2AM
Training Location	
Training Days and Times	Monday 7.15-8.30pm
Age Group	15+
Gender	Female
Fees	Annually: £150
Telephone	07738 152605
Website	
Email	clarejohnston@sky.com
Governing Body Affiliation	Ulster Hockey Union
Club Mark Accreditation	
Sports Forum Affiliation	Yes



Hockey

Club Name	North Down Hockey Club
Sport	Hockey
Club Address	Comber Leisure Centre, Castle Street, Comber, BT23 5DY
Training Location	As above
Training Days and Times	Sun: P1-P4 boys/girls 1-2pm, P5-P7 boys/girls 1.45-3pm, 11-15 boys 3-4.15pm, Mon: 11-15 girls 6-7pm. Ladies 1st XI 7pm-8.30pm. Mens club 8pm-9.30pm. Wed: Mens club 7pm-8.30pm. Mens 1st XI 8.30-10pm. Ladies club 7pm-8.30pm. Ladies 1st XI 8.30pm-10pm. Visit club website for any schedule changes.
Age Group	Youth 6-15years Adult 15+
Gender	Both
Fees	See Club website under CLUBHOUSE for full details of membership categories and fees
Telephone	028 9187 4500
Website	www.northdownhc.co.uk
Email	jim.patterson@talktalk.net
Governing Body Affiliation	Ulster Hockey Union
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Hurling and Camogie

Club Name	Ballygalget GAC
Sport	Hurling and Camogie
Club Address	12 Ballygalget Road, Cloughey, Co. Down, BT22 1NE
Training Location	
Training Days and Times	<p>Sun: U12 Hurling 10.30am, P3/4 Camogie at 10.30am, P5/P6 Camogie at 10.30am</p> <p>Tue: P4/P5/P6 Hurling U14/U16 Hurling 6.30pm Adult Hurling/Minor Hurling 7pm</p> <p>Thu: U14 Camogie at 6.15pm U16 Hurling at 6.30pm P3/4/5 Hurling at 6.30pm P1/P2 Fundamentals 7-8pm (Parish Hall) Adult Hurling/Minor Hurling 7pm</p> <p>Fri: P3/P4 Camogie 6pm, U12 Camogie 6.30pm</p>
Age Group	All age groups from U6 upwards in camogie and hurling
Gender	Both
Fees	Juvenile (U18) £25 Adult £60
Telephone	07794 940882
Website	www.facebook.com/Ballygalget-GAC
Email	Secretary.ballygalget.down@gaa.ie
Governing Body Affiliation	GAA
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Hurling and Camogie

Club Name	St Patrick's GAC, Portaferry
Sport	Hurling and Camogie
Club Address	3 Ballyfounder Road, Portaferry, BT22 1RE
Training Location	As above
Training Days and Times	Tuesday Thursday 7.00pm adults Monday Wednesday Friday 6.30pm juniors
Age Group	Juniors U6/U8/U10/U12/U14/U16/U18 Boys/Girls Adults over 17
Gender	Both
Fees	U18 £15.00 Over 18 £55.00
Telephone	See website
Website	www.portaferry.gaa.ie
Email	secretary.portaferry.down@gaa.ie
Governing Body Affiliation	GAA
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Hurling/Camogie

Club Name	St Joseph's GAA Club, Ballycran
Sport	Hurling/Camogie
Club Address	McKenna Community Centre, McKenna Road, Kircubbin, BT22
Training Location	
Training Days and Times	Seven days a week with different teams, training juveniles 1-2 per week, adults 2-3 per week.
Age Group	U-6, U-8, U-10, U-12, U-14, U-16, U-18 and adults
Gender	Both
Fees	£20 juvenile playing member, £60 adult playing member, £20 non-playing members, £40 family membership.
Telephone	
Website	www.ballycran.down.gaa.ie ;
Email	secretary.ballycran.down.gaa.ie ;
Governing Body Affiliation	GAA
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Inline Hockey

Club Name	Bangor Chiefs Inline Hockey Club
Sport	Inline Hockey
Club Address	1 Hanover Chase, Bangor, BT19 7NT
Training Location	Aurora Leisure Centre, 3 Valentine Road, Bangor
Training Days and Times	Wednesday 20.00-21.30 seniors, Thursday 18.30-20.00 juniors/beginners
Age Group	Juniors/Adults
Gender	Both
Fees	Seniors £26 per month Juniors £23 per month
Telephone	07718 167374
Website	bangorchiefs.com
Email	bangorchiefs1@gmail.com
Governing Body Affiliation	IHI/BIPHA
Club Mark Accreditation	No (in process)
Sports Forum Affiliation	Yes



Martial Arts

Club Name	Kodokan Jutsu Kai
Sport	Martial Arts - Jiu-Jitsu
Club Address	Greenroad Com Centre, Breezemount, Conlig, BT23 7TX
Training Location	As above
Training Days and Times	Tues 7.00pm-9.00pm
Age Group	6+
Gender	Both
Fees	£4.00 Juniors, £5.00 Seniors
Telephone	07919 064137
Website	
Email	dagr26@aol.com
Governing Body Affiliation	NIJJA
Club Mark Accreditation	No
Sports Forum Affiliation	No



Martial Arts

Club Name	Bangor Ju Jitsu Club
Sport	Martial Arts - Ju Jitsu
Club Address	Unit 61 4 Balloo Drive, Bangor, Co. Down, BT23 8NH
Training Location	As above
Training Days and Times	Sun 2-4pm Juniors, 4-5.30pm Seniors Tues & Thurs 6-8pm Juniors, Wed 8-9.30pm Seniors Fri 7.30pm-9pm Seniors Sat 9-12noon Juniors
Age Group	Juniors: 4-15 years Seniors: 16 and over
Gender	Both
Fees	£4 Juniors per class/£28 per year £6 adults per class/£35 per year
Telephone	07966 964994
Website	
Email	riscon1@gmail.com
Governing Body Affiliation	
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Martial Arts

Club Name	Comber Ju Jitsu Club
Sport	Martial Arts - Ju Jitsu Club
Club Address	Comber Leisure Centre, Castle Street, Comber, BT23 5DY
Training Location	As above
Training Days and Times	Thursday 6.00pm-7.00pm Saturday 9.45am-10.45am Juniors only
Age Group	Juniors and Adults
Gender	Both
Fees	Membership Fees: £25 Juniors Session Fees: £4 Juniors £6 Adults
Telephone	07763 207256
Website	
Email	
Governing Body Affiliation	NIIJA
Club Mark Accreditation	No
Sports Forum Affiliation	No



Martial Arts

Club Name	Ards Jujitsu Club
Sport	Martial Arts - Jujitsu
Club Address	Ards Leisure Centre, William St, Newtownards, BT23 4EJ
Training Location	Ards Leisure Centre, William St, Newtownards, BT23 4EJ
Training Days and Times	Tuesday 6.30-7.30 Juniors, 7.30-9.00 Adults Friday 6-7 Juniors, 7-8.30 Adults Saturday 11.15-12.15 Juniors
Age Group	Juniors and Seniors
Gender	Both
Fees	Membership fees: £25 Juniors, £31 Seniors. Session fees: £4 Juniors, £6 Seniors
Telephone	07763 801256
Website	
Email	
Governing Body Affiliation	NIJJA
Club Mark Accreditation	Working towards
Sports Forum Affiliation	No



Martial Arts

Club Name	Ards Wado Ryu Karate
Sport	Martial Arts - Karate
Club Address	Ards Leisure Centre, William St, Newtownards, BT23 4EJ
Training Location	As above
Training Days and Times	Juniors: Monday - 7.30pm-8.30pm Thursday 8.00pm-9.00pm Seniors: Thursday 9.00pm-10pm
Age Group	7-15 years, Juniors 16+ years, Seniors
Gender	Both
Fees	Session Fees: Juniors £3-£4 Seniors £5
Telephone	07812 897541
Website	www.wikfni.com
Email	mawhinneym131@hotmail.co.uk
Governing Body Affiliation	NIKB
Club Mark Accreditation	No
Sports Forum Affiliation	No



Martial Arts

Club Name	Bangor Aurora Karate Club
Sport	Martial Arts - Karate
Club Address	Bangor Aurora Aquatic and Leisure Complex, 3 Valentine Road, Bangor, BT20 4UT
Training Location	
Training Days and Times	Thursday 6.30am-7.15am (Karate Fit) Thursday 6.00pm-7.00pm Friday 4.30pm-5.30pm
Age Group	Thu: Karate Fit Adults only, Age 6-Adult Fri: Age 10-adult (sport Karate Class)
Gender	Both
Fees	Monthly fees between £20 + £45
Telephone	07760 337578
Website	www.mizukara.co.uk
Email	wadodave@yahoo.com
Governing Body Affiliation	International Karate Union
Club Mark Accreditation	No
Sports Forum Affiliation	No



Martial Arts

Club Name	Bangor Wado Ryu Karate
Sport	Martial Arts - Karate
Club Address	Bangor Aurora Aquatic and Leisure complex, 3 Valentines Road, Bangor, BT20 4UT
Training Location	As above
Training Days and Times	Sunday 2pm-3pm Friday 5pm-6pm [Juniors only]
Age Group	7-15 years, Juniors 16+ years, Seniors
Gender	Both
Fees	£6 Seniors, Juniors £3-£4
Telephone	07812 897541
Website	www.wikfni.com
Email	mawhinneym131@hotmail.co.uk
Governing Body Affiliation	NIKB
Club Mark Accreditation	No
Sports Forum Affiliation	No



Martial Arts

Club Name	Carnalea Wado Kai
Sport	Martial Arts - Karate
Club Address	Carnalea Methodist Centre, Rathmore Road, Bangor, BT19 1NJ
Training Location	
Training Days and Times	Monday Juniors [6-12 years] 7-8pm Seniors [13-adult] 8-9.30pm
Age Group	Juniors 6 to 12 Seniors 13 to adult
Gender	Both
Fees	Monthly fees between £20 + £45
Telephone	07958 555621
Website	www.mizukara.co.uk
Email	wadodave@yahoo.com
Governing Body Affiliation	Karate Ireland
Club Mark Accreditation	No
Sports Forum Affiliation	No



Martial Arts

Club Name	Comber Wado Ryu Karate
Sport	Martial Arts - Karate
Club Address	Comber Leisure Centre, 1 Enler Park, Castle Street, Comber, BT23 5DY
Training Location	As above
Training Days and Times	Wednesday 7.00pm-8.30pm
Age Group	7-15 years, Juniors 16+ years, Seniors
Gender	Both
Fees	Juniors £3 per session Seniors £5 per session
Telephone	07812 897541
Website	www.wikfni.com
Email	mawhinneym131@hotmail.co.uk
Governing Body Affiliation	NIKB
Club Mark Accreditation	No
Sports Forum Affiliation	No



Martial Arts

Club Name	Scrabo Karate Club
Sport	Martial Arts - Karate
Club Address	Ards Leisure Centre, William St, Newtownards, BT23 4EJ
Training Location	
Training Days and Times	Wednesday - Juniors & Seniors 6-7pm
Age Group	Juniors 6-12 Seniors - 13 to adult
Gender	Both
Fees	Monthly fees between £20 + £45
Telephone	07958 555621
Website	www.mizukara.co.uk
Email	wadodave@yahoo.com
Governing Body Affiliation	Karate Ireland/International Karate Union
Club Mark Accreditation	No
Sports Forum Affiliation	No



Martial Arts

Club Name	Hollywood Tae Kwon Do
Sport	Martial Arts - Tae Kwon Do
Club Address	Queens Leisure Complex, Hollywood, BT18 9HL
Training Location	
Training Days and Times	Kids [age 6-12] 6-7pm Monday and Wednesday Adults 7-8pm Monday and Wednesday TKD foundations [age 4-6] 5.30pm-6pm Wednesday
Age Group	Foundation 4-6 Kids 6-12 Adults 12+
Gender	Both
Fees	£35 monthly Foundation £25
Telephone	07843 309822
Website	www.niktd.com
Email	Adam@nitkd.com
Governing Body Affiliation	TAGB & TANI
Club Mark Accreditation	Ongoing
Sports Forum Affiliation	No



Martial Arts

Club Name	Comber Tai-Jutsu
Sport	Martial Arts - Tai-Jutsu
Club Address	Comber Leisure Centre, Castle Street, Comber, BT23 5DY
Training Location	As above
Training Days and Times	Juniors: Wednesday 7-8pm & Saturdays 11am-12pm. Seniors: Wednesday 7-8.30pm & Saturdays 11.am-12.30pm
Age Group	Juniors: 5 - 15 years Seniors: 16years+
Gender	Both
Fees	Juniors: £3.50 per class Seniors: £4.50 per class
Telephone	07858 437415
Website	nitja.org
Email	comber@nitja.org
Governing Body Affiliation	NIJJA
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Motorcycling

Club Name	Belfast & District Motor Club
Sport	Motorcycling Short Circuit Racing
Club Secretary's Address	c/o Secretary, 33 Brentwood Park, Belfast, BT5 7LQ
Training Location	N/A
Training Days and Times	Events held at Kirkistown Circuit Easter Monday, 1st Saturday in June and 1st Saturday in September
Age Group	Adults and age 14+
Gender	Both
Fees	Annual membership £10
Telephone	Club secretary – see website
Website	www.belfastanddistrictmotorclub.co.uk
Email	banddmc@gmail.com
Governing Body Affiliation	
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Netball

Club Name	Bangor Netball Club
Sport	Netball
Club Address	c/o Facebook www.facebook.com/Bangor-Netball-Club-263970200302960
Training Location	Bangor Aurora Aquatics and Leisure Centre, Castle Park, Bangor, BT20 4TH
Training Days and Times	Netball season usually runs September to April. Minis to be confirmed Tuesday Juniors 6pm-8pm Tuesday Seniors 8pm-10pm
Age Group	Minis 10-12yrs Juniors U14-U16 Seniors 16+
Gender	Female
Fees	Members annual subscription Minis - Senior confirmed at AGM meeting or at first committee meeting of season
Telephone	Contact Facebook or Website
Website	Bangornetballclub.org
Email	bangornetballclub@hotmail.com
Governing Body Affiliation	Netball Northern Ireland
Club Mark Accreditation	In process
Sports Forum Affiliation	Yes



Netball

Club Name	Phoenix Netball Club
Sport	Netball
Club Address	2 Whitethorn Avenue, Newtownards, BT23 8WT
Training Location	Ards Leisure Centre, William Street, Newtownards, BT23 8EJ
Training Days and Times	Monday 8pm-9.30pm
Age Group	14 - no upper limit
Gender	Female
Fees	£130 per year for all training sessions (paid in £2 instalments) £2 per quarter played for matches.
Telephone	07803 835035
Website	N/A
Email	Charlie.bobo@hotmail.co.uk
Governing Body Affiliation	Netball Northern Ireland
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Orienteering

Club Name	Lagan Valley Orienteers
Sport	Orienteering
Club Address	Various parks and forests in the Ards and North Down Borough.
Training Location	
Training Days and Times	Wednesdays evenings in June, July and August. Saturday events throughout the year.
Age Group	Juniors and Seniors. Excellent junior training programme.
Gender	Both
Fees	Annual fee: Adults - £20, Juniors - £8.30. Family fee discount
Telephone	07815 872010
Website	lvo.org.uk
Email	secretary@lvo.org.uk
Governing Body Affiliation	British Orienteering
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Radio Control Model Aircraft

Club Name	North Down Model Aircraft Club
Sport	Radio Control Model Aircraft
Club Address	NDMAC - Entrance adjacent to 154 Rubane Road, Kircubbin, BT22 1AU
Training Location	
Training Days and Times	Monday to Saturday weather permitting
Age Group	All
Gender	Both
Fees	Membership including insurance Jan to Dec. Senior £84. Junior £26. Family Junior £22
Telephone	07831 819999
Website	www.ndmac.co.uk
Email	pl.moore@talktalk.net / stewart@ndmac.co.uk
Governing Body Affiliation	British Model Flying Association (BMFA)
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Rhythmic Gymnastics

Club Name	Castle Rhythmic Gymnastics Club
Sport	Rhythmic Gymnastics
Club Address	Aurora Aquatic and Leisure Centre, 3 Valentine Road, Bangor, BT20 4TH
Training Location	
Training Days and Times	Monday 6pm-8pm (Beginner and Recreational) Monday 4pm-8pm Elite Friday 4pm-7pm Elite Sunday 11am-1pm Elite
Age Group	From 5 years
Gender	Female
Fees	£55 per term Club affiliation £10 per year British Gymnastics insurance £17 annually Elite members BG insurance £40
Telephone	07766 951562 or 07871 256976
Website	www.facebook.com/castleryg
Email	castleryg@outlook.com
Governing Body Affiliation	British Gymnastics
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Rowing

Club Name	Donaghadee Coastal Rowing Club
Sport	Rowing
Club Address	c/o 79 Bexley Road, Bangor, BT19 7TS
Training Location	Slipway – Shore Street, Donaghadee
Training Days and Times	Sunday Afternoons and other time advertised by facebook and email
Age Group	11 years +
Gender	Both
Fees	Annually Adults £20 Juniors £10 Family £40
Telephone	07817 333789
Website	
Email	donagahdeecrc@hotmail.com
Governing Body Affiliation	DCRA / ICRF
Club Mark Accreditation	No
Sports Forum Affiliation	No



Rugby

Club Name	Ards Rugby Football Club
Sport	Rugby
Club Address	Hamilton Park, Lansdowne Road Newtownards, BT23 4NT
Training Location	
Training Days and Times	Seniors, Youth, Ladies - Tues & Thurs @ 7pm, Minis - Sun @ 2pm
Age Group	Seniors, Youth Mini, Ladies -16yrs+
Gender	Both
Fees	Annual membership fees Mini Rugby - £75 Mini Family - £100 [2 adults & 2 children] Youth - £45 Ladies - £45 Senior - £60 [student and u/3] £120 [full playing]
Telephone	Clubhouse 028 9181 3961
Website	www.ardsrugby.co.uk
Email	info@ardsrugby.co.uk
Governing Body Affiliation	IRFU [Ulster Branch]
Club Mark Accreditation	No
Sports Forum Affiliation	Yes

Rugby



Club Name	Bangor Rugby Football Club
Sport	Rugby
Club Address	Upritchard Park, Bloomfield Road South, Bangor, BT19 7PN
Training Location	As above
Training Days and Times	Mini – Sundays 14.00-15.30 Junior – Mondays & Wednesdays 19.00-20.00 Adult – Tuesdays & Thursdays 19.00-20.00
Age Group	Mini: P1-P7, Junior 12-17, Adult 18+
Gender	Both
Fees	See Website for options
Telephone	07791 149714
Website	www.bangorrfc.co.uk
Email	bangorrfc@gmail.com
Governing Body Affiliation	IRFU (Ulster Branch)
Club Mark Accreditation	Working towards
Sports Forum Affiliation	Yes



Rugby

Club Name	Donaghadee RFC
Sport	Rugby
Club Address	Newtownards Road, Donaghadee, BT21 0DY
Training Location	
Training Days and Times	<p>Minis and Girls – Sun from 1.30pm Youth – Sun from 1.30pm and Wed evening Women and Donaghadee Sharkies – Monday evening Senior Men – Tues and Thurs from 7pm Email club for details</p>
Age Group	5 - 65years
Gender	Both
Fees	Fees vary and are available on our website
Telephone	n/a
Website	www.donaghadee-rugby.co.uk
Email	donaghadeerugby@gmail.com
Governing Body Affiliation	IRFU (Ulster Branch)
Club Mark Accreditation	No
Sports Forum Affiliation	No

Rugby & Cricket

Club Name	Hollywood Rugby Football & Cricket Club
Sport	Rugby & Cricket
Club Address	Chambers Pavilion, Belfast Road, Hollywood, BT18 9EH
Training Location	Kerr Park, Hollywood, BT18 9EH
Training Days and Times	Monday, Wednesday 7pm
Age Group	Mini Rugby 5-11, Adult 18 +
Gender	Both
Fees	Annual fee or Monthly DD starts at £22 - £100 depending on membership
Telephone	028 9058 0640
Website	
Email	
Governing Body Affiliation	Ulster Branch
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Running

Club Name	Scrabo Striders
Sport	Running
Club Address	Londonderry Park, Portaferry Road, Newtownards, BT23 8NN
Training Location	As above
Training Days and Times	Monday 7.15pm-8pm Wednesday 7.15pm-8pm
Age Group	Junior ages 11-17, seniors 18+
Gender	Both
Fees	Senior £40, Junior £30, Affiliate £40
Telephone	07970 593655
Website	www.scrabostriders.com
Email	scrabostriders@gmail.com
Governing Body Affiliation	Athletics Northern Ireland
Club Mark Accreditation	Working towards
Sports Forum Affiliation	Yes

Sailing



Club Name	Ballyholme Yacht Club
Sport	Sailing
Club Address	Seacliff Road, Bangor, BT20 5HT
Training Location	
Training Days and Times	Daily throughout the summer. RYA beginner and Adult Courses. First Aid. Yachtmaster. Diving. Evening Sea Swims (Mondays). VHF Radio. Powerboat Levels 1 & 2. Women on water taster sessions. RYA approved training centre.
Age Group	Juniors from age 8 and Adults
Gender	Both
Fees	From £5 per session (Sea Swims) Membership from £50
Telephone	028 9127 1467
Website	Ballyholme.com
Email	admin@ballyholme.com
Governing Body Affiliation	Royal Yachting Association
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Sailing

Club Name	Donaghadee Sailing Club
Sport	Sailing
Club Address	20 Shore Street, Donaghadee, BT21 0DG
Training Location	
Training Days and Times	Club Racing: Wednesday, Friday evenings in summer; Sunday afternoons all year Training: All week May - September
Age Group	All
Gender	Both
Fees	Adult: £140 Junior £50 per annum
Telephone	028 9188 4270
Website	www.donaghadeesc.co.uk
Email	office@donaghadeesc.co.uk
Governing Body Affiliation	Royal Yachting Association
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Sailing

Club Name	Kircubbin Sailing Club
Sport	Sailing
Club Address	106 Shore Road, Kircubbin, Co Down, BT22 2RP
Training Location	As above
Training Days and Times	Contact Club for details
Age Group	7-18 Juniors, 18+ Adults
Gender	Both
Fees	Annual Fees: FULL £150, FAMILY £165 INTERMEDIATE £75, HOUSE £65 Joining Fee for first year 50% of annual fee
Telephone	028 4277 1525
Website	Kircubbin Sailing Club
Email	info@kircubbinsailingclub.co.uk
Governing Body Affiliation	RYA
Club Mark Accreditation	No
Sports Forum Affiliation	



Sailing

Club Name	Royal North of Ireland Yacht Club
Sport	Sailing
Club Address	7 Seafont Road, Cultra, Holywood, BT18 0BB
Training Location	
Training Days and Times	Summer - Tues, Thurs, Saturdays Winter - Various
Age Group	8-100
Gender	Both
Fees	Different rates apply - see website
Telephone	028 9042 8041
Website	www.rniyc.org
Email	manager@rniyc.org
Governing Body Affiliation	RYA
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Sailing

Club Name	Royal Ulster Yacht Club
Sport	Sailing
Club Address	101 Clifton Road, Bangor, BT20 5HY
Training Location	
Training Days and Times	
Age Group	All ages
Gender	Both
Fees	Please contact club
Telephone	028 9127 0568
Website	www.ruyc.co.uk
Email	info@ruyc.co.uk
Governing Body Affiliation	RYA
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Sailing & Watersports

Club Name	Strangford Lough Yacht Club
Sport	Sailing & Watersports
Club Address	Whiterock Bay, Killinchy, BT23 6QA
Training Location	
Training Days and Times	Sundays and weeks in summer
Age Group	Both
Gender	Both
Fees	Various
Telephone	028 9754 1883
Website	www.slyc.co.uk
Email	office@slyc.co.uk
Governing Body Affiliation	RYA
Club Mark Accreditation	No
Sports Forum Affiliation	No



Sailing/Windsurfing/ Powerboating

Club Name	Newtownards Sailing Club
Sport	Sailing/Windsurfing/Powerboating
Club Address	161 Portaferry Road, Newtownards, BT22 2AJ
Training Location	
Training Days and Times	Sailing course early Summer Windsurfing All summer
Age Group	All ages welcome
Gender	Both
Fees	£210 per year
Telephone	See Website
Website	www.newtownardssailingclub.co.uk
Email	secretary@newtownardssailingclub.co.uk
Governing Body Affiliation	Royal Yachting Association
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Shooting - Target

Club Name	Cuan and District Shooting and Recreation Club
Sport	Shooting - Target
Club Address	
Training Location	Hollow Farm Shooting Grounds, Hamilton Hub Projectile Range, Ballykinler Training Camp
Training Days and Times	Hollow Farm SG - 2nd Wednesday per month Hamilton Hub PR - 1st Sat, 2nd Sun, 3rd Wed & 4th Fri Ballykinler TC - variable bookings
Age Group	Junior - 14+ Adult - 18+
Gender	Both
Fees	£100 joining fee + £80 annual fee (£180 yr 1). Annual fee £80 (subject to change at AGM). No weekly fee
Telephone	
Website	None
Email	cuandsrc@outlook.com
Governing Body Affiliation	NRA, NTSA, NSRA, NIPSC. ISSF being considered
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Shooting - Target Rifle & Pistol Club

Club Name	Newtownards and District Shooting Club
Sport	Shooting – Target Rifle and Pistol Club
Club Address	240 Abbey Road, Carrowdore, Newtownards, BT22 2JG
Training Location	As above
Training Days and Times	Mondays, Wednesday, Thursday, Friday 7.00pm Saturday 11.30am-5.30pm Closed Tuesdays
Age Group	10 years [Accompanied] 18+
Gender	Both
Fees	£275 per annum £125 per annum for Juniors
Telephone	Club - 028 9186 1171 or 07768 308779
Website	newtownardsshootingclub.com
Email	
Governing Body Affiliation	NSRA + WKRL + UKSGA
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Swimming

Club Name	Ards Swimming Club
Sport	Swimming
Club Address	Ards Leisure Centre, William St, Newtownards, BT23 4EJ
Training Location	
Training Days and Times	7 days per week, depending on squad
Age Group	Ages 6-63
Gender	Both
Fees	From £280 to £950 depending on squad.
Telephone	07889 655603
Website	ardsswimmingclub.co.uk
Email	ardsswimmingclub@gmail.com
Governing Body Affiliation	Swim Ireland
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Swimming

Club Name	Bangor Swimming Club
Sport	Swimming – Competitive
Club Address	Bangor Aurora Aquatic and Leisure complex, 3 Valentines Road, Bangor, BT20 4UT
Training Location	As above
Training Days and Times	Monday 6am-8:30pm Tuesday 6am-8:30pm Wednesday 6am-8:30pm Thursday 6am-8:30pm Friday 6am-8:30pm Saturday 7am-8pm
Age Group	From approx 8 years to Adult
Gender	Both
Fees	From £51.50 per month (Discounts for Country and Masters swimmers)
Telephone	028 9127 0271 (Aurora)
Website	www.bangorsc.co.uk
Email	secretary@bangorsc.co.uk
Governing Body Affiliation	Swim Ulster & Swim Ireland
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes

Table Tennis



Club Name	Kingsland Table Tennis Club
Sport	Table Tennis
Club Address	Seacliff Road, Bangor (Opposite Ballyholme yacht club and beside the tennis courts)
Training Location	
Training Days and Times	1/9/17 - 31/3/18 Sat 2pm - 4pm Juniors Sat 4pm - 5.30pm Adults Mon 7.30pm - 9.30pm Juniors & Adults Tues, Wed, Thurs evenings: League matches Fri Club: 2.30pm - 4.30pm (Alternate Fridays)
Age Group	8-80+
Gender	Both
Fees	Junior £30 Senior Non league £55 Senior League £75
Telephone	07500 080653
Website	www.facebook.com/kingslandtt
Email	gussyagnew@hotmail.co.uk
Governing Body Affiliation	Table Tennis Ireland
Club Mark Accreditation	No
Sports Forum Affiliation	No



Tennis

Club Name	Cloughey & District Tennis Club
Sport	Tennis
Club Address	Cloughey Tennis Courts and Pavilion, 17A Main Road, Cloughey, Newtownards, BT22 1JA
Training Location	As above
Training Days and Times	Adult Clubplay: Tues 7-9pm & Sat 2-4pm Adult coaching groups Monday evenings 7-9 Junior Coaching [4 groups] Fridays 5-9pm
Age Group	Adults 16-75yrs Juniors U-8 yrs [greyball], 8-9yrs [orangeball], 10-11yrs [greenball], 11+yrs [yellowball]
Gender	Both
Fees	Full adult membership [12 months] £100, Juniors U10's £10pa, 10-14yrs £30pa, 15-17yrs £50pa Adult visitors £5 per session. Junior coaching – members £5 per session [non-members £6]
Telephone	Alister Dunn 07801 374444
Website	www.clougheytennis.org.uk
Email	clougheytennis@gmail.com
Governing Body Affiliation	Ulster Branch Tennis Ireland
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Tennis

Club Name	Donaghadee Tennis Club
Sport	Tennis
Club Address	The Commons, Millisle Road, Donaghadee, BT21 0JB
Training Location	As above
Training Days and Times	Members - Tuesday 7.00pm-9.30pm Thursday 7.00pm-9.30pm Saturday 2.00pm-5.00pm Non-members - Please see website
Age Group	Juniors 5-18, Adults 18+
Gender	Both
Fees	Please contact club
Telephone	07711 417916
Website	www.dltc.org
Email	donaghadeelawntennisclub@gmail.com
Governing Body Affiliation	Tennis Ireland (Ulster Branch)
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes



Tennis

Club Name	Helens Bay Tennis Club
Sport	Tennis
Club Address	Tennis Pavilion, 15A Fort Road, Helens Bay, Bangor, North Down, BT19 1LA
Training Location	
Training Days and Times	See website
Age Group	See website
Gender	Both
Fees	See website
Telephone	07894 862413/028 9185 3339
Website	www.helensbaytennisclub.co.uk
Email	helensbaytennis@btinternet.com
Governing Body Affiliation	Ulster Branch Tennis Ireland
Club Mark Accreditation	pending
Sports Forum Affiliation	Yes



Tennis

Club Name	St Patricks Racquets Club
Sport	Tennis
Club Address	The Orchard, 70 Victoria Avenue, Newtownards BT23 7ED
Training Location	
Training Days and Times	Tuesdays and Thursdays from 7pm Sundays from 2pm
Age Group	Juniors 12-18years, Adults 18+
Gender	Both
Fees	Adult £110, Junior £50, Concession £60, Family £140
Telephone	028 9181 5051/07791 162279
Website	www.stpatricksracquetsclub.altervista.org
Email	alan.rowley1@talktalk.net
Governing Body Affiliation	Tennis Ireland (Ulster Branch)
Club Mark Accreditation	No
Sports Forum Affiliation	Yes



Trampolining

Club Name	Sercosaults Trampoline Club
Sport	Trampolining
Club Address	Bangor Aurora Aquatic and Leisure Complex, 3 Valentine Road, Bangor, BT20 4TH
Training Location	Same as above
Training Days and Times	Tuesday and Thursday 5-6.30 and 6.30-8 Saturday 9-10.30
Age Group	Age 5-18, also adult classes
Gender	Both
Fees	£4 per session BG Insurance + club fees apply
Telephone	07973 328148 Claire - Head Coach
Website	
Email	sercosaults@hotmail.co.uk
Governing Body Affiliation	British Gymnastics
Club Mark Accreditation	No
Sports Forum Affiliation	No



Club Name	Narrows Tri Club
Sport	Triathlon
Club Address	The Square, Portaferry
Training Location	Various (announced through facebook)
Training Days and Times	Swimming: Monday (Aurora Leisure Centre/Open water locations) Running: Wednesday 7.15pm. The Shore, Portaferry Cycling: Sunday 8am. The Square, Portaferry
Age Group	Adults
Gender	Both
Fees	£30 per year, includes TI membership
Telephone	Ryan Conlon 07841 135480/JP Gallagher 07799 551003
Website	www.narrowstc.co.uk
Email	jpgallagher74@me.com
Governing Body Affiliation	Triathlon Ireland
Club Mark Accreditation	No
Sports Forum Affiliation	No



Triathlon

Club Name	Peninsula Triathlon Club
Sport	Triathlon
Club Address	
Training Location	Ards Leisure Centre, Bangor Aurora, Ards Sailing Club
Training Days and Times	Tuesday 8.15-9.45pm (Ards LC) Thursday 8-9pm (Aurora)
Age Group	Juniors and Adults
Gender	Both
Fees	Annual Membership - £35 Swim fees - £70
Telephone	
Website	www.peninsulatri.com
Email	ptcsec1@gmail.com
Governing Body Affiliation	Triathlon Ireland
Club Mark Accreditation	No
Sports Forum Affiliation	No



Waterpolo

Club Name	Bangor Barracudas
Sport	Waterpolo
Club Address	c/o Bangor Aurora, 3 Valentine Road, Bangor BT20 4TH
Training Location	
Training Days and Times	Under 11s: Sunday 6-6.45pm 11+ Sunday 6.45pm-7.30pm Swim Training [over 10s or by invitation]: Thursday 7pm-8pm
Age Group	Age 8-16 with minimum Level 8 Swim qualification
Gender	Both
Fees	TBC
Telephone	07980 840295 [Niall Moraghan]
Website	
Email	bangorbarracudas@hotmail.co.uk
Governing Body Affiliation	Swim Ireland
Club Mark Accreditation	Working towards
Sports Forum Affiliation	Yes



Weightlifting

Club Name	Asylum Weightlifting Club
Sport	Weightlifting
Club Address	23D Crawfordsburn Industrial Estate, Crawfordsburn Road, Newtownards, BT23 4EA
Training Location	
Training Days and Times	Senior: Weekdays 6.30pm-8.00pm Youth (Age 12-17): Mon, Wed, Fri 5.00pm-6.00pm Kids (Under 12's): Mon, Fri 6.00pm-6.30pm
Age Group	All ages
Gender	Both
Fees	Sr: £25/month Student (uni): £20/month Youth: £15/month
Telephone	07900 571495
Website	asylumstrength.co.uk
Email	asylumstrength@gmail.com
Governing Body Affiliation	Weightlifting Ireland and British Weightlifting
Club Mark Accreditation	In progress
Sports Forum Affiliation	No

GLOSSARY

Sport	Abbreviation	Governing Body
Angling	IADA NCFFI	Irish Angling Development Alliance National Coarse Fishing Federation of Ireland
	UAF	Ulster Angling Federation
Archery	AGB	Archery GB
	NIAS	Northern Ireland Archery Society
Athletics	ANI	Athletics Northern Ireland
Badminton		Badminton Union of Ireland
Basketball		Special Olympics Ulster
Bowling	IBA	Irish Bowling Association
	IIBA	Irish Indoor Bowling Association
	IWBA	Irish Women's Bowling Association
	NIBA	Northern Ireland Bowling Association
	NIWBA	Northern Ireland Women's Bowling Association
	PGL	Private Green's Bowling League
	NIVIB	Norther Ireland Association of Visually Impaired Bowlers
Canoeing & Kayaking	CANI	Canoe Association of Northern Ireland
Cricket	NCU	Northern Cricket Union
Cycling		Cycling Ireland
Diving		Swim Ulster
Equestrian	PCUK	Pony Club UK
		British Horse Society
Fencing		British Fencing
Football	County Antrim FA	County Antrim Football Association
	IFA	Irish Football Association
	NIBFA	Northern Ireland Boys Football Association
Gaelic Sports	GAA	Gaelic Athletic Association
Golf	GUI	Golfing Union of Ireland
	ILGU	Irish Ladies Golfing Union
Gymnastics		British Gymnastics Gymnastics Ireland
Hockey		Ulster Hockey

Sport	Abbreviation	Governing Body
Inline Hockey		Inline Hockey Ireland
Horse Riding	RDA NI	Riding for the Disabled Association, Northern Ireland
Martial Arts	AMA IKU JKU JKA NIJJA NIKB	All Styles Martial Arts Association International Karate Union Japan Karate Union Japan Karate Association Northern Ireland Ju Jitsu Association Northern Ireland Karate Board Karate Ireland
Netball	NNI	Netball Northern Ireland
Orienteering	BOA	British Orienteering Association
Radio Controlled Model Aircraft	BMFA	British Model Flying Association
Rowing	DCRA ICRF	Down Coastal Rowing Association Irish Coastal Rowing Federation
Rugby	IRFU	Irish Rugby Football Union
Sailing	BSAC CANI ISA RYA	British Sub Aqua Club Canoe Association Northern Ireland Irish Sailing Association Royal Yachting Association
Shooting	NRSA UKPSGA NTSA NIPSC	National Small-bore Rifle Association United Kingdom Practical Shooting Association National Target Shotgun Association Northern Ireland Practical Shooting Confederation
Swimming		Swim Ireland Swim Ulster
Table Tennis		Table Tennis Ireland Table Tennis Ulster
Tae Kwon Do	TAGB TANI	Tae Kwon Do Association of Great Britain Tae Kwon Do Association of Northern Ireland
Tennis		Tennis Ireland (Ulster Branch)
Trampolining	BG	British Gymnastics
Triathlon		Triathlon Ireland
Weightlifting		British Weightlifting Weightlifting Ireland

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**Ards and
North Down**
Borough Council