



2019/20 SPORTS DIRECTORY



Ards and
North Down
Borough Council

Mayor's Foreword

Sports Directory 2019/20

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

Working directly with local sports clubs, through the Ards and North Down Sports Forum, we support their development and growth, offering a Directory is a result of this partnership.

Now in its seventh year and containing 81 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 this latest edition of the Sports Directory will continue to promote our local sports clubs and encourage more people living in the area to get involved, and enjoy physical activity, in order to help create a much healthier Borough.

Mayor of Ards and North Down
Alderman Bill Keery



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 2019.**

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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 any one project. The proposed funding amount for 2020-2021 of £50,000 will be confirmed in February 2020, this is subject to Council approval.

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

1st Tranche 1 April 2020 – 30 April 2020

Applications for Tranche 1 will be assessed week beginning Monday 4 May 2020 and awarded following Council approval in June 2020.

2nd Tranche 3 August 2020 – 28 August 2020

Applications for Tranche 2 will be assessed week beginning Monday 31 August 2020 and awarded following Council approval in October 2020.

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 grant programme 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 2020 - 2021 will be confirmed in February 2020, 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 Sports 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 selected/qualified 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 25th, 50th, 75th, 100th and beyond and in multiples of 25 years i.e. 125yrs, 150yrs, 175yrs. Please note the Forum will only consider the short fall in costs.

- **Travel and Accommodation** – Financial assistance is available for the following:
 - Individuals who have been selected/qualified to represent their sport at National and International level.
 - 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.
 - Assistance for continuous professional development for athletes, coaches and officials who are involved with a local sports club and who reside within the Borough.
 - 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.
 - 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.
 - Assistance may be considered [in exceptional circumstances] towards the costs involved in attending National Governing Body Selection Training Squads.
 - Assistance may also be considered [in exceptional circumstances] 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, Londonderry
Park, Portaferry Road, BT23
8SG, Tel 0300 013 3333 or
email [sportsdevelopment@
ardsandnorthdown.gov.uk](mailto:sportsdevelopment@ardsandnorthdown.gov.uk)**

Sport 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 2019–2020 programme contains fourteen courses in total. Please see course information on Page 11 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

Sports Education Timetable

Date	Code	Course	Time	Venue	Price*
Wed 18 Sep	SAFE1	Safeguarding Children & Young people	6:30pm-9:30pm	Londonderry Park	£15 / £20
Wed 25 Sep	FUND	Sports Development Funding Workshop	6.30pm-8:00pm	Londonderry Park	Free / Free
Mon 30 Sep	GOV	Good Club Governance	6.30pm-9.30pm	Aurora Aquatic & Leisure Complex	£5 / £10
Mon 7 Oct	TALK1	SafeTalk – Mental Health Awareness training for Leaders	6:30pm-9:30pm	Aurora Aquatic & Leisure Complex	Free / Free
Tue 22 Oct	CLUB	Clubmark Awareness	6:30pm-8:00pm	Aurora Aquatic & Leisure Complex	Free / Free
Mon 4/11 Nov	FASQ	First Aid in Sport Qualification	6:30pm-10:00pm	Londonderry Park	£25 / £30
Tue 5 Nov	DES1	Designated Officers	6:30pm-9:30pm	Aurora Aquatic & Leisure Complex	£15 / £20
Tue 19 Nov	SAFE2	Safeguarding Children & Young people	6:30pm-9:30pm	Aurora Aquatic & Leisure Complex	£15 / £20
Mon 25 Nov	NUT	Sports Nutrition for Performance	6:30pm-9:30pm	Aurora Aquatic & Leisure Complex	£15 / £20
Mon 20 Jan	SAFE3	Safeguarding Children & Young people	6:30pm-9:30pm	Londonderry Park	£15 / £20
Wed 29 Jan	TALK2	SafeTalk – Mental Health Awareness training for Leaders	6:30pm-9:30pm	Londonderry Park	Free / Free
Wed 12 Feb	SPORTS	SPORTS Talk Workshop	6:30pm-8:00pm	Londonderry Park	Free / Free
Tue 25 Feb	FUNCT	Functional Conditioning for Sport	6:30pm-9:30pm	Aurora Aquatic & Leisure Complex	£15 / £20
Wed 4 Mar	DES2	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.





2019/20
SPORTS
DIRECTORY



Archery



Club Name	Lough Cuan Bowmen
Sport	Archery
Club Address	c/o Ards Blair Mayne Wellbeing and Leisure Complex, Newtownards BT23 4DB
Training Location	Ards Rugby Club, Lansdowne Road, Newtownards BT23 4NT
Training Days and Times	ABMWLC – Friday 7.30pm [Winter] ARC – Thursday 7.00pm [Summer]
Age Group	Juniors 6–18, Juniors 18–24, Seniors 25+
Gender	Both
Fees	Membership Fees: Senior £90, Junior £45, Archer with Disability £45 Weekly Fee: Subject to change
Telephone	Please Contact email address
Website	www.loughcuanbowmen.org.uk
Email	secretary@loughcuanbowmen.org
Governing Body Affiliation	Archery GB & Archery NI
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Working towards Charity



Athletics

Club Name	North Down Athletics Club
Sport	Athletics
Club Address	Bangor Sportsplex, 292 Old Belfast Road, Bangor BT19 1LU
Training Location	Various locations depending on the training group – see website
Training Days and Times	Training Times & Locations Different Depending on Training Group
Age Group	8+
Gender	Both
Fees	Memberships for Fundamentals, Juniors, Seniors, Family and Concession. Visit website for further details. Membership fees don't include usage of Bangor Sportsplex
Telephone	07926 268466
Website	www.northdownnac.co.uk
Email	info@northdownnac.co.uk
Governing Body Affiliation	Athletics NI
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Registered CASC



Bowls – Lawn

Club Name	Ballyholme Bowling Club
Sport	Bowls - Lawn
Club Address	Ward park, Park Drive, Bangor BT20 4UJ
Training Location	as above
Training Days and Times	Monday 2pm to 4.30pm
Age Group	Juniors and Adults
Gender	Both
Fees	Contact club for more info
Telephone	Jill (Secretary) 028 9182 7981
Website	
Email	
Governing Body Affiliation	IWBA
Club Mark Accreditation	Working towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Working towards CASC

Bowls – Lawn

Club Name	Castle Bowling Club
Sport	Bowls – Lawn
Club Address	Ward park, Park Drive, Bangor BT20 4UJ
Training Location	as above
Training Days and Times	Club night: Thursday 7pm. Monday-Friday: Casual playing
Age Group	Juniors 8+, Adults 18+
Gender	Both
Fees	Per season, £25 Adults, £5 Juniors, plus £2 per home matches.
Telephone	07980 656462
Website	
Email	
Governing Body Affiliation	IBA and NIBA
Club Mark Accreditation	
Sports Forum Affiliation	Yes
Mental Health Policy	
Club Status	Working towards Charity



Bowls – Lawn

Club Name	Donaghadee Bowling Club
Sport	Bowls – Lawn
Club Address	The Commons, Milliisle Road, Donaghadee BT21 0HZ
Training Location	as above
Training Days and Times	All Members: Mon and Thurs 6.30pm. Ladies: Monday 2pm/4pm
Age Group	Juniors and Adults
Gender	Both
Fees	Juniors: £10 Adults: £30 Veterans: £25
Telephone	028 9188 4774
Website	
Email	tommycheevers@hotmail.co.uk
Governing Body Affiliation	NIBA
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Working Towards
Club Status	Registered CASC



Bowls – Lawn

Club Name	North Down Bowling Club
Sport	Bowls - Lawn
Club Address	Ward Park, Park Drive, Bangor BT20 4LJ
Training Location	as above
Training Days and Times	Club Night: Tuesday 7–8.30pm Matches: Saturdays 2–5pm
Age Group	All Ages
Gender	Both
Fees	Club Fee £25, Council Fee £40, Weekly £1 Per Match
Telephone	07989 972454
Website	
Email	
Governing Body Affiliation	NIBA and IBA
Club Mark Accreditation	No
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Working towards Charity



Bowls – Outdoor and Indoor

Club Name	Cloughey Bowling Club
Sport	Bowls – Outdoor and Indoor
Club Address	17A Main Road, Cloughey, Newtownards BT22 1JA
Training Location	as above
Training Days and Times	April – September: Monday, Wednesday and Friday 7 to 9pm. October – March: Indoor Bowls Monday to Friday 7 to 9pm.
Age Group	10+
Gender	Both
Fees	Outdoor: £25 Green fees £44
Telephone	028 4277 2581 or 07762 890048
Website	www.clougheybowlingclub.co.uk
Email	rtaggart98@gmail.com
Governing Body Affiliation	IBA and NIBA
Club Mark Accreditation	No
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Not Registered



Canoeing & Kayaking

Club Name	Belfast Kayak Club
Sport	Canoeing & Kayaking
Club Address	Please contact the Club
Training Location	Mainly North Down Coast and Strangford Lough
Training Days and Times	Tuesday and Thursday Evening Paddles. Summer Saturday Skills Sessions, Midweek Winter Paddles, Thursday evening Pool Sessions October – Easter.
Age Group	Adults. Juniors only if accompanied by an adult at all times.
Gender	Both
Fees	Annual Membership: £46
Telephone	Please Contact email address
Website	www.belfastkayakclub.co.uk
Email	info@belfastkayak.co.uk
Governing Body Affiliation	C.A.N.I.
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered Charity



Cricket

Club Name	Ards Cricket Club
Sport	Cricket
Club Address	c/o Londonderry Park Portaferry Road Newtownards BT23 8SG
Training Location	as above
Training Days and Times	Seniors – Wednesdays 7–9pm Juniors – Mondays 7–9pm
Age Group	Under 11s, 13s, 15s and adults
Gender	Both
Fees	Currently (2018): Under 18s and all students – £45, Over 18s – £80, Non-playing – £15
Telephone	028 9181 4087
Website	www.ards.hitscricket.com
Email	see website
Governing Body Affiliation	NCU
Club Mark Accreditation	No
Sports Forum Affiliation	Yes
Mental Health Policy	
Club Status	



Cricket

Club Name	Hollywood Cricket Club
Sport	Cricket
Club Address	c/o Seapark Recreation Grounds, Seapark Road BT18 0LP
Training Location	as above BT18 0LP
Training Days and Times	Monday to Sunday inclusive
Age Group	Juniors 6 Years through to “veteran”
Gender	Both
Fees	Adults £100, Juniors £50
Telephone	07768 567769
Website	www.hollywoodcricket.com
Email	alanmurrayd@hotmail.com
Governing Body Affiliation	NCU
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	



Cricket

Club Name	North Down Cricket Club
Sport	Cricket
Club Address	Castle Lane, Comber BT23 5EB
Training Location	as above
Training Days and Times	Mondays: Ladies/Girls April –Sept 6.30pm Tuesdays and Thursdays: Mens 6.30pm April to September. Wednesdays: Youths u11/13/15 6pm April to September. Fridays: Minis years 5–8 6pm May to September
Age Group	5+
Gender	Both
Fees	Various memberships
Telephone	07988 937391 Ryan Haire
Website	www.northdowncricketclub.co.uk
Email	haireryan@hotmail.com
Governing Body Affiliation	Northern Cricket Union/Cricket Ireland
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	
Club Status	Registered CASC



Cycling

Club Name	Ards Cycling Club
Sport	Cycling
Club Address	See website for details
Training Location	as above
Training Days and Times	Saturday & Sunday mornings
Age Group	Juniors accompanied by parent/guardian, all ages
Gender	Both
Fees	£15 per annum plus membership of governing body
Telephone	028 9065 7651
Website	www.ardsccl.co.uk
Email	ardscyclingclub@yahoo.com
Governing Body Affiliation	Cycling Ireland
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	Working Towards
Club Status	Registered CASC



Cycling

Club Name	The Bike House Cycling Club
Sport	Cycling
Club Address	25a Grays Hill, Bangor
Training Location	Various
Training Days and Times	Various – Contact club for more info
Age Group	17+
Gender	Both
Fees	£25
Telephone	028 9146 0370
Website	
Email	thebikehouse@gmail.com
Governing Body Affiliation	Cycling Ireland
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Working towards CASC



Dancing – Irish

Club Name	Scoil Rince Realta
Sport	Dancing – Irish
Club Address	186 Scrabo Road, Newtownards BT23 4SJ
Training Location	as above
Training Days and Times	Championships – Monday and Wed 6–9pm, Saturday 11.30–2.30pm Beginners: Tuesday 6–7pm, Thursday 5.45–6.45pm and Saturday 9.30–11.15am.
Age Group	3–26 years
Gender	Both
Fees	£5 per class and £10 membership
Telephone	07870 442418
Website	www.facebook.com/realsirishdanceschoolnewtownards
Email	maeverankin@aol.com
Governing Body Affiliation	Irish Dance Commission
Club Mark Accreditation	Not disclosed
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	



Diving – Snorkelling and Scuba

Club Name	Ballyholme Dive Team
Sport	Diving – Snorkelling and Scuba
Club Address	Ballyholme Yacht Club, Seacliff Road, Bangor, BT20 5HT
Training Location	as above
Training Days and Times	Thursday 8–10pm Saturday and Sunday [Midweek as arranged]
Age Group	Snorkelling 6+ Scuba 14+
Gender	Both
Fees	See website for costs and fees
Telephone	028 9127 1467
Website	www.ballyhome.com
Email	admin@ballyhome.com
Governing Body Affiliation	BSAC
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	No



Diving – Competitive

Club Name	Diving Academy Northern Ireland
Sport	Diving – Competitive Platform & Springboard
Club Address	Bangor Aurora Aquatic Complex BT20 4TH
Training Location	As above
Training Days and Times	Please contact Aurora for up to date timetable of classes
Age Group	5+ (Must be able to swim in deep water)
Gender	Both
Fees	Please contact Club for more information
Telephone	028 9127 0271
Website	www.facebook.com/divingacademyni
Email	divingacademynorthernireland@gmail.com
Governing Body Affiliation	Swin Ireland / Swim Ulster
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Working towards CASC



Equestrian

Club Name	North Down Pony Club
Sport	Equestrian
Club Address	n/a
Training Location	Various Locations
Training Days and Times	Various days weekly
Age Group	anyone up to 25 who has access to a horse or pony
Gender	Both
Fees	Annual fee £76
Telephone	07799 062690
Website	https://.branches.pcuk.org/NorthDown
Email	northdown@pcuk.org
Governing Body Affiliation	British Equestrian Federation
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered Charity



Football

Club Name	1st Bangor FC
Sport	Football
Club Address	The Drome, Portaferry Road, Newtownards BT23 6SG
Training Location	Londonderry Park, Newtownards
Training Days and Times	Tuesdays/Thursdays
Age Group	Juniors 7-17 Years and Adults 18-35+
Gender	Both (Adult Male only)
Fees	Various fees
Telephone	07929 111608
Website	
Email	ken.mcmullan@yahoo.com
Governing Body Affiliation	IFA
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Working towards CASC



Football

Club Name	Ards FC Academy
Sport	Football
Club Address	3 Meadowbank Park, Dundonald BT16 2BN
Training Location	Londonderry Park, Newtownards
Training Days and Times	Monday 8–9pm Wednesday 6.30–9pm
Age Group	2014 up to 2003
Gender	Both
Fees	£20–£33 per month for 10 months
Telephone	07790 725040
Website	www.ArdsFCAcademy.co.uk
Email	norman.ardsacademy.co.uk
Governing Body Affiliation	NIBFA
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered CASC



Football

Club Name	Ards Rangers
Sport	Football
Club Address	Drome Park, 53 Portaferry Road, Newtownards BT23 8SG
Training Location	Londonderry Park, Newtownards
Training Days and Times	Tuesday 7–8pm Thursday 8–9pm
Age Group	Adults 18+
Gender	Male
Fees	Please contact the club for more information
Telephone	07887 677542
Website	Facebook ardsrangersfc
Email	ardsrangersfc@sky.com
Governing Body Affiliation	IFA
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	
Club Status	



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	Male – Tuesday and Thursday evenings Female – Sunday Afternoons
Age Group	Adults and Juniors 16 Years upwards
Gender	Both
Fees	n/a
Telephone	028 9145 5830
Website	www.bangorfc.com
Email	media@bangorfc.com
Governing Body Affiliation	Co. Antrim FA and District Football Association
Club Mark Accreditation	No
Sports Forum Affiliation	Yes
Mental Health Policy	
Club Status	Not Registered

Football



Club Name	Bangor Swifts Juniors FC
Sport	Football
Club Address	St Columbus College, Bangor BT20 5PU
Training Location	as above
Training Days and Times	1 evening a week between 6–7pm or 7–8pm. Different days for different age groups.
Age Group	2008, 2009, 2010, 2011, 2012, 2013/14
Gender	Both
Fees	£15 per Month
Telephone	07880 60966
Website	Facebook–Bangorswiftsjuniors
Email	bangorswiftsjuniors@hotmail.com
Governing Body Affiliation	IFA
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Working towards CASC



Football

Club Name	Bangor Young Men
Sport	Football
Club Address	
Training Location	Bloomfield Playing Fields, Bangor
Training Days and Times	Tuesday and Thursday 7-8pm
Age Group	Juniors aged 5-16 and Adults
Gender	Both
Fees	£40 per year, £5 Match Fees.
Telephone	07729 105394
Website	www.bangoryoungmenfc.co.uk
Email	bangorymfc@hotmail.co.uk
Governing Body Affiliation	IFA, NAFL, CO.Antrim FA, DAWFL
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered CASC



Football

Club Name	Bryansburn Rangers FC
Sport	Football
Club Address	Ballywooley Park, Crawfordsburn Road, Bangor BT19 1BT
Training Location	Summer – Ballywooley Sept to March – Aurora Aquatic and Leisure Complex
Training Days and Times	Summer: Tuesdays and Thursdays 7–9pm Winter: Tuesdays and Thursdays 8–9pm
Age Group	Adults and Juniors 16+
Gender	Male
Fees	£50 Annual Subscriptions and £5 match fee per game`
Telephone	07793 805986
Website	
Email	bryansburnfc@btopenworld.com
Governing Body Affiliation	IFA and Co Antrim FA
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Registered CASC



Football

Club Name	Comber Recreation Football Club
Sport	Football
Club Address	Parkway, Comber BT23 5AR
Training Location	Comber Leisure Center/Aquinas College
Training Days and Times	Tuesday/Thursday
Age Group	Juniors and Adults
Gender	Both
Fees	Contact Club for more info
Telephone	028 9187 8262
Website	www.comber-rec.co.uk
Email	comberrecfc@yahoo.com
Governing Body Affiliation	IFA
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	
Club Status	



Football

Club Name	Newtownards Royal British Legion FC
Sport	Football
Club Address	5 Court Square, Newtownards BT23 7NZ
Training Location	Ards Rugby Club, Lansdowne Road, Newtownards; Londonderry Park, Portaferry Road, Newtownards, BT23 4NT
Training Days and Times	Tuesdays 6.30–8pm and Thursdays 6.30–8pm
Age Group	Adults
Gender	Male
Fees	£5 per game, £10 Membership fee
Telephone	Please Contact email address
Website	www.facebook.com/nrbflfc
Email	Newtownards.rbflc@live.co.uk
Governing Body Affiliation	IFA & County Antrim
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Not Registered



Football

Club Name	Portavogie Rangers Youth FC
Sport	Football
Club Address	3 Gowland Hollow, Portavogie BT22 1HD
Training Location	New Harbour Road, Portavogie
Training Days and Times	Monday, Tuesday, Wednesday, Thursday 6.30– 7.30pm
Age Group	Juniors U5–U17
Gender	Both
Fees	£50 registration & monthly of £15 or £20
Telephone	07828 696405
Website	
Email	portavogierangersyouthfc@hotmail.com
Governing Body Affiliation	IFA
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Working towards Charity



Hurling & Camogie

Club Name	Ballygalget GAC
Sport	Hurling & Camogie
Club Address	12 Ballygalget Road, Portaferry BT22 1NE
Training Location	as above
Training Days and Times	Contact club for more details
Age Group	6+
Gender	Both
Fees	£60 Adult £25 Juvenile
Telephone	07779 318916
Website	
Email	secretary@ballygalget.down.gaa.ie
Governing Body Affiliation	GAA
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Working towards CASC



Gaelic Games

Club Name	Portaferry G.A.C
Sport	Gaelic Games
Club Address	Ballyfounder Road, Portaferry BT22 1RR
Training Location	as above
Training Days and Times	Tuesday/Thursday/Sunday
Age Group	U6-U18, Adults 18+
Gender	Both
Fees	Juvenile £15, Adult £55, Social £30
Telephone	07989 525144
Website	
Email	secretary.portaferry.down@gaa.ie
Governing Body Affiliation	GAA
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered CASC



Gaelic Games

Club Name	St Joseph's GAA Club, Ballycran
Sport	Gaelic Games
Club Address	McKenna Hall, McKenna Road, Kircubbin BT22 1AP
Training Location	n/a
Training Days and Times	Seven days per week
Age Group	Juniors-Adults
Gender	Both
Fees	£90 Playing Membership PA
Telephone	07732 470678
Website	
Email	
Governing Body Affiliation	GAA
Club Mark Accreditation	Yes Club Maith Gold
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered CASC



Gaelic Games

Club Name	St Pauls GAC
Sport	Gaelic Games
Club Address	McNamee Park, Belfast Road, Holywood BT18 9EP
Training Location	as above
Training Days and Times	Juvenile P1-P7 Sundays 11-12pm
Age Group	U8s – Seniors
Gender	Both
Fees	Annually: Juvenile £15, Adult £70
Telephone	Club Secretary 07771 732609
Website	www.stpaulsgaa.com
Email	secretary.stpauls.down@gaa.ie
Governing Body Affiliation	GAA
Club Mark Accreditation	Yes Club Maith
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered CASC



Golf

Club Name	Bangor Golf Club
Sport	Golf
Club Address	Broadway, Bangor, Co.Down BT20 4RH
Training Location	as above
Training Days and Times	Summer 7am–11.30pm daily Winter 9am–9pm daily
Age Group	6+
Gender	Both
Fees	Membership Fees £60–£937
Telephone	028 9127 0922
Website	www.bangorgolfclubni.co.uk
Email	office@bangorgolfclubni.co.uk
Governing Body Affiliation	Golfing Union of Ireland / Irish Ladies Golfing Union
Club Mark Accreditation	No
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Not Registered



Golf

Club Name	Clandeboyne Golf Club
Sport	Golf
Club Address	Tower Road, Conlig, Newtownards, Co Down BT23 7PN
Training Location	as above
Training Days and Times	Open all year
Age Group	All ages
Gender	Both
Fees	Depends on year & membership category
Telephone	028 9127 1767
Website	www.cgc-ni.com
Email	office@cgc-ni.com
Governing Body Affiliation	Golfing Union of Ireland
Club Mark Accreditation	Not disclosed
Sports Forum Affiliation	No
Mental Health Policy	No
Club Status	Private Members Club

Golf

Club Name	Disabled Irish Golf Association
Sport	Golf
Club Address	204 Ballywalter Road, Ballywhiskin, Millisle, Co. Down BT22 2LY
Training Location	Donaghadee Golf Club, Warren Road, Donaghadee, Co. Down BT21 0PQ
Training Days and Times	Monday – Friday Times to be set and by arrangement with participants.
Age Group	4+
Gender	Both
Fees	No cost for joining association
Telephone	07734 981875
Website	Facebook: Disabled Irish Golf Association
Email	disabledgolf@mail.com
Governing Body Affiliation	Golf Ireland
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered Charity



Golf

Club Name	Donaghadee Golf Club
Sport	Golf
Club Address	84 Warren Road, Donaghadee BT21 0PQ
Training Location	as above
Training Days and Times	Contact club for more details
Age Group	Juniors and Adults
Gender	Both
Fees	Contact Club for details
Telephone	028 9188 3624
Website	www.donaghadeegolfclub.com
Email	Office@donaghadeegolfclub.com
Governing Body Affiliation	GUI, ILGU
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Working towards CASC



Golf

Club Name	Hollywood Golf Club
Sport	Golf
Club Address	Hollywood Golf Club, Nuns Walk, Demesne Road, Hollywood BT18 9LE
Training Location	as above
Training Days and Times	Mon – Sun: 6am – 8pm
Age Group	Juniors 6–18, Young Adult 19–30, Seniors 30+
Gender	Both
Fees	Contact Club for details
Telephone	028 9042 3135
Website	www.hollywoodgolfclub.co.uk
Email	mail@hollywoodgolfclub.co.uk
Governing Body Affiliation	GUI
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Not Registered



Golf

Club Name	Scрабо Golf Club
Sport	Golf
Club Address	233 Scрабо Road, Newtownards BT23 4SL
Training Location	as above
Training Days and Times	Contact club for more details
Age Group	Juveniles 8-17, Juniors 18-21
Gender	Both
Fees	Memberships subscriptions vary depending on category, Green fees vary depending on day
Telephone	028 9181 2355
Website	www.scrabogolfclubni.co.uk
Email	admin@scabogc.co.uk
Governing Body Affiliation	Golfing Union of Ireland
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Not registered



Gymnastics

Club Name	Pro-Star Gymnastics Academy
Sport	Gymnastics
Club Address	Unit D2 Strangford Park, 19 Jubilee Road, Newtownards BT23 4YH
Training Location	as above
Training Days and Times	Monday – Sunday 9.30am-12pm 2.30–8.30pm
Age Group	0–3; 3+; Adults
Gender	Both
Fees	From £4 per class depending on age; £15 membership fee; Monthly fee £18–25.80
Telephone	07702 578353
Website	www.prostargymnastics.com
Email	info@prostargymnastics.com
Governing Body Affiliation	British Gymnastics
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	No



Gymnastics

Club Name	Rathgael Gymnastics and Tumbling Club
Sport	Gymnastics
Club Address	Unit 1, Saba Park, 14 Balloo Avenue, Bangor BT19 7QT
Training Location	as above
Training Days and Times	Mondays - Sundays
Age Group	18months +
Gender	Both
Fees	£20 Annual Club Membership fee; Class fees vary according to discipline
Telephone	028 9145 9346
Website	www.rathgaelgym.org
Email	reception@rathgaelgym.org
Governing Body Affiliation	British Gymnastics
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered Charity



Hockey

Club Name	Ards Ladies Hockey Club
Sport	Hockey
Club Address	13 Glen Ebor Park, Belfast BT4 2JJ
Training Location	Londonderry Park, Newtownards BT23 8SG
Training Days and Times	Senior Club: Thursday 7 – 8.30pm U9's & U11's Friday 6– 8pm Under 15's & U13's Tuesday – 6.30–8.30pm
Age Group	Juniors 6–15 Years Seniors 15+
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
Mental Health Policy	Yes
Club Status	Registered CASC



Hockey

Club Name	Bangor Ladies Hockey Club
Sport	Hockey
Club Address	C/O Lyndsey Turner, 2 Stonebridge Square, Conlig, Newtownards BT23 7QU
Training Location	Bangor Aurora Leisure Complex, 3 Valentine Road, Bangor BT20 4TH
Training Days and Times	Senior Training: Wednesdays 7.30–9pm Junior Training: Under 9's (P3–P5) and U11's (P6–P7) Fridays 6–7pm Under 13's (Y8–9) – Fridays 7–8pm Under 15's (Y10–11) – Monday 7–8pm and optionally Wednesdays 7.30 – 9pm (for Y11 with the senior squad)
Age Group	Juniors & Seniors
Gender	Female
Fees	Seniors Full: £165; Student: £125; Juniors: • U15 £90 • U13 £80 • U9 £70 • £50 for subsequent siblings
Telephone	Seniors: Sami McClements 07701 018128 Juniors: Mike Kimber 0779 232 9322
Website	www.bangorladieshockeyclub.org
Email	Seniors: bangorladieshockeyclub@gmail.com ; Juniors: blhcjuniors@gmail.com
Governing Body Affiliation	Irish Hockey and Ulster Hockey Associations
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered Charity



Hockey

Club Name	Donaghadee Ladies Hockey Club
Sport	Hockey
Club Address	Contact via phone/website/email
Training Location	Bangor Grammar School, Gransha Road, Bangor BT19 7QU
Training Days and Times	Adults Wednesday 7.30–9.00pm
Age Group	Adults; Youth – block training contact club for details
Gender	Female
Fees	Annual Fee – £175 Adult, £100 U18; No weekly fees
Telephone	07739 014671 / 07745 674659
Website	www.dlhc.co.uk
Email	dlhc@hotmail.co.uk
Governing Body Affiliation	Ulster Hockey
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Working Towards
Club Status	Not Registered



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: U13 Girls 6.15pm-7.30pm RHS, U15 girls 6pm-7pm. Ladies 1st XI 7-8.30pm. Mens Club 8-9.30pm Wed: Mens Club 7-8.30pm, Mens 1st XI 8.30-10pm, Ladies Club 7-8.30pm, Ladies 1st XI 8.30-10pm. Visit club website for any schedule changes.
Age Group	Youth: 6-15 years; 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
Mental Health Policy	Working Towards
Club Status	Registered CASC



Inline Hockey

Club Name	Bangor Chiefs Inline Hockey Club
Sport	Inline Hockey
Club Address	1 Hanover Chase, Bangor BT19 7NT
Training Location	Aurora Leisure Complex, 3 Valentine Road, Bangor BT20 4TH
Training Days and Times	Seniors: Wednesdays 8–9.30pm Junior: Thursday 6–8.30pm
Age Group	Juniors & Seniors of all ages
Gender	Both
Fees	Registration from £5; Juniors £26/month; Seniors £30.50/month
Telephone	
Website	Facebook: Bangor Chiefs
Email	bangorchiefs1@gmail.com
Governing Body Affiliation	Inline Hockey Ireland (IHI)
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Registered CASC



Martial Arts – Ju Jitsu

Club Name	Bangor Ju Jitsu Club
Sport	Martial Arts – Ju Jitsu
Club Address	Unit 61 4 Balloo Drive, Bangor BT19 7QY
Training Location	as above
Training Days and Times	Juniors Sun 2–3pm, Tues & Thurs 6–7pm, Sat 10–11am Seniors Sun 4–5.30pm, Wed 8–9.30pm, Fri 7.30–9pm
Age Group	Juniors 4–15; Seniors 16+
Gender	Both
Fees	Costs vary – please contact club for further information
Telephone	07966 964994
Website	
Email	riscon1@gmail.com
Governing Body Affiliation	JJNI / British Ju Jitsu NGB
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Working Towards



Martial Arts – Ju Jitsu

Club Name	Ju Jitsu Northern Ireland
Sport	Martial Arts - Ju Jitsu
Club Address	Unit 62 4 Balloo Drive, Bangor BT19 7QY
Training Location	Ards Blair Mayne Wellbeing & Leisure Complex BT23 4DB
Training Days and Times	Monday 8–9pm
Age Group	Adults
Gender	Both
Fees	£5 per class
Telephone	07755 495162
Website	
Email	noblemarkg@gmail.com
Governing Body Affiliation	British Ju Jitsu NGB
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Working Towards



Martial Arts – Tai Jutsu

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: Wednesdays 7–8pm Seniors: Wednesdays 8–9.30pm
Age Group	Juniors: 5–15 years; Seniors: 16+
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
Mental Health Policy	Yes
Club Status	Not Registered



Martial Arts – Taekwon-Do

Club Name	Leo Maguire Taekwon-Do Schools
Sport	Martial Arts – Taekwon-Do
Club Address	c/o 20a British Road, Aldergrove BT29 4DH
Training Location	Ards Blair Mayne Wellbeing and Leisure Complex, Newtownards; Bangor Aurora Leisure Complex, 3 Valentine Road, Bangor; Comber Leisure Centre, Castle Street, Comber BT23 4DB; BT20 4TH; BT23 5DY
Training Days and Times	Newtownards: Thursday 7–8pm (Juniors) Bangor: Tuesday 7–8pm and 8–9pm (Adults), Saturday 11am–12noon (Juniors) and 12noon – 1pm (Advanced) Comber: Thursday 4.45–5.45pm (Juniors)
Age Group	Juniors 5–9 years old; Adults and Advanced 11yrs to Adult
Gender	Both
Fees	£29 per month (direct debit); £20 Registration Fee; Dobok £40 and free insurance
Telephone	07891 191494 / 07912 570754
Website	www.taekwon-donorthernireland
Email	Taekwondoni@msn.com
Governing Body Affiliation	Taekwon-Do Association of Northern Ireland (TANI); World I.T.F. Council; Sport N.I. Recognised
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Not Registered

Martial Arts

Club Name	Leo Maguire Taekwon-Do Schools
Sport	Martial Arts – Little Tiger Cubs
Club Address	c/o 20a British Road, Aldergrove BT29 4DH
Training Location	Ards Blair Mayne Wellbeing and Leisure Complex, Newtownards; Bangor Aurora Leisure Complex, 3 Valentine Road, Bangor; Comber Leisure Centre, Castle Street, Comber BT23 4DB; BT20 4TH; BT23 5DY
Training Days and Times	Newtownards: Thursday 6.15–7.00pm Bangor: Tuesday 4.00–4.45pm, Saturday 12noon–12.45pm Comber: Thursday 4.00–4.45pm
Age Group	3–5 years old only
Gender	Both
Fees	£28 per month (direct debit); £20 Registration Fee; Dobok £35 and free insurance
Telephone	07891 191494 / 07912 570754
Website	www.taekwon-donorthernireland
Email	Taekwondoni@msn.com
Governing Body Affiliation	Taekwon-Do Association of Northern Ireland (TANI); World I.T.F. Council; Sport N.I. Recognised
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Not Registered



Netball

Club Name	Bangor Netball Club
Sport	Netball
Club Address	c/o Facebook www.facebook.com/netballbangor/
Training Location	SERC Bangor, Castle Park Road, Bangor BT20 4TD
Training Days and Times	Netball season usually runs September to April Minis to be confirmed Tuesday Juniors 6–8pm Tuesday Seniors 8–9.30pm
Age Group	Juniors P7–Y11; Seniors Y12+
Gender	Female
Fees	Member annual subscription; Fees confirmed at AGM meeting or at first committee meeting of season
Telephone	Facebook or Website
Website	bangornetballclub.org
Email	bangornetballclub@hotmail.com
Governing Body Affiliation	Netball NI
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	
Club Status	Working Towards



Netball

Club Name	Phoenix Netball Club
Sport	Netball
Club Address	17 Stanfield Drive, Newtownards BT23 8NG
Training Location	Ards Blair Mayne Wellbeing and Leisure Complex BT23 4DB
Training Days and Times	Mondays: Juniors 7–8pm, Seniors 8–10pm
Age Group	Juniors 11–14 (waiting list for juniors); Seniors 15+
Gender	Female
Fees	Junior £95; Senior £155 (inc of NGB affiliation); No weekly fees
Telephone	Junior: 07738 424264; Senior: 07803 835035
Website	
Email	phoenixnetballards@hotmail.com
Governing Body Affiliation	Netball NI
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Not Registered

Netball



Club Name	Peninsula Netball Club
Sport	Netball
Club Address	3 Lemons Road, Portavogie BT22 1BY
Training Location	Regent House School, Circular Road, Newtownards BT23 4QA
Training Days and Times	Monday Nights: 8-9.30pm
Age Group	16+
Gender	Female
Fees	£140 per season; £1.50 per quarter played
Telephone	Contact Facebook Page
Website	Facebook: Peninsula Netball Club
Email	peninsulanetballnaomi@hotmail.com
Governing Body Affiliation	Netball NI
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	
Club Status	Not Registered



Orienteering

Club Name	Lagan Valley Orienteers
Sport	Orienteering
Club Address	c/o Hon Sec
Training Location	Various venues in Belfast and N Down
Training Days and Times	Training most Wednesday evenings Wednesday Evening Events in May, June and August Regular weekend events, schedule at lvo.org.uk
Age Group	Juniors 10–20; Seniors 21–80+
Gender	Both
Fees	Annual membership; Junior £10; Senior £21; Family £25
Telephone	
Website	lvo.org.uk
Email	secretary@lvo.org.uk
Governing Body Affiliation	British Orienteering
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered CASC



Rowing

Club Name	Portaferry Coastal Rowing Club
Sport	Rowing
Club Address	The Recreation Hub, 38-40 Shore Road, Portaferry BT22 1JZ
Training Location	Mainly Strangford Lough launching at Cook Street Slip
Training Days and Times	Weather and tide dependant – mainly evenings and weekends
Age Group	Juniors 11-18; Seniors 12+
Gender	Both
Fees	Annual membership; Adult £25; Student £15; Associate Member £10
Telephone	
Website	portaferryrc.co.uk
Email	gilpinprc@gmail.com
Governing Body Affiliation	Yes
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered CASC



Rugby

Club Name	Ards Rugby Football Club
Sport	Rugby
Club Address	Hamilton Park, Lansdowne Road, Newtownards BT23 4NT
Training Location	as above
Training Days and Times	Seniors, Youth & Women – Tues & Thurs @ 7pm Minis – Sun @ 2pm
Age Group	Seniors – 1st, 2nd & 3rd XVs, Youth – U18, U16, U14, Mini – P1 to Year 8, Ladies – 18 Years+
Gender	Both
Fees	Annual Membership Fees; Full Playing £120; Full Playing (women) £45; Full-time Student £60; Unemployed £60; Overseas Student NIL; Under 18 and over 12 years on 1st May £45; Mini (Under 12 years on 1st May) £85; Full Non-Playing £60
Telephone	Club House – 028 9181 3961
Website	www.ardsrugby.co.uk
Email	info@ardsrugby.co.uk
Governing Body Affiliation	IRFU Ulster Branch
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Registered CASC

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	Tuesdays/Thursdays Senior 7pm Minis Sunday 2pm
Age Group	Minis U12, U14, U16, U18 Ladies, Men
Gender	Both
Fees	Senior £165; Under 22 £65; Junior £55
Telephone	07805 753944
Website	https://www.bangorrfc.com/
Email	amillar2000@aol.com
Governing Body Affiliation	Ulster Rugby / IRFU
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Registered CASC



Rugby

Club Name	Donaghadee Rugby Football Club
Sport	Rugby
Club Address	Donaldson Park, Newtownards Road, Donaghadee BT21 0DY
Training Location	as above
Training Days and Times	Senior (men) Tues & Thurs 7-8.30pm Senior (ladies) Mon & Thurs 7.30-9pm Youth Wed 6.30-8pm Mini Rugby Sunday 1.30-2.30pm Sharkies Mon 7-8pm
Age Group	Juniors & Adults
Gender	Both
Fees	See club website
Telephone	
Website	www.pitchero.com/clubs/donaghadeerugbyclub
Email	donaghadeerugby@gmail.com
Governing Body Affiliation	IRFU (Ulster Branch)
Club Mark Accreditation	No
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Working Towards CASC



Rugby

Club Name	Hollywood Rugby Football Club
Sport	Rugby
Club Address	Kerr Park, Belfast Road, Holywood, Co Down BT18 9EH
Training Location	as above
Training Days and Times	Monday & Wednesday 7pm
Age Group	Adults & Minis [P1-P7]
Gender	Male
Fees	Full playing £110; Associate £22
Telephone	07828 335554
Website	www.facebook.com/hollywoodrugbyfootballclub
Email	hollywoodrugby@outlook.com
Governing Body Affiliation	IRFU (Ulster Branch)
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Working Towards CASC



Running

Club Name	Dee Runners
Sport	Running
Club Address	c/c 25 Ashbrooke, Donaghadee BT21 0EY
Training Location	May to Oct – The Commons Donaghadee; Oct to May – The Slipway Donaghadee
Training Days and Times	Every Wednesday @ 6:30pm
Age Group	16+
Gender	Both
Fees	£40 affiliated; £30 non affiliated family; £2 PAYG
Telephone	
Website	
Email	runninginthedee@gmail.com
Governing Body Affiliation	
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Working Towards CASC



Running

Club Name	Scrabo Striders Running Club
Sport	Running
Club Address	Londonderry Park, Portaferry Road, Newtownards BT23 8NN
Training Location	as above
Training Days and Times	Monday 7.15 – 8pm Tuesday 7.15–8pm Wednesday 7.15 – 8pm
Age Group	Juniors 11–17; Seniors 18+
Gender	Both
Fees	Senior £40; Junior £30
Telephone	
Website	www.scrabostriders.com
Email	scrabostriders@gmail.com
Governing Body Affiliation	Athletics NI
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered CASC



Running

Club Name	Ward Park Runners
Sport	Running
Club Address	Ward Park, Hamilton Road, Bangor BT20 4LG
Training Location	as above
Training Days and Times	Monday & Wednesday 7:10–8:15pm
Age Group	16+
Gender	Both
Fees	Annual Fee £40 (subject to change); £2 pay as you go option
Telephone	
Website	www.wardparkrunners.com
Email	wardparkrunners@outlook.com
Governing Body Affiliation	Athletics NI
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered CASC



Sailing & Open Water Swimming

Club Name	Ballyholme Yacht Club
Sport	Sailing & Open Water Swimming
Club Address	Seacliff Road, Bangor BT20 5HT
Training Location	
Training Days and Times	Training is offered all year round. Summer schemes for children, evening and weekend courses for adults. Courses are available for beginners and experienced sailors
Age Group	All Ages
Gender	Both
Fees	Please see club website for further information
Telephone	028 9127 1467
Website	www.ballyholme.com
Email	admin@ballyholme.com
Governing Body Affiliation	Royal Yachting Association
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Exempt from Registering CASC/Charity

Sailing



Club Name	Donaghadee Sailing Club
Sport	Sailing
Club Address	20 Shore Street, Donaghadee BT21 0DG
Training Location	as above
Training Days and Times	Sailing and powerboat courses run from Easter until September
Age Group	Sailing courses from 8+ and adults; Powerboat from age 15+
Gender	Both
Fees	Fees vary; Please see website for details
Telephone	028 9188 4260
Website	www.Donaghadeesc.co.uk
Email	office@Donaghadeesc.co.uk
Governing Body Affiliation	RYA
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered CASC



Sailing

Club Name	Strangford Lough Yacht Club
Sport	Sailing
Club Address	130 Whiterock Bay, Killinchy BT23 6QA
Training Location	as above
Training Days and Times	Summer Training Sundays May – Sept Winter Training on demand
Age Group	Juniors & Adults
Gender	Both
Fees	Membership; Full Adult £290; Family £428; Cadet £47; No weekly fees
Telephone	028 9754 1883
Website	www.slyc.co.uk
Email	office@slyc.co.uk
Governing Body Affiliation	RYA
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Registered CASC



Sailing

Club Name	Portaferry Sailing Social Club
Sport	Sailing
Club Address	38 Shore Road, Portaferry BT22 1JZ
Training Location	as above
Training Days and Times	Contact club for more details
Age Group	All ages welcome
Gender	Both
Fees	Fees vary
Telephone	028 4272 8770
Website	www.portaferrysailingclub.com
Email	portaferrysc@gmail.com
Governing Body Affiliation	RYA
Club Mark Accreditation	Undisclosed
Sports Forum Affiliation	Yes
Mental Health Policy	
Club Status	



Shooting – Targets

Club Name	Comber Rifle Club
Sport	Shooting – Targets
Club Address	17 Railway Street, Comber BT23 5GP
Training Location	as above
Training Days and Times	Please email club for further details
Age Group	All Ages
Gender	Both
Fees	Contact club for further details
Telephone	
Website	www.comberrc.com
Email	info@comberrc.com
Governing Body Affiliation	NSRA / NRA
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Exempt from Registering CASC/Charity



Shooting & Archery

Club Name	Minehill Target and Sporting Club
Sport	Shooting & Archery
Club Address	c/o 2 Hillside Gardens, Ballyholme, Bangor BT19 6SJ
Training Location	The Hub, Bangor BT20 3AH
Training Days and Times	Various locations throughout the year – contact club for further details
Age Group	16–87 Years old
Gender	Both
Fees	Membership £150; Weekly Fee £2.88
Telephone	07889 840676
Website	
Email	minehill2014@gmail.com
Governing Body Affiliation	NRA / NSRA
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	
Club Status	Working Towards CASC



Softball

Club Name	Bangor Buccaneers
Sport	Softball
Club Address	Bangor Sportsplex, 292 Old Belfast Road, Bangor BT19 1LU
Training Location	Bloomfield Playing Fields, Bangor BT20 4XB
Training Days and Times	Games: Sunday 2pm / Monday 7pm Training Sunday 2pm / Wednesday 7pm April- September
Age Group	Adults 18+
Gender	Both
Fees	£40 per year, £5 Match Fees (after games)
Telephone	
Website	Facebook: Bangor Buccaneers
Email	bangorbuccaneers@gmail.com
Governing Body Affiliation	Softball Ulster
Club Mark Accreditation	No
Sports Forum Affiliation	Yes
Mental Health Policy	
Club Status	



Swimming

Club Name	Bangor Swimming Club
Sport	Swimming
Club Address	Bangor Aurora Aquatic Complex, 2 Valentine Road BT20 4TH
Training Location	as above
Training Days and Times	Monday – Saturday morning and evenings
Age Group	Juniors & Adults
Gender	Both
Fees	Various fees dependant on which level each swimmer attends; Contact club for more details
Telephone	
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
Mental Health Policy	
Club Status	Registered CASC



Tennis

Club Name	Bangor Lawn Tennis Club
Sport	Tennis
Club Address	Farnham Park, Bangor BT20 3SR
Training Location	as above
Training Days and Times	Members Club sessions; Monday 7–9pm, Wednesday 7–9pm, Saturday 2–5pm
Age Group	All Ages
Gender	Both
Fees	Membership fees applicable across all categories. See club website for further details.
Telephone	
Website	www.bangorlawntennisclub.co.uk
Email	bangorlawntennis@gmail.com
Governing Body Affiliation	Ulster Branch / Tennis Ireland
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Not Registered



Tennis

Club Name	Cloughey & District Tennis Club
Sport	Tennis
Club Address	2b Manse Road, Cloughey BT22 1HS
Training Location	Sports Complex, 17 Main Road, Cloughey, Newtownards BT22 1JA
Training Days and Times	Coaching Juniors & Seniors Monday 5–10pm Club play & Senior Coaching Tuesday/Thursday 7–10pm Ladies Group Friday 10am–12noon Junior Coaching Saturday 11am–2pm Senior Club play Saturday 2–4pm
Age Group	Juniors & Seniors
Gender	Both
Fees	Membership paid annually: £100 Adult, £10–£55 Juniors, £130–£200 Family; See club website for further details
Telephone	07801 374444 / 028 4277 1548
Website	www.clougheytennis.org.uk
Email	clougheytennis@gmail.com
Governing Body Affiliation	Tennis Ireland
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Registered CASC



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	Adults; Mon/Wed 7.30–8.30pm; Tues/Thurs 7–9pm; Saturday 2–5pm
Age Group	All Ages
Gender	Both
Fees	Membership: £65 Senior or £35 Junior; £5 per session
Telephone	07800 523633
Website	www.dltc.org.uk
Email	donaghadeelawntennisclub@gmail.com
Governing Body Affiliation	Tennis Ireland (Ulster Branch)
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Working Towards CASC



Tennis

Club Name	Helens Bay Tennis Club
Sport	Tennis
Club Address	Tennis Pavilion, 13A Fort Road, Helens Bay, Bangor BT19 1LA
Training Location	as above
Training Days and Times	Wednesday Evenings Saturday Afternoons Coaching classes on various days
Age Group	All Ages
Gender	Both
Fees	Membership: £96 Adult; £48 Junior
Telephone	07966 589091
Website	www.helensbaytennisclub.co.uk
Email	helensbaytennis@btinternet.com
Governing Body Affiliation	Tennis Ireland (Ulster Branch)
Club Mark Accreditation	Yes
Sports Forum Affiliation	Yes
Mental Health Policy	
Club Status	



Tennis

Club Name	St Patricks Racquets Club
Sport	Tennis
Club Address	The Orchard, 70 Victoria Avenue, Newtownards BT23 7ED
Training Location	as above
Training Days and Times	Tuesday and Thursday from 7pm Sundays from 2pm
Age Group	All Ages
Gender	Both
Fees	Annual membership; Adult £110; Junior £40; Concession £60; Family £140
Telephone	028 9181 5051
Website	stpatricksracquetsclub.altervista.
Email	alan.rowley1@talktalk.net
Governing Body Affiliation	Ulster Branch Tennis Ireland
Club Mark Accreditation	No
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	



Volleyball

Club Name	North Down Volleyball Club
Sport	Volleyball
Club Address	Aurora Aquatic Centre, Castle Park Road & SERC Bangor
Training Location	Bangor SERC
Training Days and Times	Thursday 7.30 – 9.30pm
Age Group	All Ages
Gender	Both
Fees	Membership £20; Nightly £5
Telephone	07800 988942
Website	
Email	
Governing Body Affiliation	NIVA
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	



Watersports

Club Name	Newtownards Sailing Club
Sport	Watersports
Club Address	161 Portaferry Road, Newtownards, Co Down BT22 2AJ
Training Location	as above
Training Days and Times	Open 24/7 to members Training and lessons May - September
Age Group	All Ages
Gender	Both
Fees	Adult Membership from £19pm; Student/Junior and Family memberships available
Telephone	
Website	www.newtownardssailingclub.co.uk
Email	honsec.newtownardssc@gmail.com
Governing Body Affiliation	RYA
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	No
Club Status	Registered CASC



Weightlifting

Club Name	Asylum Weightlifting Club
Sport	Weightlifting
Club Address	Unit 23D Crawfordsburn Industrial Est, Crawfordsburn Road, Newtownards BT23 4EA
Training Location	as above
Training Days and Times	Seniors – Mon/Wed/Fri 6.30pm onwards Juniors – Mon/Wed/Fri 5pm
Age Group	Juniors 6+ & Adults
Gender	Both
Fees	School Age £20 per month; Student £22.50 per month; Senior £25 per month
Telephone	07900 571495
Website	asylumstrength.co.uk
Email	club@asylumstrength.co.uk
Governing Body Affiliation	British Weightlifting
Club Mark Accreditation	Working Towards
Sports Forum Affiliation	Yes
Mental Health Policy	Yes
Club Status	Working Towards CASC

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	Northern Ireland Association of Visually Impaired Bowlers
Boxing	IABA	Irish Athletic Boxing Association
Canoeing & Kayaking	CANI	Canoe Association of Northern Ireland
Cricket	NCU	Northern Cricket Union
Cycling		Cycling Ireland
Dancing	IDA	Irish Dancing Association
Diving		Swim Ulster
Equestrian		Pony Club UK
	PCUK	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

Sport	Abbreviation	Governing Body
Hockey	UHU	Ulster Hockey Union Ulster Hockey
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
Motor Cycle Trials	AMCA	Amateur Motor Cycle Association
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

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