

St Helena Activities Directory



St Helena Activities Directory



St Helena
Government

DISCLAIMER

The Health Directorate strongly recommends that all persons with a medical condition consult with a doctor or community nurse before taking part in any activities listed in the Activities Directory. There is a possibility of physical injury participating in some of the activities listed in this directory. All persons, with or without a known or unknown medical condition, who engage in the activities listed do so at their own risk. The Health Directorate accepts no liability for any physical injury and all claims or causes of action, known or unknown, arising out of participation in the activities listed in the Activities Directory.

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SPORTS & PHYSICAL ACTIVITY

CHAMPION FOR ST HELENA

"A little exercise each day goes a long, long way"

Councillor C .Buckley



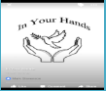
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Archery

<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
Archery Club	Jamestown Rifle Club – The Moat	Thursdays 4.30 pm	£2.00	Pat Henry 64385 Mobile 63241 patpamsk@helanta.co.sh

Core Stability



<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
Pilates For Fun (With Meditation)	Jamestown Community Centre Mule yard	Monday 4.30-5.30pm Wednesday 7.00 -8.00 a.m.	£2.50	Lojanda Vorster 22582 lvorster@brshap.co.za
In Your Hands (With Meditation) 	Kingshurst Community Centre	Thursdays 5-6pm	£2.50	Nigel Mcmichael 22637 inyourhands.mcmichael@gmail.com

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Dancing



Who	Where	When	Fee	Contact
Grapevine Dance	Jamestown Community Centre	Mondays 5.45-6.45pm	Donation (under review)	Nicola Essex grapevinedance@gmail.com

Diving




Who	Where	When	Fee	Contact
Into the Blue	The Wharf	Wednesdays, Saturdays & Sundays	£15.00 per dive	Craig Yon 23459 craigyon@helanta.co.sh
Sub tropic Adventures	The Wharf	Thursdays 4.30 pm, Saturdays 8.30am, Sundays 10am	£15.00 & equipment hire	Anthony Thomas 22758 Sub-Tropic.Scuba@helanta.co.sh
The Dive Club	Wharf Club Rooms	Please see link https://sthelenadiveclub.wordpress.com/	Club Membership	shdiveclub@gmail.com

Festivals of Walking/Running




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<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
Tourist Information Office 	Island of St Helena	Once a year Contact Tourist Information re dates.	Free	Tourist Information Office 22158



Golf


<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
St Helena Golf Club 	Longwood (The remotest golf club in the world)	Need to book	£15.00 per 18 holes round	Dorothy Thomas 24312 or 24421 during club opening hours

Jacob's Ladder Challenge




<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
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Museum (Ladder always open to climb) 	Foot of Jacobs Ladder, Jamestown	Museum Mondays to Fridays 10am – 4pm	Free to climb £2.50 for a certificate	Museum 22845 museum@helanta.co.sh
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Post Box Walks



<u>What</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
St Helena Nature Conservation Group Walks 	All over Island	Last Sunday of each month	Free	Face book - St Helena Conservation Group Local Papers Tourist Information Office

Prince Andrew School

Francis Plain

<u>What</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
Badminton	PAS Hall	Wednesdays 6.30- 8pm	50p Per person	Nigel Benjamin PAS 24290

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Circuit training	PAS Hall	Wednesdays 4.30-5.30pm	50p Per person	Barbara Osborne PAS 24290
Cricket	Francis Plain	Weekends Jan- May	Contact New Horizons	Cricket Association
Football	Francis Plain	Weekends May - Nov	Contact New Horizons	Football association
Gym	PAS Gym	Mondays 5.30 – 6.30 pm	50p Per person	Damien Stevens PAS 24290
Indoor cricket	PAS Hall	Thursdays 4-7 pm	Free	Cricket Association
Squash	Squash Court PAS	Book with PAS	50p Per person	PAS 24290
Volleyball	PAS Hall	Mondays 6.30 -9pm	Contact Clare Harris	Women's Sports Association

SKITTLES



<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
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Skittles League	Jamestown Community Centre	Mondays & Wednesdays 8pm	£40.00 per team per season	Mr or Mrs Lawrence 22519
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Yoga

<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
Jo Cheeseborough	Mule Yard	Tuesday 4.45pm – 6pm Friday 7.00 a. m	Donation	64000 fb “Yoga St Helena” jocheeseborough@gmail.com

ZUMBA

<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
Zumba Dance	Kinghurst Community Centre	Tuesdays 6-7 pm	50p	Tracey Williams cgp@helanta.co.sh

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Produced by the Health Promotion Team

Cover photographs courtesy of the St Helena Tourist office



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While efforts have been made to ensure the information contained in the Activities Directory is correct on the date of publication, changes in circumstances after the date of publication may impact on the accuracy of the information. The Health Directorate cannot guarantee that the information contained in the activities directory is accurate and/or up-to-date. The Activities Directory should be treated as a guide only. The Health Directorate accepts no liability for any inconvenience, loss or damage caused by and/or all or any claims or causes of action, known or unknown, arising out of, the use of or reliance on the information contained in the Activities Directory.

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If you run an activity, and would like to have it included in further editions, please contact the Health Promotion Team.



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