

MODIFIED SPORTS

The NSW Department of Family and Community Services, offers low impact sports to help older people lead healthy, active and happy lives. These are delivered in partnership with Football NSW, Netball NSW, Gymnastics NSW, Softball NSW, Basketball NSW and Table Tennis NSW. These modified sports give older people the opportunity to participate in lower-impact versions of these activities tailored for different ability levels.

For more information on how to get involved or to register your interest please contact the providers.

Football NSW

Walking Football

Email – mattr@footballnsw.com.au
Phone – (02) 8814 4400



Netball NSW

Walking Netball

Email – walkingnetball@netballnsw.com
Phone – (02) 9951 5000



Basketball NSW

Walking Basketball

Email – rachel.herrick@bnsw.com.au
Phone – (02) 8765 8555



Gymnastics NSW

Move for Life

Email – gfa@gymnsw.org.au
Phone – (02) 8116 4113



Softball NSW

Teeball

Email – office@softball.net.au
Phone – (02) 9677 4000



Table Tennis NSW

Active Table Tennis

Email – mail@ttnsw.org.au
Phone – (02) 8736 1266

