

SPORTING CLUBS:

Sport helps to improve your physical and mental health.

Here are some links to sporting clubs in Fredericton, Moncton, and Saint John. You can find information about the various organisations that help residents access sporting and recreational activities such as badminton, basketball, cricket, hockey, soccer, swimming, ultimate frisbee or volleyball.

- ATLANTIC ARCHERY CENTER: <http://archeryandpaintball.com/archery/>
- BASKETBALL NEW BRUNSWICK: <http://basketball.nb.ca/>
- CRICKET FREDERICTON <https://www.frederictoncricketclub.ca/>
- CRICKET MONCTON: <https://cricketmoncton.com/>
- CRICKET SAINT JOHN <https://www.sjcnb.com/>
- MONCTON THINGS TO DO: <https://www.moncton.ca/things-do/sports>
- SAINT JOHN LOCAL SPORTS <https://saintjohn.ca/>
- SWIMMING: [Canada Games Aquatic Centre](#)