

Term One Programme

Term runs from 7 February to 2 April 2012 - Howick Recreation Centre



ACTIVITY	DESCRIPTION	DAY	TIME	AGE	COST
Crawlers' Gym	Enhance your baby's physical and social development. Gymnastics improves balance, co-ordination and confidence. Parental involvement required.	Wed Sat	9.45-10.15am 10.45-11.15am	6-18 months	\$50 per term
Baby Gym	Enhance your baby's physical and social development. Gymnastics improves balance, co-ordination and confidence. Parental involvement required.	Tue Wed Thu Sat	10.30-11am 10-10.30am 1.45-2.15pm 10.30-11am, 11.15-11.45am 10-10.30am	1-2 yrs	\$50 per term
Toddlers' Gym	Enhance your toddler's physical and social development. Gymnastics improves balance, co-ordination and confidence. Parental involvement required.	Tue Fri Sat	9.45-10.25am 9.45-10.25am, 10.30-11.10am 9-9.40am	2-3 yrs	\$50 per term
Preschool Gym	Enhance your preschooler's physical and social development. Gymnastics improves balance, co-ordination and confidence. Parental involvement required.	Tue Fri	11.30am-12.10pm, 1.30-2.10pm 11.30am-12.10pm	3-5 yrs	\$50 per term
Preschool Catch, Kick and Throw	A fun way to introduce your preschooler to ball handling fundamentals. Parental involvement required.	Tue	9.45-10.25am	3-5 yrs	\$50 per term
Preschool Kiwee Sports	An introduction to a variety of sports including hockey, basketball and soccer. Parental involvement required.	Thu Fri	9.30-10.10am 1.30-2.10pm	3-5 yrs	\$50 per term
Preschool Kickers	A fun introduction to the basics of rugby and soccer. Parental involvement required.	Thu	12-12.40pm	3-5 yrs	\$50 per term
Gymnastics After School Gym	Enhance your child's physical and social development. Gymnastics improves balance, coordination and confidence.	Tue Wed	4.45-5.45pm 3.45-4.45pm 4.45-5.45pm	5-7 yrs 5-7 yrs 8+ yrs	\$55 per term
After School Kiwee Sports	An introduction to a variety of sports including hockey, basketball and soccer.	Mon Tue	3.45-4.45pm 3.20-4.20pm	5-8 yrs	\$55 per term
Basketball Skills	Get your child skilled in the basics of basketball.	Mon Thu Fri	5-6pm 3.45-4.45pm 3.45-4.45pm 4.45-5.45pm 5.45-6.45pm	11+ yrs 8-11 yrs 5-8 yrs 9-11 yrs 11+ yrs	\$55 per term
Basketball Junior League	Improve your skills with fast paced games under the guidance of basketball tutors.	Thu	4.45-5.45pm	9-13 yrs	\$55 per term

ACTIVITY	DESCRIPTION	DAY	TIME	AGE	COST
Basketball Senior League	Teenagers sharpen their skills with fast-paced games in a social competition.	Mon	6-7pm	14-18 yrs	\$55 per term
Basketball Adult League	Meet new friends in this fast and fun competition.	Mon	7-8pm	18+ yrs	\$5 per session
Volleyball*	Have a go at volleyball in a session that suits your ability. Beginners learn skills from an experienced volleyball coach and more advanced players take part in a high energy social game.	Sun	10.30-11.30am Beginners 11.30-12.30pm Games 12.30-1.30pm Team Practice	All ages	\$2 per session
Casual Basketball*	Fun and social basketball games with a little bit of competitive spirit. All abilities welcome.	Sat Sun	4-6pm 5-7pm	All ages	\$2 per session
Badminton Court Hire**	Take part in a fun game of badminton. No one's expected to be a pro, it's all about having a go!	Mon Sat Sun	12-1pm 10.45-3.45pm 1.45-4.45pm	All ages	\$8.50/hour per court
Nifty Fifties Badminton*	Keep active and meet new friends in a social game of badminton.	Mon	1-3pm	50+ yrs	\$4 per session \$32 for 10 sessions
Table Tennis*	Drop by and have some fun with a casual game of table tennis.	All days. Phone centre for availability.		All ages	\$8/hour per table
Never2Old Fitness*	You are never too old to begin getting fit and staying active. Join a class for some social fun.	Mon, Wed, Fri	1-2pm	60+ yrs	\$4 per class
Walking Group	Enjoy the outdoors and meet new people in our walking group.	Wed	9-11am	All ages	\$3 non members \$2 members
Group Fitness Classes*	Get in shape with a range of classes like X55, Fight Do, Hi/Lo Impact, Oxycore and Zumba. Group fitness timetables available at www.manukauleisure.co.nz				
Gentle Exercise for Seniors*	Have some fun and socialise whilst being active. This is a gentle class for all abilities.	Tue Thu	10.15-11.15am 10.15-11.15am	60+ yrs	\$3 per person
You Choose Wednesdays	Aimed at people with special needs. Choose from a range of sports to play. Each game is 15 minutes. Come along and make new friends.	Wed	1-2pm	All ages	\$2 per person



We welcome all participants regardless of ability or disability.

*Concession cards available - conditions apply. Casual programmes are subject to availability.