

Term One Programme

Term runs from 7 February to 5 April 2012 - Moana-Nui-ā-Kiwa Leisure Centre

ACTIVITY	DESCRIPTION	DAY	TIME	AGE	COST
Out of School Care (OSCAR)	Book your child into our CYF approved and OSCAR registered after school care. We'll even collect your child from selected schools. Activities include sports, arts 'n' crafts, swimming and library visits. WINZ subsidies may apply.	Mon to Fri	3-6pm	5-13 yrs	\$68 per week (subsidy may apply)
Bader Drive Healthcare Aerobics*	Dance to Polynesian music and keep healthy and full-of-life.	Tue Thu	10.30-11.30am 10.30-11.30am	All ages	Free
Group Fitness Class	Get in shape with a range of classes such as Fight Do (shadow boxing) and Zumba. Group Fitness timetable available online at www.manukauleisure.co.nz .	Mon Tue Wed Thu	6-7pm 9.30-10.30am 6-7pm 6-7pm	16+ yrs	\$8 per person
Little Monkeys Play Gym	Teaches basic development skills through fun games, music and specialist gymnastic equipment. Parental involvement required.	Mon	9.30-10.15am, 10.30-11.15am, 12.30-1.15pm	3-4 yrs	\$45 per term
Tai Chi*	Try the Chinese martial art of Tai Chi and experience the mental clarity and stress relief it provides.	Fri	9.30-10.30am	All ages	Free
Green Prescription (GRx)	Entry level activity classes. Get active, meet new people and improve your health and fitness. Discounted rates apply for members and recent graduates. Starts 24 January 2012.	Tue Wed Thu	10-11am (new registrations) 12.30-1.30pm (activity only) 10am-3pm (reviews) 12.30-1.30pm (activity only)	16+ yrs	\$5 per person
Basketball - Hoopsters	Become a basketball superstar! Improve your skills with fast paced games under the guidance of experienced basketball tutors.	Wed	4-4.45pm 4.50-5.35pm	5-8 yrs 9-12 yrs	\$45 per term
All Stars Competition	Aimed at primary school children in Years 3 to 4 and 5 to 6. This friendly basketball competition is about fun, getting active and team spirit.	Thu	4-6pm	Year 3-4 Year 5-6	\$80/team per term
Mixed Social Basketball	Players compete in a social setting at a semi-competitive level. Game duration is 40 minutes.	Mon	6-9pm	14+ yrs	\$42 reg tm + \$5 pp/game
Mixed Social Netball	Push play in a casual, friendly and social environment. Game duration is 40 minutes.	Wed Fri	6-9pm 6-9pm	14+ yrs	\$42 reg tm + \$5 pp/game
Kids In Action	Learn how to live a healthy lifestyle and take part in fun physical activities. Phone Southseas Health Care on 278 2694 to book.	Fri	4-5.30pm	8-16yrs	Free

* Delivered by a third party provider.



We welcome all participants regardless of ability or disability.