

Term One Programme

Term runs from 7 February to 2 April 2012 - Pakuranga Recreation & Youth Centre

| ACTIVITY | DESCRIPTION | DAY | TIME | AGE | COST |
|-------------------------------|--|------------------------------|---|--|-----------------|
| Catch, Kick & Throw | A fun way to introduce your preschooler to ball handling fundamentals. Parental involvement required. | Tue | 9.30-10.15am | 3-4 yrs | \$50 per term |
| Baby Play Gym | Increase your infant's coordination with this fun introduction to gymnastics. Parental involvement required. | Mon Thu | 11-11.30am 9.30-10.am | 1-2 yrs | \$45 per term |
| Toddlers' Play Gym | Enhance your child's physical and social development with this fun introduction to gymnastics. Parental involvement required. | Wed Thu | 11-11.40am 11-11.40am | 2-3 yrs | \$50 per term |
| Preschool Gym | Based on the Fun Gym concept, preschoolers enjoy learning about fundamental movement using gym equipment and music. Parental involvement required. | Mon Fri | 1-1.50pm 1-1.50pm | 3-4 yrs | \$50 per term |
| After School Gymnastics | Your child will move through each Fun Gym level, graduating to Level Four in two terms. Kids have fun while learning about movement. | Wed Thu | 3.30-4.30pm 4.30-5.30pm 3.30-4.30pm | 5-7 yrs 8-12 yrs 5-12 yrs | \$55 per term |
| Free Time | We offer basketball, volleyball, table tennis, badminton and indoor netball. Grab your mates and get into it. It's all about having fun. | Sat Sun | 1-3pm in lounge 7-10pm lounge & stadium 1-4pm | All ages. Under 14s must attend with adult 16 yrs+ | \$4 per session |
| Youth Zone | Drop into our Youth Zone. Foosball, pool table, air hockey, Wii games and table tennis all up in the mezzanine. | Mon-Thu Fri Sat Sun | 3-6pm, 6-8.30pm 3-7pm, 7-10pm 9-11.30am, 3-5pm, 1-5pm, 7-10pm 1-4pm | 13-19 yrs | \$2 per session |
| Retired Recreation | Badminton, short tennis and table tennis for those over 50 years. Keep active! | Tue Thu | 12.30-2.30pm 12.30-2.30pm | 50+ yrs | \$4 per session |
| Badminton | Enjoy a fun and social game with a little bit of a competitive spirit. | Sat | 3-7pm | All ages | \$8.50 per hour |
| Table Tennis | This fun, non-contact game improves your hand-eye co-ordination. | Sat | 3-7pm | All ages | \$5 per hour |
| Basketball - Mini Hoopsters | Get your child skilled in the basics of basketball. | Tue | 3.30-4.30pm | 5-7 yrs | \$55 per term |
| Basketball - Junior Hoopsters | Become a basketball superstar! Improve your skills with fast paced games under the guidance of experienced coaches. | Mon Fri Sat | 3.30-4.30pm 3.30-4.30pm 1.30-2.30pm (comb. with snrs) | 8-10 yrs | \$55 per term |

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| Basketball - Senior Hoopsters | Enjoy fast paced games while developing your basketball skills. | Fri Sat | 4.30-5.30pm 1.30-2.30pm (comb. with jnrs) | 11+ yrs | \$55 per term |
| Basketball - Unisex | Mixed ten-week competition for social basketball players. | Sat | 7.15-10pm | 14+ yrs | \$35 tm reg + \$35/game or \$300 for 10wk comp |
| Hip Hop & Break Dance | Get a great cardio workout, learn some cool moves and get down to great music. | Mon | 3.30-4.30pm | All ages | \$5 per session |
| Indoor Netball Competition | Fun, social games of netball at a semi competitive level. | Wed | 7.30-10pm | 15+ yrs | \$35 tm reg + \$35/game or \$300 for 10wk comp |

Group Fitness Classes - February

| ACTIVITY | DESCRIPTION | DAY | TIME | AGE | COST |
|------------------------|---|--------------------|--------------|----------|-----------------|
| Box Fit | Boxing aerobics for a moderate to high intensity workout. | Mon-Thu (Feb only) | 6-7pm | All ages | \$5 per person |
| Box Fit for Women | Boxing aerobics for a moderate to high intensity workout. | Mon, Wed and Fri | 9.15-10.15am | All ages | \$5 per session |
| Sonic Fitness Circuits | Sonic Fitness is circuit training designed specifically for fat burning. Get in and get active. | Mon-Thu | 5-6pm | All ages | \$5 per session |

Group Fitness Classes - March

| ACTIVITY | DESCRIPTION | DAY | TIME | AGE | COST |
|-------------------------|--|---|--------------------------------|----------|-----------------|
| Box Fit | Boxing aerobics for a moderate to high intensity workout. | Tue and Thu Sat Mon, Tue, Thu and Fri | 7.15-8.15am 9-10am 6-7pm | All ages | \$5 per person |
| Box Fit + | All the benefits of Box Fit plus an extra half hour core workout. | Wed | 5.45-7.15pm | All Ages | \$7 per person |
| Box Fit for Women | Boxing aerobics for a moderate to high intensity workout. | Mon, Wed and Fri | 9.15-10.15am | All ages | \$5 per session |
| Sonic Fitness Circuits | Sonic Fitness is circuit training designed specifically for fat burning. Get in and get active. | Mon-Thu | 5-6pm | All ages | \$5 per session |
| Plus Girls and XXX Boys | Serious about losing weight? Check out this active programme involving a range of activities for both men and women. | Tue-Fri | 6-7am | 15+ yrs | \$50 per month |

**Concession cards available - conditions apply.



We welcome all participants regardless of ability or disability.