
MARTIAL ARTS

Kickboxing with Freedom Fitness Plus

Ph: (09) 282 3169

Time: Monday, Tuesday, Wednesday & Thursday 6-7pm, Saturday 9-10am

Venue: Rawene Community Centre

NEARBY IN GLENFIED:

The Fitness League

Ph: (09) 489 7159

Time: Tuesday 6.30pm, Wednesday 9.30am, Thursday 6.30pm

Venue: Glenfield Hall

Jazz, Ballroom, Hip Hop, Latin American

Ph: (09) 476 9121

Time: Various

Venue: Gotta Dance

Indoor Netball, Cricket, Soccer, Dodgeball & Turbo Touch

Ph: (09) 444 2311

Times: Various

Venue: Planet Sports

SPORT AND COMMUNITY FACILITIES

Birkdale Community House North Shore Leisure- Beach Haven

134 Birkdale Road

Birkdale

Ph: (09) 483 9149

Cresta Avenue

Beach Haven

Ph: (09) 444 6340

Highbury Community House

110 Hinemoa Street,

Highbury

Ph: (09) 480 5279

City Fitness

61a Mokoia Road

Birkenhead

Ph: (09) 480 1222

Birkenhead Methodist Church

Onewa Rd/Bhead Avenue,

Birkenhead

Ph: (09) 419 0272

Beach Haven Tennis Club

Cresta Avenue

Beach Haven

Ph: (09) 483 7664

Club Physical

Highpoint Centre,

Birkenhead

Ph: (09) 419 2500

Birkenhead Baptist Church Hall

25 Birkdale Road

Birkenhead

Ph: (09) 483 6760

Birkenhead Tennis Club

1 Verran Road

Birkdale

Ph: (09) 483 5511

Rawene Community Centre

33 Rawene Road

Birkenhead

Ph: (09) 480 7135

Beach Haven Bowling Club

31 Cresta Avenue

Beach Haven

Ph: (09) 482 0338

Harbour Fitness

61a Mokoia Road,

Birkenhead

Ph: (09) 480 1222

North Shore Leisure Birkenhead

Mahara Avenue

Birkenhead

Ph: (09) 444 6340

Harbour Sport

Stadium Drive, Albany

Ph: (09) 415 4610

LOCAL ACTIVITIES

BIRKENHEAD & BEACH HAVEN



More People, More Active, More Often

INDOOR SPORTS

Rock Climbing

Ph: (09) 444 6340

Time: Various, 7 days a week

Venue: North Shore Leisure- Birkenhead

OUTDOOR SPORTS

Rope Course

Ph: (09) 444 6340

Time: Various, 7 days a week, Bookings essential

Venue: North Shore Leisure- Birkenhead

Adult \$26.90, Child \$21.50

RACKET SPORTS

Tennis

Ph: (09) 483 5511

Time: Club days Wednesday 9.30am, 7pm & Sunday 3pm

Venue: Birkenhead Tennis Club

Tennis, Squash, Table Tennis

Ph: (09) 483 7664

Time: Various

Venue: Beachaven Sports Centre

Squash

Ph: (09) 444 6340

Time: Monday – Friday 4-9.30pm, Saturday 1-7pm, Sunday 10am-7pm

Venue: North Shore Leisure- Beach Haven

EXERCISE CLASSES

Spin Classes

Ph: (09) 480 1222

Time: Various, 7 days a week

Venue: Harbour Fitness

Abs, Zumba, Pilates, Spin, Yoga, Flex, Boxing, Step, Zumba, Xride, Essentrics

Ph: (09) 419 2500 or 021 44 7878

Time: Various, 7 days a week

Venue: 35 Mokoia Road, Club Physical

Circuits, Body Pump, CX Works

Ph: (09) 444 6340

Time: Various

Venue: North Shore Leisure—Birkenhead

Zumba

Ph: (021) 0242 9798

Time: Mon 7-8pm, Wed 7-8pm

Venue: Birkdale North Primary, Beach Haven Primary

Cross Fit

Ph: (09) 419 0202

Time: Various

Venue: 22 Mokoia Road, Birkenhead

Pilates

Ph: (09) 419 0202

Time: Wednesday 10.15am

Venue: 22 Mokoia Road, Cross Fit Birkenhead

AQUA AEROBICS

Adult Swim Classes

Ph: (09) 444 6340

Time: By arrangement

Venue: North Shore Leisure- Birkenhead

WALKING

Walking Group

Ph: (09) 480 5279

Time: Monday 10am (over 50s), Friday 9.45 am (fast walk)

Meet: Highbury Community House

WHAT'S ON IN YOUR AREA?