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## WALKING

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### Helensville walkers

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Ph: (09) 420 8773

Time: Tuesday 8.30am

Meet: Commercial Road, Helensville

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## MARTIAL ARTS

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### Karate

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Ph: (09) 416 1266 or 021 297 2431

Time: Wednesday 6-7pm

Venue: Riverhead Community Hall

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## EXERCISE CLASSES

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### Pump, Circuit, Stretch, Fitness for Function, Boxfit, Freestyle fit

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Ph: (09) 412 8932

Time: Various

Venue: Kumeu Health and Fitness

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### Abs, ABT (Abs, Bums & Thighs), Zumba, Boxfit

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Ph: (09) 420 6303

Time: Various

Venue: Helensville Fitness Centre

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## SPORT AND COMMUNITY FACILITIES

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### War Memorial Hall

24 Waimauku Station Road

Waimauku

Ph: (09) 412 9120

### Waimauku Tennis Club

State Highway 16

Waimauku

Ph: (09) 411 7012

### Kaukapakapa Hall

886 Kaipara Coast Hwy

Kaukapakapa

Ph: (09) 420 8645

### Helensville Fitness Centre

136b Mill Road

Helensville

Ph: (09) 420 6303

### Aquatic Park, Parakai Springs

Parkhurst Road

Parakai

Ph: (09) 420 8998

### Helensville Tennis Club

Rautawhiri Road

Helensville

Ph: (09) 420 8608

### South Head Golf Club

South Head Road

Helensville

Ph: (09) 420 2838

### Kumeu Racquets Club

50 Access Road

Kumeu

Ph: (09) 412 9759

### War Memorial Hall

49 Commercial Road

Helensville

Ph: (09) 420 8645

### Kumeu Health & Fitness

156 Main Road

Kumeu

Ph: (09) 412 8932

### Helensville Golf Club

197 Peak Road

Helensville

Ph: (09) 420 5454

### Kumeu Comm. Centre

Access Road

Kumeu

Ph: (09) 412 9120

### Harbour Sport

Stadium Drive, Albany

Ph: (09) 415 4610

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# LOCAL ACTIVITIES

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## KUMEU & HELENSVILLE



*More People, More Active, More Often*

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## INDOOR SPORT

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### Badminton & Squash

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Ph: (09) 412 9759  
Time: Various, 7 days a week  
Venue: Kumeu Racquets Club

### Indoor Bowls

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Ph: (09) 420 7520  
Time: Wednesday 12.45pm  
Venue: Helensville Bowling Club, Awaroa Road

Ph: (09) 412 9236  
Time: Monday 7.30pm  
Venue: Kumeu Community Centre

### Netball

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Ph: (09) 412 8932  
Time: Wednesday, Thursday 6.15pm  
Venue: Kumeu Health and Fitness

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## DANCING

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### Groovy Line Dancing

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Ph: (09) 420 7168 or 021 025 81580 (Levia)  
Time: Tuesday 9.30am  
Venue: Te Awaroa Youth Club

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## AQUA ACTIVITIES

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### Swim Lessons

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Ph: 09) 420 8998  
Time: Various  
Venue: Aquatic Park Parakai Springs

### Parakai Pools Aqua Class

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Ph: (09) 420 8998  
Time: Monday, Friday 9.30-10.30am and Wednesday 9-10.30am (summer), 9.30-11am (winter)  
Venue: Aquatic Park, Parakai Springs

### Parakai Pools Arthritis Group

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Ph: (09) 412 8230 (Marlene Wells)  
Time: Tuesday 8.30-9.30am  
Venue: Aquatic Park, Parakai Springs

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## YOGA/PILATES

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### Yoga

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Ph: (09) 412 8932  
Time: Tuesday, Thursday 9.30am  
Venue: Kumeu Health and Fitness

Ph: (09) 832 8270  
Time: Thursday 9.30-11am  
Venue: Kumeu Community Centre

### The Art of Yoga

Ph: (09) 420 9898 or 021 230 0632  
Time: Various  
Venue: 6 Commercial Road, Helensville

Ph: (09) 832 8270  
Time: Monday 6.30– 8pm  
Venue: Waimauku War Memorial Hall

Ph: 021 919898  
Time: Mon 6pm, Tues 1.30pm, Thurs 9.30  
Venue: Mon Muriwai Surf Club, Tues/Thurs Taylor Road, Waimauku (need to book)

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### Pilates

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Ph: (09) 416 9190 / 02 7488 5716  
Time: Wednesday 7pm, Friday 7.30am  
Venue: Whenuapai Village Hall

Ph: 027 534 3498 (Gill Moore)  
Time: Mon 6pm, Thurs 11am, 7pm, Fri 9.30am  
Venue: various

Ph: (09) 411 5416 (Gaylene Earl)  
Time: Mon 9.30-10.30am(Beg),10.30-11.30am (Int)  
Venue: Kumeu Community Hall

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# WHAT'S ON IN YOUR AREA?