

Indoor Bowls

(09) 425 6276
Mon 1-3.30pm
Venue: Mahurangi Community Centre

AQUA ACTIVITIES

Fitness Groups/Swimming Lessons for All

Ages/Abilities

(09) 414 5484
Various, 7 days a week
Venue: Hilton Brown Swim School

Cardiac Club (Water Fitness Class)

(09) 424 1914
Mon, Fri 8.30am
Venue: The Leisure Centre

Waterfit Shallow

(09) 424 1914
Mon 12.30pm, Tues, Weds 8.30am
Venue: The Leisure Centre

Senior Aqua

(09) 444 6340
Tues, Thurs 12pm
Venue: North Shore Leisure—East Coast Bays

OUTDOOR ACTIVITIES

Petanque & Bowls

(09) 445 2517
Various Times, 7 days a week
Venue: Stanley Petanque and Bowls Club Inc

Croquet

(09) 445 6896
Club Days Mon, Wed, Thurs, Sat 9.30am
Venue: North Shore Croquet Club

Golf Clinic/Classes

921 9999 extn 7254
Various Times, Classes and 1:1's
Venue: AUT Sport & Fitness Centre

Lawn Bowls

(09) 425 5741
Friday Afternoon from 1pm
Venue: Mahurangi East Bowling Club

Golf-Croquet

(09) 422 9717
Mon Morning, Sat, Thurs Afternoon
Venue: Point Wells Croquet Club

Association Croquet

(09) 422 9717
Mon Afternoon, Sat Morning, Wed All Day
Venue: Point Wells Croquet Club

Contact us here:

Harbour Sport
Stadium Drive, Albany
Ph: (09) 415 4610

Age Concern

Exercise and social activities available for over 60s.
Newsletters from Harbour Sport and website.
0-9-489 4975 or *Email:* ageconns@acns.co.nz
www.ageconcern.org.nz

LOCAL ACTIVITIES

SENIORS



More People, More Active, More Often

EXERCISE CLASSES

Low Impact Aerobics

(09) 445 3068
Friday 9.15-10.15am
Venue: Devonport Community House

(09) 414 7796
Mon & Thurs 8.15am
Venue: Contours, Albany (women's only)

Never 2 Old

(09) 445 4696
Mon, Wed, Fri 11am
Venue: Just Workout, Devonport

921 9999 extn 7254
Mon-Fri 9.30-10.30am, Tues, Thurs 1-2pm
Venue: AUT Sport & Fitness Centre

(09) 424 1914
Mon, Wed, Fri 2pm
Venue: The Leisure Centre

Active Seniors

(09) 480 7099
Mon 8.30am, 10.30am, Wed 10.30am, Fri 8.30,
10.30
Venue: YMCA, Northcote

Born Again Bodies

Milford Baptist Church Hall, 3 Dodson Ave
Mondays 3pm - 4pm (Di Bartlett)

Mairangi Bay Presbyterian Church Hall
Wednesdays 1pm to 2pm

St Anne's Hall, cnr Glencoe & Beach Rds, Browns Bay-
Wednesdays 2.30 to 3.30 pm.

Active Living Keep Fit

(09) 423 7543
Thurs 9-10am
Venue: Mahurangi Community Centre

Senior Fit

(09) 424 1914
Wed 8.30am
Venue: The Leisure Centre

Senior Yoga

(09) 424 1914
Thurs 2.30pm
Venue: The Leisure Centre

Seniors Exercise Class

(09) 479 2924
Mon-Fri 11am, Tues 1pm
Venue: Beachside Health Club

SNR Movement

(09) 444 6340
Tues, Thurs 10.30am
Venue: North Shore Leisure—East Coast Bays

60's Up Movement

(09) 478 7201
4th Mon of Month, 10am
Venue: Progress Hall, East Coast Bays

(09) 478 7201
2nd Tues of Month, 1pm
Venue: Torbay Community Hall, Beach Road

Senior Circuit

360 698 2264
Mon, Wed, Fri 8.30-9.30am
Venue: Silverdale Fitness, Myhre Road

THE FITNESS LEAGUE

(09) 489 7159
Tues 6.30pm, Wed 9.30am, Thurs 6.30pm
Venue: Glenfield Hall

(09) 424 0402
Weds 9.30-10.30am
Venue: Albany Hall, Library Lane

Mon 10-11am (09) 424 0402
Tues 11.30-12.30 (09) 444 8461
Venue: Silverdale Hall

(09) 424 1463
Wed 7-8pm
Venue: Waitoki Hall

INDOOR ACTIVITIES

Badminton

(09) 424 1914
Various Times
Venue: The Leisure Centre

WHAT'S ON IN YOUR AREA?