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## EXERCISE CLASSES

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### Spin and Boxfit

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Ph: (09) 425 9159

Time: Various

Venue: Warkworth Fitness Centre

### Keep Fit—Kiwi Seniors

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Ph: (09) 431 2789

Time: Tuesday 9.30-10.30am

Venue: Wellsford Coop Church

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## AQUA ACTIVITIES

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### Aqua Aerobics

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Ph: (09) 423 9361

Time: Various, All Year

Venue: Te Hana— Heated Private Pool

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## SPORT AND COMMUNITY FACILITIES

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### Te Hana Hall

12 Whakapirau Rd

Te Hana

Ph: (09) 423 8249

### Rodney College Gym

287-319 Rodney St

Wellsford

Ph: (09) 423 6030

### Wellsford Netball Club

Centennial Park

Wellsford

Ph: (09) 423 7400

### Wellsford Golf & Squash Club

State Highway 1

Wellsford

Ph: (09) 423 8385

### Wellsford Tennis Club

c/-1 John Sinclair Ave

Wellsford

Ph: (09) 423 7374

### Wellsford Coop Church

Rodney St

Wellsford

Ph: (09) 423 8348

### Wellsford Community Centre

1 Matheson Rd

Wellsford

Ph: (09) 423 7333

### Wellsford Bowling Club

Rodney Street

Wellsford

Ph: (09) 423 8215

### Soccer Club

Port Albert

Wellsford

Ph: (09) 423 7587

### Harbour Sport

Stadium Drive, Albany

Ph: (09) 415 4610

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# LOCAL ACTIVITIES

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## WELLSFORD



*More People, More Active, More Often*

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## INDOOR SPORTS

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### Indoor Bowls

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Ph: (09) 423 7105  
Time: Monday 7pm , every other Friday 9.30am  
Venue: Te Hana Hall

Ph: (09) 423 6442  
Time: Friday 9.30am (Alternate with Fridays at Te Hana Hall)  
Venue: Leigh Hall, Irene, Rochelle (423 7105).

### Badminton

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Only winter (May-September)  
Ph: (09) 423 7677  
Time: Tuesday 7-8.30pm  
Venue: Rodney College Gym

### Squash

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Ph: (09) 423 9266  
Time: Various  
Venue: Wellsford Golf and Squash Club

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## DANCING

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### Rock & Roll Dancing

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Ph: (09) 423 8024  
Time: Monday 7.30pm  
Venue: Wellsford Co-op Church Hall

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## OUTDOOR SPORTS

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### Archery

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Ph: (09) 431 2827  
Time: Tuesday 6pm  
Venue: Centennial Park

### Cycling

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Ph: (09) 425 4050  
Time: Monday 10am  
Venue: Different rides

### Golf

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Ph: (09) 423 8385  
Time: Various  
Venue: Wellsford Golf Club

### Golf-Croquet

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Ph: (09) 422 9717  
Time: Monday Morning, Saturday, Thursday Afternoon  
Venue: Warkworth District Croquet Club

### Association Croquet

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Ph: (09) 422 9717  
Time: Monday Afternoon, Saturday Morning, Wednesday All Day  
Venue: Warkworth District Croquet Club

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## PILATES

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### Pilates with Active Living

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Ph: (09) 422 7220  
Time: Thursday 5.30pm (Level 1), Friday 9am and 10 am (Level 1 & 2)  
Venue: Matakana Community Hall

### Pilates

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Ph: (09) 425 9159  
Time: Intermediate Wednesday 4.30pm, Beginner Wednesdays 5.15pm  
Venue: Warkworth Fitness Centre

**WHAT'S ON IN YOUR AREA?**