

## Yoga

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Ph: (09) 424 1914

Time: Monday 5.30pm, Wednesday 11.15am, 5.15pm,  
Friday 11.15am, Saturday 10am, Sunday 11.15am

Venue: The Leisure Centre

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## WALKING

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### Hibiscus Coast Y's Walkers

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Ph: (09) 426 6461

Time: Sunday 8am

Meet: Various, Call to confirm

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### Hibiscus Coast Leisure Walkers

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Ph: (09) 424 9227

Time: Thursday 9.15am

Meet: Contact Stanmore Bay Leisure Centre Reception

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## MARTIAL ARTS

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### Karate

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Ph: (09) 426 0328

Time: Juniors Monday, Wednesday 5.15-6.15pm,  
Adults Wednesday 6.15-8pm

Venue: Stanmore Bay Sea Scout Den

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## SPORT AND COMMUNITY FACILITIES

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### Whangaparoa Tennis Club

Edith Hopper Park

Ladies Mile

Whangaparoa

Ph: (09) 424 0933

### The Leisure Centre

159 Brightside Rd

Stanmore Bay

Ph: (09) 424 1914

### Key Fitness

6/26 Karepiro Drive

Whangaparoa

Ph: (09) 428 7348

### Whangaparoa Primary School Hall

39 Ladies Mile

Whangaparoa

### Whangaparoa Primary School Hall

39 Ladies Mile

Whangaparoa

### Whangaparoa Golf Club

1337 Whangaparoa Rd

Army Bay

Ph: (09) 424 5441

### Stanmore Bay Hall

Waiora Road

Stanmore Bay

Ph: (09) 424 4055

### Red Beach Methodist Church Hall

76 Red Beach Hall

Hibiscus Coast

### Whangaparoa Residents & Ratepayers Hall

717 Whangaparoa Rd

Whangaparoa

### Stanmore Bay Scout Den

Stanmore Bay Rd

Stanmore Bay

### Harbour Sport

Stadium Drive, Albany

Ph: (09) 415 4610

# LOCAL ACTIVITIES

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## WHANGAPARAOA



*More People, More Active, More Often*

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## INDOOR SPORT

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### Netball

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Ph: (09) 424 1914

Time: Monday 6.30-9pm, Tuesday 6.30-8.30pm

Venue: The Leisure Centre

### Basketball

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Ph: (09) 424 1914

Time: Wednesday 6.30-7.30pm

Venue: The Leisure Centre

### Squash League

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Ph: (09) 424 1914

Time: Tuesday 6-9pm

Venue: The Leisure Centre

### Indoor Sport Court Hire

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Squash, Badminton, Table Tennis, Basketball

Ph: (09) 424 1914

Venue: The Leisure Centre

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## DANCING

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### Line Dancing

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Ph: (09) 428 1223

Time: Wednesday 10-12pm (Int), Friday 1.30-2.30pm (Beg)

Venue: Stanmore Bay Hall

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## SENIOR ACTIVITIES

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**Cardiac Club (Water Fitness Club), Badminton, Senior Fit, Indoor Bowls, Never 2 Old, Waterfit Shallow, Senior Yoga**

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Ph: (09) 424 1914

Time: Various, 7 Days a Week

Venue: The Leisure Centre

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## AQUA ACTIVITIES

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**Waterfit Combat, Waterfit Hydro Sports, Cardiac Club, Waterfit Shallow, Waterfit Deep, Hydro run**

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Ph: (09) 424 1914

Time: Various, 7 Days a Week

Venue: The Leisure Centre

### Swimming Lessons

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Ph: (09) 424 1914

Time: To suit you

Venue: The Leisure Centre

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## EXERCISE CLASSES

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### Various Les Mills Classes

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Ph: (09) 424 1914

Time: Various, 7 Days a Week

Venue: The Leisure Centre

**Bums & Tums, Zumba, Body Sculpt, Sports Conditioning, Box Fit, Senior Fit, Gentle Circuit, Cardiac Circuit, Never 2 Old, Super Circuit**

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Ph: (09) 424 1914

Time: Various, 7 Days a Week

Venue: The Leisure Centre

### Group Fitness

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Ph: (02) 760 06110

Time: Thursday 5.30pm

Venue: Whangaparaoa Primary School

### Running Group

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Ph: (02) 760 06110

Time: Wednesday 6pm, alternative

Saturday/Sunday 7am

Venue: Ring to confirm

### Women's Adventure Group

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Ph: (02) 760 06110

Time: Every second weekend

Venue: Various locations, call to confirm

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## YOGA/PILATES

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### Pilates

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Ph: (09) 424 1914

Time: Monday 11.15am, Thursday 9.15am

Venue: The Leisure Centre

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