

Have a Go

Term 1



Aranui Community Walk

Monday 27 February, 10.30 - 11am

Lyttelton Community Walk

Thursday 2 March, 10am

Keep Active Circuit

Friday 17 March, 9.30am

Aqua Jogging at Graham Condon

Wednesday 22 March, 10 - 11am

Wednesday 29 March, 10 - 11am

Wednesday 5 April, 10 - 11am

Aquacise

Tuesday 21 March, 6.35 - 7.30pm

Mature and Motivated

Tuesday 28 March, 12 - 12.45pm

NZIS Bootcamp

Tuesday 4 April, 1pm

Indoor Bowls

Tuesday 11 April, 11.30am - 1.30pm

**For more information on
activities, please see reverse.**

**For more information and
to register please contact:**

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Have a Go Activity Dates and Details

Aranui Community Walk

Free Meeting at Aranui Library
109 Aldershot Street, Aranui

Community Walk for all ages and abilities.
Great way to meet others and keep motivated with your walking.

Lyttelton Community Walk

Free Meeting at the
Lyttelton Information Centre
20 Oxford Street, Lyttelton

Walk around Lyttelton for all ages and abilities.
Great way to meet others and keep motivated with your walking.

Keep Active Circuit

\$3 South West Baptist Church
6 Balcairn Street, Halswell

A fun social setting to help maintain or improve fitness.
A mix of aerobic, strength and stretching exercises for all abilities.

Aqua Jogging at Graham Condon

\$6 (25% discount with CSC/Gold card)
Graham Condon Recreation
and Sport Centre
3 Sisson Drive, Papanui

Aqua jogging is essentially walking in deep water, but you are kept above water by a foam belt. The unique environment of water walking reduces the pressure through your joints, and increases fitness levels in way that cannot be accomplished with land exercise alone.

Aquacise

\$6.50 Wharenui Swimming Club
73 Elizabeth Street, Riccarton

Aquacise class, aerobics in the pool for fun, fitness and friendship.
For all ages, shape and abilities.

Mature and Motivated

\$3 Rolleston Community Centre
94 Rolleston Drive

A low impact fun exercise class aimed at those over 50.

NZIS Bootcamp

Free NZIS, 66B Wharenui Road
Riccarton

Community bootcamp, exercises to increase strength
and fitness for all ages and abilities.

Indoor Bowls

\$2 Aranui Community Centre
31 Hampshire Street, Aranui

Come along and give bowls ago.
Local social group inviting those new or returning to bowls.

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