# Kā Kaupapa o Waikirikiri What's On in Selwyn

Raumati | Summer 2024 December - February

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See pages 5-13 for details



on the solar way.

**Events** 

Libraries

Pools

Recreation

and a second and

**Group Fitness** 

## Christmas

## Whānau Pottery Workshop

Sunday 1 December, 12.30-2.30pm Lincoln Library Service Centre

Saturday 7 December, 12.30-2.30pm Leeston Library Service Centre

Saturday 14 December, 12.30-2.30pm Darfield Library Service Centre

#### Sunday 15 December, 1.30–3.30pm Te Ara Ātea

Get creative these holidays in this collaborative pottery workshop! Join us with a group of up to four from your whānau and work together to make and decorate a large serving dish. In this workshop, led by ceramicist Emma Turner, you will use hand building techniques to create your form and personalise it with paints and patterns. This is the perfect opportunity to work alongside one another and make something to treasure together! All ages welcome. Children under 14 years must be accompanied by an adult.

\$30 per group, library members. \$50 per group, non-members.

Bookings required.

selwynlibraries.co.nz/events



## Christmas Crafts

Monday 2 December, 3.30–4.30pm Darfield Recreation and Community Centre

Wednesday 4 December, 3.30–4.30pm West Melton Community and Recreation Centre

Tuesday 10 December, 3.30-4.30pm Lincoln Event Centre

#### Wednesday 11 December, 3.15-4.15pm Springston Community Hall

Pop down for some Christmas crafting fun! Koha of non-perishable items for the local Selwyn food banks is appreciated. 5+ years.

Bookings required.

selwyn.govt.nz/events

# Storytimes – Christmas Special

Friday 6 December, 10-10.30am Leeston Library Service Centre

Thursday 12 December, 6-7pm Lincoln Library Service Centre

Friday 13 December, 10-11am Darfield Library Service Centre

#### Sunday 15 December, 10.30-11am Te Ara Ātea

Enjoy the magic of stories with your whānau this Christmas. These interactive Storytimes will feature festive tales, songs and a scavenger hunt. Join us in your favourite Christmas outfit and get ready for some holiday fun! All ages welcome.

Drop-in.







## Christmas

# Kids' Nature Printing: Holiday Cards

Saturday 7 December, 10.30am-12.30pm Darfield Library Service Centre

#### Saturday 14 December, 10.30am-12.30pm Leeston Library Service Centre

Spend some time in the sun, forage your favourite plants, and print a card for the holiday season! In this workshop, artist Margaret Taylor, from the Selwyn Artists Collective, will guide you step by step through the entire process of printing a card by hand, with a selection of found plant material. Unleash your creativity with your very own beautiful botanic design and add flair to your gift giving this season! 8–14 years. All children require adult supervision for foraging.

Bookings required.

selwynlibraries.co.nz/events





## Darfield Ukelele Group Performance



Saturday 7 December, 11-11.30am Leeston Library Service Centre

#### Saturday 7 December, 1.30-2pm Darfield Library Service Centre

Join us for this lively performance by the Darfield Ukelele Group. Playing a selection of Christmas music along with some well-known classics from the 1960s and 70s, you'll be singing along in no time!

All ages welcome.

Drop-in.

selwynlibraries.co.nz/events

# Little Dancing Elves

Tuesday 10 December, 11-11.30am Selwyn Sports Centre

#### Thursday 12 December, 10.30-11am Lincoln Event Centre

Jingle all the way to Christmas with these themed little dancing feet classes. We'll be doing the candy cane twist, reindeer freeze dance and snowman stomp, plus many more groovy jingly jams. Come in your best festive outfit and party like little dancing elves. 1–5 years.

\$5.20 per child.

Drop-in.



## Christmas



## Mini Gym Party

#### Friday 13 December, 9.30-11am Selwyn Sports Centre

Let's celebrate the final week of Mini Gym preschool classes with a party! There'll be face painting and bouncy castles for the kids to enjoy. 6+ months to 5 years.

\$5.50 per child.

Book online or drop-in.

selwyn.govt.nz/events

# Movie Night

# Saturday 14 December, 6.30-9.30pm. Doors open at 6pm. Selwyn Sports Centre

Get into the Christmas spirit with a movie screening of Home Alone! BYO seating, movie snacks or purchase some from one of our food vendors. Ticket sales are limited, so get in quick to secure your spot for what promises to be a great night out.

All ages welcome.

\$5 per person, \$15 family of four.

#### selwyn.govt.nz/events





## Selwyn Community Choir



#### Sunday 15 December, 11am-12pm Te Ara Ātea

Take some time out in the busy lead-up to Christmas to relax and enjoy the voices of the Selwyn Community Choir. Over this hour, they will perform a variety of songs from musical theatre, as well as some Christmas favourites. All ages welcome.

Drop-in.

selwynlibraries.co.nz/events

## Get Your Skates On Party

#### Tuesday 17 December, 3.30-5pm Selwyn Sports Centre

Celebrate the final week of Get Your Skates On with a Christmas roller disco! All equipment provided. If you need a little help, experts will be available to get you rolling on your way with confidence. 2+ years, adults welcome.

\$7.40 per person. Book online or drop-in.





## Life Jacket Hire

#### Saturday 21 to Monday 23 December, 9am-6pm Selwyn Aquatic Centre

We have life jackets of all sizes available for hire over the summer. Drop-in and get fitted with a life jacket.

4-week hire: \$10 per life jacket (return 13–17 January) 8-week hire: \$15 per life jacket (return by 15 February) selwyn.govt.nz/events

## Snorkelling Have-a-Go

Thursday 9 January, 10am-3pm Selwyn Aquatic Centre

Friday 10 January, 1.15-3.30pm Southbridge Pool

#### Monday 13 January, 10am-12.15pm Darfield Pool

Learn to snorkel these holidays with the Selwyn Swim School! Master the basics of using a snorkel and flippers, search for items underwater and swim through obstacles. 8–13 years.

\$8 per person.

Bookings required.

#### selwyn.govt.nz/events





## Music in the Park

Saturday 11 January, 2-4pm Rolleston Town Centre

Saturday 1 February, 2–4pm Leeston Park

#### Saturday 22 February, 2-4pm Darfield Reserve

Join us for a fun afternoon in the park filled with live music, talented local performers, and so much more! Bring a picnic or support our local food and beverage stalls — it's the perfect way to spend a day outdoors with the whānau. Follow our Facebook event pages for all the details.

Drop-in.

# Selwyn Libraries Holiday Fun



Monday 13 January, 10am-1pm Glenroy Hall

Tuesday 14 January, 10am-1pm Tawera Hall, Springfield

Wednesday 15 January, 11am-1pm Arthur's Pass Community Centre

Thursday 16 January, 10am-1pm Broadfield Community Centre

Friday 17 January, 10am-1pm Castle Hill Village Community Centre

Tuesday 21 January, 10am-1pm Southbridge Hall

Wednesday 22 January, 10am-1pm Lake Coleridge Community Hall

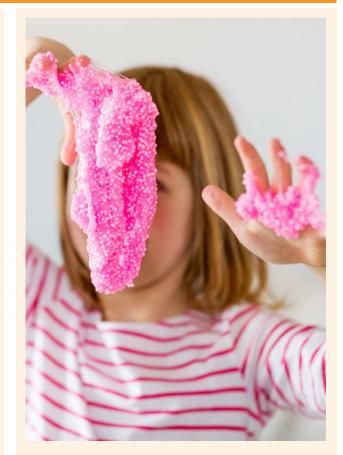
#### Thursday 23 January, 10am-1pm Glentunnel Community Centre

We are bringing the libraries to you! Get creative and print patterns with foraged natural materials in a hands-on workshop led by the eResource, Creative Bug. Bring along your own material such as stones, flowers, and fruit, or forage on-site, and get making! Otherwise, come play a board game, interact with our Dash Bots, construct a masterpiece from LEGO®, or just chill out and read a book. We have a bunch on board the Edge Connector Vehicle for you to explore! Whānau-friendly. Children under 8 years must be accompanied by an adult.

Drop-in.

#### selwynlibraries.co.nz/events





# Slime Time

Tuesday 14 January, 9.30-10.30am Darfield Recreation and Community Centre

#### Thursday 23 January 9.30-10.30am West Melton Community and Recreation Centre

Unleash your inner scientist and dive into the world of slime making! Create your own gooey slime using different colours and textures to take home. 7+ years.

\$5 per person.

Bookings required. selwyn.govt.nz/events

## Teddy Bears' Picnic

#### Wednesday 15 January, 10.30am-1.30pm Brookside Park, Rolleston

Get your teddy ready for the picnic of the year! Bring along a packed lunch and reusable coffee mug; and enjoy a picnic with your teddy and whānau, while enjoying entertainment on the main stage. If your teddy is more active, take a crazy bike adventure, check out the farmyard, get involved in fun play activities, and join the grand finale Teddy Bear Parade. It's going to be bear-tastic! All ages welcome.

*Postponement date: Wednesday 22 January* Drop-in.

selwyn.govt.nz/events



# Scuba Have-a-Go

Wednesday 15 January, 10.30am-3pm Selwyn Aquatic Centre

#### Wednesday 22 January, 1–3pm Southbridge Pool

#### Wednesday 29 January, 5-7pm Darfield Pool

Come and learn how to scuba with Dive HQ! In these one-hour sessions, the team will equip you with the right gear before teaching you the foundation of scuba diving. 10+ years. Must be a competent swimmer.

\$20 per person.

Bookings required.

selwyn.govt.nz/events





## Kids' Bingo

Thursday 16 January, 9.30-10.30am West Melton Community and Recreation Centre

#### Tuesday 21 January, 9.30-10.30am Darfield Recreation and Community Centre

Introducing fun bingo just for kids! Line up all the numbers on your card, be the first person to yell 'BINGO' and win a cool prize. 5+ years.

\$5 per person.

Bookings required.



## Wellness In the Park

## FREE

#### Friday 17 January, 8am-1pm Rolleston Town Centre

Join us for a day to refresh your mind, body, and spirit outdoors! Whether you're looking to dance it out with Zumba®, find your calm with yoga, or challenge yourself with a high-energy HIIT workout, we've got something for everyone. Join us for a day of fitness, fun, and fresh air — perfect for the whole family. All ages welcome. Children under 8 years must be accompanied by an adult.

Postponement date: 24 January. Bookings required. selwyn.govt.nz/events

## Chalk Art Competition



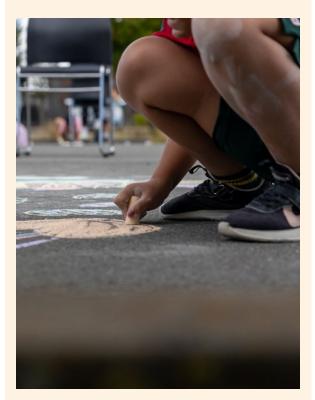
Thursday 16 January, 3.30-4.30pm Rolleston Community Centre

Thursday 30 January, 3.30-4.30pm Lincoln Event Centre

#### Thursday 6 February, 3.30-4.30pm West Melton Community and Recreation Centre

Have a creative family who loves chalk? Come down to your local community centre car park and battle it out to see which family will take away the title of best chalk art. Awesome prizes up for grabs! All ages welcome.

Bookings required. selwyn.govt.nz/events





## Skate 'n' Splash

Thursday 16 January, from 11.30am Southbridge Hall and Southbridge Pool

Friday 17 January, from 11.30am Darfield Recreation and Community Centre and Darfield Pool

#### Thursday 23 January, from 9.30am or 11.30am Selwyn Sports Centre and Selwyn Aquatic Centre

Join some roller-skating fun for 1.5 hours, then head over to the local pool to enjoy the water with awesome pool activities. An active day out, guaranteed to be loads of fun for all! Check out Pickleball happening on the same day (\$3 per person). 2+ years, adults welcome.

\$10 per person.

Bookings required.

selwyn.govt.nz/events

# Jump 'n' Juggle

#### Saturday 18 January, 10am-2pm Selwyn Sports Centre

Enjoy inflatables, games and a circus show from the Strawberry Fairy party entertainer where you'll also learn how to hula hoop, juggle, spin plates and silk fans. Sessions available for under 6 years, 6+ years and all ages.

Under 6 years: 10–11.15am 6+ years: 11.30am–12.45pm All ages: 1–2.15pm \$7 per child. Bookings required. selwyn.govt.nz/events



## Beamafilm Kids' Movies

18, 23 and 25 January, 10.30am Leeston Library Service Centre

18, 22 and 25 January, 10.30am Darfield Library Service Centre

#### 19, 20 and 26 January, 10.30am Lincoln Library Service Centre 19, 20 and 26 January, 10.30am Te Ara Ātea

Join us for a tailored selection of Beamafilm's animated kids' movies that you and your family can enjoy on the big screen these holidays! Beamafilm is a free film streaming service available to all Selwyn Libraries members. Please see booking site for information on movies, dates and run times. All ages welcome. Movies range from G to PG.

Free (Selwyn Libraries Members) Bookings required. selwynlibraries.co.nz/events



## Lunar New Year Crafts — Celebrating the Year of the Snake

#### Thursday 23 January, 3.30-4.30pm Lincoln Event Centre

Celebrate the Year of the Snake! Also known as the Spring Festival; come dressed in red or traditional Chinese attire to bring good luck. This family-friendly event will be filled with cultural festivities, hands-on craft activities, and learning opportunities. Discover your own Chinese zodiac animal and share the knowledge with your whānau as you explore the fascinating folk stories behind each zodiac sign. All ages welcome. Children under 8 years must be accompanied by an adult. Bookings required.

selwyn.govt.nz/events

# Emergency Services Family Fun Day

#### Sunday 26 January, 11am-3pm Rolleston Community Centre

Join us for an opportunity to meet our local emergency service heroes and see inside their vehicles! The Emergency Services Family Fun Day provides a platform for Selwyn emergency service providers to demonstrate their equipment and skills to the public in a safe, controlled environment. Featuring live entertainment, fun and interactive activities, it promises to be a great day out for the entire whānau. Limited parking available. All ages welcome.

Drop-in.









#### Tramping with Children Thursday 30 January, 6.30-7.30pm Te Ara Ātea

Join Sonia Barrish, an experienced tramper and mother of three, for an insightful talk on tramping with young children. With over 200 huts visited with the kids in tow, she'll share practical tips on gear, safety, and great local locations for day and overnight trips. Gain the confidence to plan and enjoy tramping adventures with your kids no matter their age. 18+ years.

Bookings required.

selwynlibraries.co.nz/events

## Month of Sundays

#### Sunday 2, 9, 16 and 23 February, 1-4pm Outside Lincoln Library Service Centre

A month of Sundays is back! Join us for a series of family-friendly outdoor sessions, where you can relax in the sunshine and enjoy local talent. Bring your picnic, unwind, and celebrate with us. Be sure to visit the *Ministry of the Mind Music* Facebook page to see the line-up for each week. All ages welcome.

#### selwyn.govt.nz/events



# Christchurch Symphony Orchestra

Saturday 1 February Te Ara Ātea

FREE

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#### Music Trails for preschoolers: 10.30-11am Interactive activity: 11.30am-12pm Lunchtime performance: 12.30-1pm

Join us for a musical treat, as musicians of the Christchurch Symphony Orchestra (CSO) spend the day at Te Ara Ātea! Get involved in musical activities with a CSO ensemble, including the CSO's iconic Music Trails, an interactive workshop and a lunchtime performance — performances specially designed for tamariki and their whānau, filled with singing, music, dancing, and storytelling. All ages welcome.

Bookings required.



## Walking into History: Prebbleton

#### Tuesday 11 February, 10am-12pm Prebbleton Hall

Grab your walking shoes and join members of the Prebbleton Heritage group on a guided walk around the streets of Prebbleton. Learn about some of the personalities who have shaped this town over more than 150 years and discover many original buildings and sites of significance. Download our Township Trails Selwyn app to discover more historic walking trails around the district. All ages welcome.

Bookings required.

selwynlibraries.co.nz/events



## Kite Day

#### Saturday 8 February, 11am-3pm Foster Park, Rolleston

Have a fun family day outdoors, soak up the sun and enjoy the display of colourful kites in the sky showcased by Peter Lynn Kites. Food and coffee trucks available on the day but don't forget to bring your reusable cups and plates. If you are feeling crafty, pop-in between 10.30am and 12pm to join the ReDiscover team in creating sustainable kites using upcycled materials recovered from the Pines Resource Recovery Park. Test out your own kite flying skills! All ages welcome. Under 12 years require adult supervision.

Drop-in.

selwyn.govt.nz/events

REE



Courtesy of Prebbleton Heritage Inc.

# Lincoln Picnic in the Park

# he Park FREE

#### Thursday 13 February, 5-7pm Lincoln Event Centre

Spend a summer's evening at the Lincoln Domain enjoying music, entertainment, food stalls, a free sausage sizzle, gumboot throw competition and so much more! You won't want to miss this great whānau-friendly community event. All ages welcome.

Drop-in.



## Women and Girls Pool Session

Friday 14 February, 5-7pm Darfield Pool Friday 21 February, 5-7pm Southbridge Pool

#### Friday 28 February, 6.30–9pm Selwyn Aquatic Centre

Enjoy an evening for women and girls to experience the pool space with confidence and comfort. Our friendly female staff will aid your pool experience with a safe and connected environment.

All ages welcome, women and girls only.

Normal pool entry applies.

Drop-in.

#### selwyn.govt.nz/events



## Skate Jam

#### Sunday 16 February, 1-3pm Darfield Skate Park

Skate Jam is a great way to introduce children and young people to skating with free gear hire, prizes, music, and coaching from Cheapskates Skate Skool. This is a relaxed environment which allows participants to give it a go, advance their skills, cheer friends and family on, and ease their way into skating! Something for all ages and abilities.

Drop-in.



# irls to experience the pool space friendly female staff will aid your nnected environment. s only.

# Introduction to Hunting

#### Thursday 20 February, 6.30-7.30pm Te Ara Ātea

Join Terry Austin, seasoned hunter and member of the New Zealand Deer Stalkers Association, as he shares his knowledge and experience of hunting in the Selwyn District. In this session, Terry will share what hunting opportunities Selwyn offers — from rabbits and hares to pigs and deer how to hunt safely, where to go to maximise your chance of success, and how to process kai for your whānau.

16+ years.

Bookings required.





# **Outdoor Living**

## Outdoor Living Design



Thursday 12 December, 6.30-7.30pm Te Ara Ātea

#### Thursday 13 February, 6.30-7.30pm Lincoln Library Service Centre

Are you wanting to give your outdoor area a makeover this summer? Join us for this talk, as the team from Goom Landscapes share their knowledge on how to optimise your outdoor space, harness the wind and sunlight, and create a welcoming entertainment area perfect for summer outdoor gatherings. 13+ years.

Bookings required.

#### selwynlibraries.co.nz/events



# A Complete Guide to BBQ Smoking

#### Thursday 23 January, 6.30-7.30pm Te Ara Ātea

Whether you're a BBQ beginner, or a seasoned pit master, come join the team from BBQs Direct in this comprehensive info session on smoking meat! Find out everything you need to know to start or improve your BBQ journey — from the types of smokers and fuels you can use, to smoking techniques and temperature control, to achieving the best flavour profile! There will be allocated time after this talk to ask questions or share your own personal tips and tricks. 16+ years.

Bookings required.

selwynlibraries.co.nz/events



# Lawn Care

Sunday 15 December, 1.30-2.30pm Lincoln Library Service Centre

#### Thursday 27 February, 6.30-7.30pm Te Ara Ātea

Want to keep your outdoor green space vibrant and thriving? Struggling with watering, fertilising or pest control? Join the turf experts from Readylawn in this discussion on practical lawn care and problem solving. Come away with a free maintenance programme and cost-effective solutions to keep your lawn in great shape. 13+ years.

Bookings required.

selwynlibraries.co.nz/events

## FREE



# **Outdoor Living**

## Introduction to the Lincoln Community Gardens

#### Saturday 15 February, 1-1.30pm Lincoln Library Service Centre

Get involved in your community garden this summer! Join Ruth and Errol Wood from Lincoln Envirotown and learn what they do, how the gardens are managed, and what you can do to get involved. There will be plenty of time after the session to ask any questions you might have. All ages welcome. Bookings required.

#### selwynlibraries.co.nz/events

## Seed Saving: Vegetables and Flowers

#### Saturday 22 February, 2-3pm Darfield Library Service Centre

Get ready to start your own seed bank this summer, as Jamie Tucker from Laughing Pūkeko Organics guides you through all the steps you need to harvest, store and sow seeds from your own garden. 13+ years.

Bookings required.

#### selwynlibraries.co.nz/events





# Integrated Pest Management in the Home Garden

#### Thursday 27 February, 6.30-7.30pm Lincoln Library Service Centre

Growing your own produce can be frustrating when aphids, caterpillars or powdery mildew get to it first! Join Jamie Tucker from Laughing Pūkeko Organics and learn how to curb the critters and weeds in your garden. In this presentation, she will take you through common garden pests and methods of action (biological, physical, cultural, chemical), to help you keep your garden thriving. If luck is on our side, she'll even bring examples. 13+ years.

Bookings required.

FREE



# **Lifelong Learning**

# Selwyn Libraries Book Sale

#### Saturday 7 December, 10.30am-3pm Sunday 8 December, 10.30am-3pm Te Ara Ātea

Mark your calendars! Don't miss our upcoming Book Sale, featuring a fantastic selection of withdrawn books, puzzles, and magazines. There are incredible bargains waiting for everyone in the family — come explore and find your next treasure!

Drop-in.

selwynlibraries.co.nz/events



## Kanopy Feature Films

Saturdays — 18 January to 8 February, 1pm Darfield Library Service Centre

Saturdays — 18 January to 8 February, 1pm Leeston Library Service Centre

Sundays — 19 January to 9 February, 1pm Te Ara Ātea

Join us for a selection of our top picks from film streaming service, Kanopy. A combination of new releases, action, drama and romance! Kanopy is free for all Selwyn Libraries members. Enjoy some of the best it has to offer on the big screen and explore the full range from home. Please see booking site for information on movies, dates and run times. 16+ years. Movies range from PG to M.

Free (Selwyn Libraries Members).

Bookings required.

selwynlibraries.co.nz/events

REF

## Get to Know Your Local Menzshed

Saturday 25 January, 2-2.30pm Te Ara Ātea

#### Sunday 2 February, 1–1.30pm Lincoln Library Service Centre

*Menzshed New Zealand* is a registered charity that brings men together to share their skills, have a laugh and work on practical tasks individually or as a group. We have two men, from two of our sheds in Selwyn, joining us to share what they are up to and how you can get involved — John Yarrall at Lincoln and Murray Bradley at Te Ara Ātea. 18+ years.

Bookings required.



## **Lifelong Learning**



## Ngā Pia ō Te Reo Māori — 10 Week Course

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# Thursdays — 30 January to 10 April, 5.45-7.45pm Te Ara $\bar{\rm A}tea$

Kei aku nui, kei aku rahi mokori anō ka rere a mihi ki a koutou katoa e nanao atu ana i ngā pūrengi o te haumi o te waka, tēnā koutou. Ki ngā maunga kōhā, ki ngā roma wai terenga kōrero mai i ngā puna mātinitini. I ngā mātāpuputu i te pō. Ko koutou te iwi tuaroa i roto i ngā tau whakapurehurehu. E kore rawa koutou e ngaro i te mahara. Kua tau te rā ki te pairangi kua tō te rā ki a koutou kore tātau e warewaretia.

Learning any language requires a little practice, confidence, and willingness to learn. Join tutors Miru Mclean and Joe Murray to learn basic sentence structures, pronouns, karakia (prayers), mihi (greetings), kīwaha (colloquialisms), whakataukī (proverbs), waiata (songs), Māori hand games and many more activities throughout the term. Don't be afraid to make mistakes in this supportive environment — Te Reo Māori is an inclusive and fun language to learn! 13+ years.

Bookings required.

#### selwynlibraries.co.nz/events

## Pokémon Learn to Play

Saturday 1 February, 12.30–3.30pm Darfield Library Service Centre Saturday 8 February, 12.30–3.30pm Te Ara Ātea

Saturday 15 February, 12.30-3.30pm Leeston Library Service Centre

#### Saturday 22 February, 12.30-3.30pm Lincoln Library Service Centre

Unleash your inner Pokémon with the expert guidance of Card Merchant's top four Pokémon coaches! This social TCG event welcomes all skill levels, inviting you to explore a world where strategy meets fun, and every card brings a new adventure. Participants will be loaned decks for the duration of this event. Are you ready to play? 9–15 years.

\$5 library members, \$10 non-members.

Bookings required.



# **Lifelong Learning**

## Felt Bag Workshop

Saturday 15 February, 11am-3.30pm Darfield Library Service Centre Saturday 22 February, 11am-3.30pm

#### Leeston Library Service Centre

Create a one-of-a-kind bag in this special wet felting workshop with Loretta Sloan. Design your own pattern, work with 100% NZ wool, and walk away with a bag perfect in size for your glasses, cellphone, or just a casual outing accessory. 14+ years.

\$25 library members, \$50 non-members.

Bookings required.

#### selwynlibraries.co.nz/events



#### Nuno Felted Scarves Sunday 16 February, 11am-3.30pm Te Ara Ātea

Learn a new skill this summer and add creative flare to your wardrobe! In this hands-on session, Loretta Sloan from House of Felt will guide you through blending merino and silk fibres with silk chiffon fabric, to make your very own handcrafted scarf. 14+ years.

\$25 library members, \$50 non-members.

Bookings required.

#### selwynlibraries.co.nz/events

# Kimchi Workshop

Saturday 22 February, 1–3pm Sheffield Hall

#### Sunday 23 February, 1–3pm Te Ara Ātea

Have you ever wondered how to turn your veggies into the popular Korean side dish, kimchi? In this hands-on workshop, Kristie from Wild Medicine will lead you step-by-step through making both a simple and traditional Korean kimchi. All recipe ingredients are supplied for you to take home your very own batch. 14+ years.

\$15 library members, \$25 non-members.

Bookings required.





## **Active Selwyn**

## Deep Restore Yoga

Sunday 8 December, 11am-3pm Greendale Hall

Sunday 16 February, 3-5pm West Melton Community and Recreation Centre

A mini yoga retreat or class to rejuvenate and nourish the mind, body and spirit. All levels welcome, 18+ years.

\$15 to \$65 per person.

Bookings required.

#### selwyn.govt.nz/events





# 3 Play

#### Friday 3 to Sunday 12 January, 10am-4pm Selwyn Sports Centre

Come and have a go at our 3 play sessions! Each day has three different sports you can have a go at, so why not make a week of it? Caregivers aged 14 years+ required for children under 8 years.

\$3 per person, or four for the price of three. Drop-in.

#### selwyn.govt.nz/events

## Pickleball Have-a-Go

Friday 10 January and Thursday 16 January, 1.30–3.30pm Southbridge Hall

Friday 17 January, 1.30–3.30pm Darfield Recreation and Community Centre

#### Thursday 23 January, 10.30am-3pm Selwyn Sports Centre

Join the Pickleball craze! Have a go at this exciting and popular paddle sport that combines elements of badminton, tennis and table tennis. Suitable for all levels. All equipment provided. All ages welcome.

\$3 per person.

Bookings required.



# **Active Selwyn**

## School Holiday Programme

Girls on the Go: Monday 13 to Friday 17 January Active: Monday 20 to Friday 24 January 8am-4pm or 9am-3pm Selwyn Sports Centre

Join us for an action-packed week of sports, games, fun activities and trips! 7–12 years. \$40-\$50 per child daily. Bookings required.

selwyn.govt.nz/events



# Little Dancing Feet Pop-Up

#### Mondays — 13 and 20 January, 10.30-11am Darfield Recreation and Community Centre

A fun, dance-style class for preschoolers using a variety of equipment like scarves, teddies, ribbons and more to music. Great for fundamental movement, skills and coordination. 1–5 years. \$5 per child.

Bookings required.

selwyn.govt.nz/events



# Zumba® Kids

#### Mondays — 13 and 20 January, 11.15am-12pm Darfield Recreation and Community Centre

Zumba<sup>®</sup> Kids incorporates fun dance routines with games, activities and cultural exploration elements. A great way to incorporate fitness as a natural part of children's lives by making fitness fun. 6–12 years.

\$5 per child.

Bookings required.



## **Active Selwyn**

## 3v3 Basketball

#### Saturday 9 February, 1–4pm Selwyn Sports Centre

Selwyn Sports Centre is excited to host a 3v3 basketball tournament. Get a group of 3 or 4 mates together and join us for an awesome day of basketball. Please enter your team by emailing **sports.centre@selwyn.govt.nz** 

Under 15 boys, under 19 boys and open girls.

\$7 per person.

Bookings required.

selwyn.govt.nz/events



## Beginner Skateboard Lessons

#### Sunday 16 February Darfield Skate Park

#### Saturday 22 February Leeston Primary School

Learn the basics of skateboarding including the features of the board, how to ride and basic tips and tricks to get you rolling on your way with confidence.

10-11am: All ages. 11-12pm: Female-only, all ages.

\$10 per person.

Bookings required.

#### selwyn.govt.nz/events



# Racquets Up

#### Saturday 22 February, 10am-2pm Selwyn Sports Centre

Racquet sports are taking over at the Selwyn Sports Centre! Come on down and try table tennis, badminton, pickleball and tennis.

All ages welcome.

\$5 per person.

Bookings required.



# Youth

# Tee Off at Foster Park

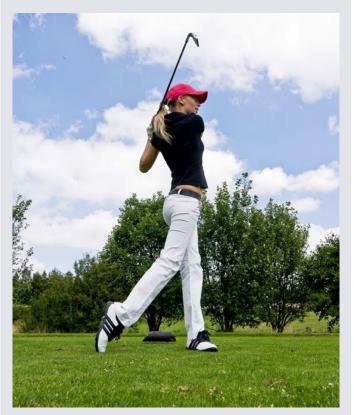
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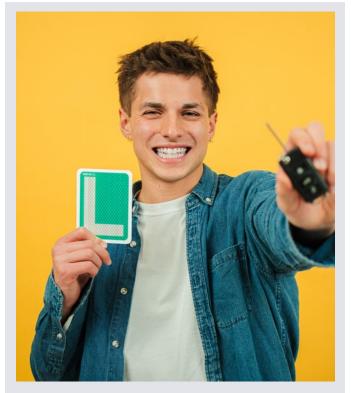
#### Sunday 8 December, 12–3pm Foster Park

Get ready for a day on the Foster! Whether you're a beginner or have some experience, this event is open to all young people keen to give golf a go. Enjoy a fun, relaxed environment where you can learn new skills, meet other young golfers, and challenge yourself at your own pace. All equipment is provided by NZ Māori Golf and FRESH, so come along and swing into action! Aimed at 12–24 years, but all welcome.

Drop-in.

#### selwyn.govt.nz/events





# Learner Licence Workshop for Youth

#### Wednesday 11 December, 10.30am-4.30pm Monday 27 January, 10.30am-4.30pm Youth Hub, Rolleston Community Centre

Ready to hit the road? Delivered by Youthtown; get expert guidance on road rules, safety, and practical skills to ace your learner's licence. The workshop fee includes the test cost (sat separately), making your journey to independence affordable and seamless. 15–24 years.

\$95 per person. If cost is a barrier, please reach out to SelwynYouthCouncil.

Bookings required.

# Youth

## Pool Party with FRESH



Saturday 14 December and Sunday 2 February, 1–4pm Darfield Pool

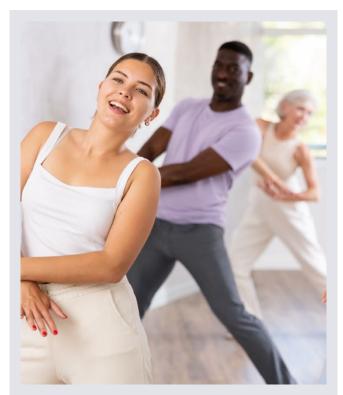
#### Sunday 15 December and Sunday 9 February, 1-4pm Southbridge Pool

Grab your mates and come down for free food and drink, a live DJ, free haircuts and braids, manu competitions and more. Aimed at 12–24 years, but all welcome.

Drop-in.

#### selwyn.govt.nz/events





## Zumba®

#### Thursdays – 23 and 30 January, 7-8pm Darfield Recreation and Community Centre

Zumba® mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin rhythms take over, you'll see why Zumba® fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness — cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. All ages welcome, 13+ years.

\$10.60 per person.

Bookings required.

# This summer, Selwyn District Council will be out in your community, asking what you'd like your town to look like in the future.

Pick up a copy of our design competition for tamariki at your local library or community centre and look out for other activities coming your way!

# www.selwyn.govt.nz/futuretown

for more information

DESIGN YOUR FUTUR

# Libraries Programmes

## Adults' Book Club

Book discussion groups are a fun and popular way to expand your reading subjects, meet people in your area and share your thoughts and ideas about reading.

## Children's Book Club 🧐

Share your latest reading adventures, check out the newest book arrivals, and participate in an activity. It's a great way to make new friends and build connections.

## Coding Club 🧐

Come join our weekly Coding Club at Te Ara Ātea! You'll make new coding buddies and work on your own cool projects after school. Feel free to bring your own device or use our mix of Chromebooks and iPads. It's perfect for ages 9–13. Bookings are required.

## Device Drop-In: Tech Help

Our weekly device drop-in sessions are informal support groups to help you familiarise yourself with your digital device. Whether it's a tablet or mobile phone, someone will be able to help you with the basics.

### Digi Hour 🕱

Dive into a world where you can play with cool gadgets like our Tech Kits, LEGO<sup>®</sup> Advanced, Dash Bots, PlayStation, tablets, Chromebooks and more. It's a fun-filled hour where you can create, play, and learn with all the digital treasures the library has to offer.

We are an official learning destination for Te Mātāpuna Mātātahi/Children's University. Look out for this logo in the guide and visit selwynlibraries.co.nz or canterbury.ac.nz/childrensuniversity for more information.

## **English Learners**

Join us at Te Ara Ātea and Lincoln Library Service Centre to improve your everyday English language skills and confidence in a casual and social setting. Sessions are focused on the needs of learners — so no two classes are the same.

SELWYNLIBRARIES SELWYNLIBRARIES.CO.NZ

## Genealogy Group

Whether you're new to searching family history or you're an experienced researcher looking for like-minded people, come along to our monthly drop-in Genealogy Group sessions facilitated by the Selwyn Central Historical and Genealogical Group. Learn about a new topic each month or just enjoy the company.

### LEGO® Advanced 🧐

Calling all LEGO<sup>®</sup> masters! These sessions are perfect for those who love a challenge and will make regular use of our LEGO<sup>®</sup> Education Spike Prime and BricQ Motion sets. Suitable for ages 9 years and over. Bookings required.

## LEGO® Time 🧐

Come along to your local library as we bring out our LEGO<sup>®</sup> collection for you to explore and let your creativity flow. Children under 8 years must be accompanied by an adult.



### Local History Drop-in

Needing help with finding Selwyn heritage information and resources? Pop in and see the heritage team who can assist you with research and digitisation advice and support, advice on caring for your photographs, papers and other taonga at home, oral history interviewing and using our scanners to copy your old photos.

### Rhymetimes

Giggle and wriggle with our stories, songs, rhymes and bubbles. These Rhymetimes sessions are designed to assist with early language development while having a great time! Suitable for 1–3 year olds.

## Sensory Babytimes

Enjoy interactive rhymes, shakers, scarves and bubbles. These sessions are designed to help cultivate early language and literacy, and support the development of motor skills from birth to 1 year.

## Storytimes

Enjoy the magic of stories, activities and songs with our preschool Storytimes sessions. Share the joy of reading and make new friends. Aimed at 3–5 years.

## Selwyn Women's Empowerment Network

Make new connections and enhance your social circle. Gain inspiration, support, and empowerment from other women within the Selwyn community.

## Virtual Reality (VR) Drop-in Sessions

Join a session to test out our VR headsets. Kayak with the penguins in Antarctica, fly to the International Space Station and experience zero-gravity, complete our Beat Saber challenge, or even tour Anne Frank's house. Suitable for ages 13 and over.



# Heartland Services

## Beneficiary Advisory Service (BAS) Drop-in

BAS is an independent non-profit organisation that provides advice and advocacy to low-income earners and beneficiaries in Canterbury. Their team of advocates are dedicated to helping individuals navigate the WINZ system.

## Cancer Society Drop-in

These sessions provide valuable support for those coping with a cancer diagnosis. Join members of the Cancer Society for face-to-face information and advice.

## Cancer Society Support Group

Join members of the Cancer Society for this monthly support group, where you can meet and connect with other cancer patients in these ongoing, supportive, and informative sessions.

## Citizens Advice Bureau Drop-in

Confidential and independent information and advice on a wide range of topics, including Disputes Tribunal, employment, consumer rights, government agencies, legal services, tenancy, budgeting, and migrant support services.

## Direct Career Service Drop-in

This service is open to anyone looking for new work, regardless of whether or not you are currently employed. The Direct Career Service is designed to build confidence in job seekers by providing the tools and resources to take steps towards employment or education.

## Inland Revenue Sessions

Need help with PAYE, applying for an IRD number, assistance with Working for Families or even help getting a refund? Maybe you have a confidential tax query? Inland Revenue (IR) can help. Please note that this is not a drop-in service, and bookings are required. To make an appointment, please email: IRHeartlandsCanterbury@ird.govt.nz



## JP Clinics

Justices of the Peace (JPs) can help you with witnessing signatures on documents; certifying copies of documents; taking oaths, declarations, affidavits or affirmations; applications for marriage or civil union dissolution; citizenship applications; sponsorship applications. Take advantage of the weekly drop-in clinics at Te Ara Ātea, Lincoln and Darfield Library Service Centre.

## Ministry of Social Development (MSD) Drop-in

Whether you're seeking employment services, superannuation details, funding for community providers, information on student allowances, or housing support, MSD is here to assist.

## **Rates Rebates**

The Rates Rebate scheme provides a rebate of up to \$790 for low-income earners. You can find out if you are eligible and apply for your rebate at any of our Service Centres. You will be asked to provide accurate information about your income, and that of any partner/joint homeowner who lives with you, for the tax year ended 31 March 2024.

## Workbridge Drop-in

Workbridge is a free employment service for people living with a disability, injury, or illness. They work in partnership with jobseekers and employers at no cost, and can assist with setting and achieving work goals, building job search skills, and ultimately finding paid employment.



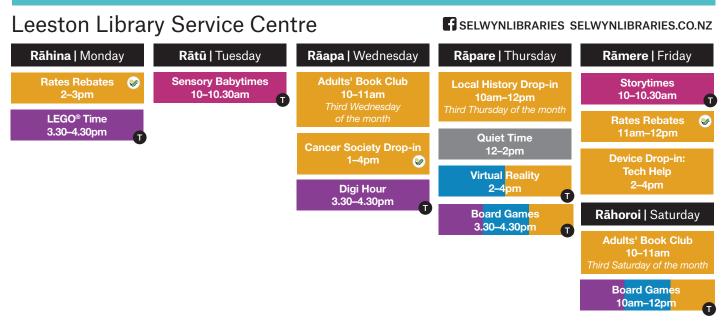
# Darfield Library Service Centre

#### SELWYNLIBRARIES SELWYNLIBRARIES.CO.NZ

<b>Rāhina</b>   Monday	<b>Rātū</b>   Tuesday	<b>Rāapa  </b> Wednesday	<b>Rāpare</b>   Thursday	<b>Rāmere  </b> Friday
Bo <mark>ard Gam</mark> es 3. <mark>30–4.30pm</mark>	Cancer Society Drop-in 9.30am–12.30pm 🎯	Inland Revenue Session	Local History Drop-in 10am–12pm First Thursday of the month	Storytimes 10–10.30am T
Adults' Book Club 7–8.30pm Third Monday of the month	Rhymetimes 10–10.30am <sub>T</sub>	9.30am–2pm Last Wednesday of the month Rates Rebates	Quiet Time 12–2pm	Device Drop-in: Tech Help 1.30–3.30pm
	Malvern Writers' Café 10am–12pm Second Tuesday of the month	10am-12pm	Rates Rebates 🛛 🥪 1–3pm	LEGO <sup>®</sup> Time 3.30–4.30pm <sub>T</sub>
		11.30am-12.30pm	Children's Book Club 3.30–4.30pm First Thursday of the month	LEGO <sup>®</sup> Advanced 3.30–4.30pm
			Virtual Reality 3.30–4 <mark>.30pm</mark>	Rāhoroi   Saturday Casual Crafts 1–3pm

## Te Ara Ātea

<b>Rāhina</b>   Monday	<b>Rātū  </b> Tuesday	<b>Rāapa</b>   Wednesday	<b>Rāpare  </b> Thursday	<b>Rāmere  </b> Friday	
Workbridge Drop-in 9–11am First Monday of the month	Beneficiary Advisory Service Drop-in 9am–12pm	Direct Career Service Drop-in	Local History Drop-in 10am–12pm Second Thursday	Sensory Babytimes 10–10.30am T	
	First Tuesday of the month	9am–1pm First Wednesday of the month	of the month	Adults' Book Club 1.30–3pm	
Session 9.30am–2pm	Storytimes 10–10.30am	Selwyn Women's Empowerment Network 9.15–10.30am	Quiet Time 12–2pm	Second Friday of the month	
Last Monday of the month Cancer Society	Citizens Advice 🜍 Bureau Drop-in	Last Wednesday of the month	JP Clinic 😔 12–1.30pm	3.30–4.30pm T	
Support Group 10am–12pm First Monday of the month	<b>10am–1pm</b> First Tuesday of the month	Rhymetimes 10–10.30am T	English Learners 1.30–2.30pm	<b>Rāhoroi  </b> Saturday	
Ministry of Social 🎯 Development Drop-in	Device Drop-in: Tech Help 11am–1pm	Genealogy Group 1–2.30pm Last Wednesday	Virtual Reality 3.30–4.30pm	Lego Advanced 10.30–11.30am T	
<b>10am–12pm</b> First Monday of the month		of the month	JP Clinic 📎	<b>Rātapu  </b> Sunday	
JP Clinic 📎 12–1.30pm		LEGO® Time 3.30–4.30pm T	6–7.30pm	Bo <mark>ard Games</mark> 1.30–3pm T	
Cancer Society Drop-in 2–5pm		LEGO <sup>®</sup> Advanced 3.30–4.30pm		C	



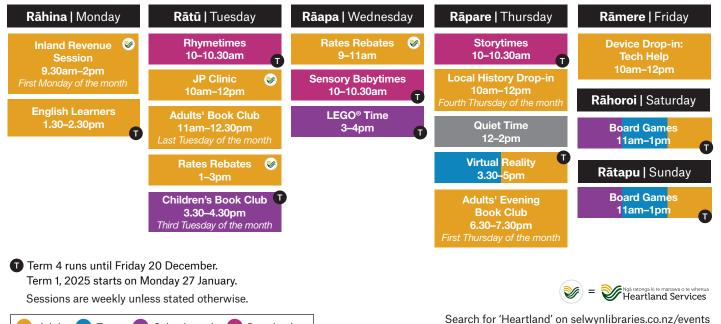
## Lincoln Library Service Centre

Adult

Teen

School-aged

Preschoolers



to find sessions near you.

# Aqua Fitness Classes

#### SELWYNAQUATICCENTRE PH 03 347 2734

A variety of group fitness options are on offer in the 25-metre pool and hydrotherapy pool at the Selwyn Aquatic Centre. Classes run through the school holidays; but not on public holidays. Bookings are required for some classes. One-off group bookings available.



A low impact class designed to increase balance, flexibility, functional strength and co-ordination. This class suits rehab and recovery, injury and fall prevention and helps improve restricted range of movement. Water 35–36 degrees. **30 minutes** 



A full body water workout to gain endurance, strength and coordination through mixed atrial arts inspired movements to motivating music. **30 minutes** 



A gentle exercise class with stretches and resistance based activities in shallow water. This class is designed to increase strength and coordination. A low intensity workout focusing on toning and strengthening. Water 35–36 degrees. **45 minutes** 



An in water fun, energetic, danced based full body workout for all fitness levels. **45 minutes** 



A fun, high energy class with a mix of cardio and strength based movements. This class is designed to increase both fitness levels and strength. Water 32 degrees. **45 minutes** 



A class specifically designed for expectant mothers to get a low-medium level intensity work out. Perfect for any stage of pregnancy or fitness level. **45 minutes** 



A medium to high intensity deep water non-impact workout for all fitness levels. Exercises are performed while using an aqua belt and are designed to improve strength and cardiovascular fitness. **45 minutes** 



The perfect opportunity for parents and caregivers to get a great workout, while keeping baby engaged and entertained. Baby will enjoy a fun water experience, while parents and caregiver can improve their fitness level and strength. Suitable for babies from 6 months up to 3 years. **45 minutes** 







# Selwyn Aquatic Centre

SELWYNAQUATICCENTRE PH 03 347 2734

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
8.30am	AQUA				HYDRO	
9.30am	HYDRO TONE AQUA FIT PARENTS	AQUA	AQUA	AQUA	AQUA	
10.30am	HYDRO	HYDRO	HYDRO	HYDRO	HYDRO TONE AQUA NATAL	
11.30am				HYDRO	HYDRO	
12.15pm		HYDRO				
1pm	HYDRO	AQUA	HYDRO			
6pm				HYDRO		
6.15pm	AQUA	AQUA	HYDRO			
6.45pm				AQUA		
7pm	AQUA					
7.15pm		AQUA	AQUA ZUMBA		Clas	ses finish 1pm on
7.30pm				AQUA	1	esume 13 January. ses 6–12 January. subject to change.

# **Group Fitness and Recreation Pricing**

The following pricing is for the Selwyn Aquatic Centre, Selwyn Sports Centre, Lincoln Event Centre, and West Melton Community and Recreation Centre.

A new booking system is coming from November, making it easier for you to book group fitness, recreation classes, and Swin School lessons. For details visit selwyn.govt.nz/recreationbookings

# Memberships

All Access Pool and Group Fitness classes

# \$19.96 PER WEEK

Community card holders\* \$16.60 per week. Membership valid across all facilities.

# Premium Swim & Aqua Group Fitness

Swimming and Aqua Group Fitness classes

# \$14.45 PER WEEK

Community card holders\* \$11.56 per week.

Basic Pool Unlimited swimming!

# \$13.36 PER WEEK

Community card holders\* \$10.38 per week.

\*Community card holders includes SuperGold, Community Services and Hāpai Access. Terms and conditions apply.

For concession cards, pool memberships and other pricing visit selwyn.govt.nz/prices

## Premium Group Fitness

All Group Fitness classes including Spin and Aqua

# \$14.45 PER WEEK

Community card holders\* \$11.56 per week. Membership valid across all facilities.

## Basic

Group Fitness classes including Yoga and Pilates (Excludes Spin and Aqua)

# \$11.80 PER WEEK

Membership valid across all facilities.

# **Casual Prices**

Adult Group Fitness	\$10.60
Community Card Holders*	\$7
Preschool	\$5.20
Get Your Skates On	\$7.40
Casual Skating	\$3
Casual Hoops (Basketball, Netball)	\$3
Track (Selwyn Striders)	\$3 Gold Card \$2





Summer is the perfect time to get to know your neighbours! Get outdoors and organise a street party, BBQ, or games afternoon on your front lawn, with a subsidy from Selwyn District Council.

To apply and for more information visit selwyn.govt.nz/meetyourstreet







# FAMILY FUN IN SELWYN

## Discover the hidden gems in your backyard!

Explore playgrounds with something for everyone — whether its skate parks, bike tracks, basketball courts or thrilling flying foxes, climbing frames, swings and slides. Pack a picnic and make an adventure of it by visiting playgrounds in other townships for a new family adventure!

Selwyn is full of walking and biking tracks and trails. Take a relaxing stroll, stop by a lake for some fishing, or keep an eye out for curious keas along the way.

For more ideas and inspiration, check out our family fun blogs!

selwyn.nz/blogs





# Recreation

## Baby Gym 45 MINS

34

Babies aged 12 weeks (who can hold their head up) to crawlers will enjoy singing and playing in our baby-friendly environment. Please bring a blanket. Drop-in.

# Floorball COMMIS

Fast-paced, indoor floor hockey. Great for fitness and agility skills, as well as being easy to learn. Drop-in.

# Get Your Skates On 🔤 🧐

An interactive learn-to-skate class catering for all abilities. Skates and safety gear provided. Adult supervision required for children 11 years and under. Drop-in.

# Inflatables 1200005

Pool inflatables for all ages! A great way to spend a Sunday afternoon. Parental assistance required for young children who are not confident swimmers. Regular pool admission applies. Drop-in.

# Little Dancing Feet

A fun, dance-style class for preschoolers using a variety of fun equipment to music. Great for fundamental movement, skills and coordination. Drop-in.

# Mini Gym

Learning through music and movement, this class focuses on motor coordination, cognitive development and confidence. Free play as well as structured time and songs with the tutor. Parent supervision required. Aimed at 1–5 years. Drop-in.

## Playtimes **EZOMINS**

These sessions allow parents to lead their child's exploration of climbing, balancing, jumping, and rolling on a staff-designed soft play circuit. Active parental supervision required. Drop-in. 120mins.

# Paddle Boats for Kids 🧐 🚥

Row row row your boat around and around with these hand pedal paddle boats. Easy to operate and great fun for the kids to take turns on. 8 years and under (due to weight restrictions). Regular pool admission applies. Drop-in.

# Sensory Time **EZOMINS**

Sensory time is a chance for your wee one to explore the water at their own pace. With bubbles, activities, balls and more added every week!! A swim school teacher will assist you develop your child's water skills. 4 months-4 years. Regular pool admission applies. Drop-in.

# Social Pickleball

Enjoy this exciting paddle sport that combines elements of badminton, tennis and table tennis — you're sure to have a good time. All ages welcome. Drop-in.

# The Selwyn Striders **EMMS**

Enjoy a walk around our 240-metre indoor track with optional exercise stations set up at each corner. A great opportunity to meet new people or have a catch up with friends with a complimentary tea/coffee and biscuit when you're finished. Suitable for all ages. Buggy-friendly. Drop-in.

🍯 Children's University. See page 26 for details.



# Recreation

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am							
9.30am	<b>mini gym</b> (1–2yrs)	-	<b>mini gym</b> (1–2YRS)		<b>mini gym</b> (1–2yrs)		
10am	THE SELWYN STRIDERS	SENSORY TIME		<b>mini gym</b> (3mnth–2yrs)		PLAYTIMES	
10.15am					<b>mini gym</b> (3–5YRS)		
10.30am	BABY GYM		BABY GYM	LITTLE DANCING FEET			SOCIAL PICKLEBALL
10.45am				<b>mini gym</b> (3–5YRS)			
11am	<b>mini gym</b> (3–5yrs)	LITTLE DANCING FEET	<b>mini gym</b> (3–5YRS)				
12pm							
2pm							
3.30pm	GET YOUR Skates on	GET YOUR Skates on		GET YOUR Skates on		PADDLE BOATS FOR KIDS	INFLATABLES
5pm			<b>FLOORBALL</b> (6–10YRS)				
6pm			<b>FLOORBALL</b> (10–15YRS)				
7pm			FLOORBALL Adults and teens (13+YRS)				
8pm	SOCIAL PICKLEBALL						
9pm							
Selwyn S	oorts Centre 🛑 Li	incoln Event Centre	West Melton (	Community and Reci	reation Centre 🔵	Selwyn Aquatic Cer	ntre

All recreation classes are held during term-time only (except Playtimes, Pickleball, The Selwyn Striders, Paddle Boats and Inflatables). *Term 4 classes run until Friday 20 December. Term 1, 2025 classes resume Monday 27 January.* 

# **Group Fitness Classes**

#### LESMILLS BODYBALANCE 60 MINS

A yoga-based class to music that incorporates elements of tai chi and pilates. Move and stretch through different yoga poses strengthening the whole body, while focusing on breathing to feel calm and centred.

#### LESMILLS LESMILLS EXPRESS BODYPUMP GOTMINS BODYPUMP BOTMINS

A barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition, for a total body workout.

#### LESMILLS BODY STEP 45 MINS

Rhythmic stepping to upbeat music with squats, lunges and fun sequences to lift the heart rate and strengthen and tone the lower body. It can be low intensity or high intensity — we have lots of options so everyone leaves feeling successful! This class is child-friendly, we will have an area in the room for your preschooler with toys and supervision.

#### BOXFIT 45 MINS

This high-intensity workout will take your fitness to the next level! Skipping, agility and core work alongside different boxing drills. Variety that will make you stronger physically and mentally.



An intense workout designed to build strength, stability and endurance in the muscles that support your core including the abdominals, glutes and the back.

## CARDIO 30 MINS

A high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximises calorie burn. A variety of bodyweight exercises.

### GRIT STRENGTH

A high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. Barbell, weight plate and bodyweight exercises.

#### 45 MINS

Circuit-style interval training with different challenges every week including weights, boxing, and bodyweight exercises.

#### MATURE & MOTIVATED 45 MINS

Great for heart health, strength and balance. Aimed at 60 years and over, or anyone getting back into fitness; it is low impact, lots of fun with a great social vibe. Accredited by ACC.

#### MOVE IT TO MUSIC GOMINS

Music, fun equipment and a sense of humour is all you need in this class to get moving! Suitable for those with arthritis or less active. Accredited by ACC. Tea and coffee provided.

#### PILATES GO MINS

This class improves core and postural strength, working through a series of different exercises. It will help improve general fitness and overall wellbeing, restoring balance and flexibility. Pre-registration is required for this enrolled class.

#### PUMP/CARDIO COMBO 45 MINS

A barbell, cardio combo workout for anyone looking to get lean, tones and fit. Using light to moderate weights with lots of repetition, for a total body workout.

### PUMP/CORE COMBO 45 MINS

This 45-minute workout incorporates two amazing programmes in one class. 30 minutes of *Pump* with barbell and weights for strength training, followed by 15 minutes of *Core* to work stabilising muscles and balance.

# COMBO

Step to increase your heart rate for 30 minutes followed by strength work with barbells and weights. Suitable for all abilities. Sprint 30 MINS

A short, intense style of training pushing physical and mental limits on the spin bike. It is a high-intensity, low-impact workout that combines bursts of intensity and rest periods.

#### STRENGTH DEVELOPMENT 45 MINS

A progressive strength training where each workout focuses on a specific training protocol for building strength over 12x 45-minute workouts.

LesMills RPM 45 Mins

Indoor cycling workout with an instructor who leads the pack through hills, flats, mountain peaks, time trials, and interval training. You control the resistance and speed to build your fitness level.

#### YOGA HATHA GOMINS

A slow, mindful and reflective class embracing all paths. It is suitable for different abilities, exploring your own personal strength and flexibility followed with deep relaxation at the end.

#### YOGA GENTLE FLOW GOMINS

Gain greater flexibility and self-awareness in this flow yoga class that includes movement on the breath through some elements of the sequence. From time to time the class will include some standing and balance poses, before concluding with a yin sequence.



#### YOGA VINYASA FLOW GOMINS

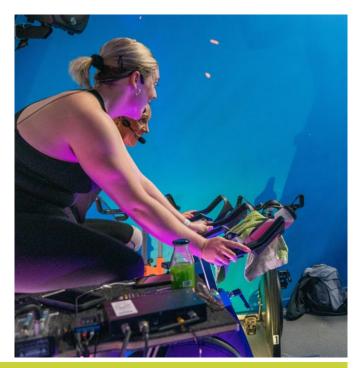
Increase strength and mobility with this full body yoga sequence. Move on the breath for part of sequence, creating the opportunity to develop meditation in movement. Includes twisting and standing poses and a slow yin sequence to open and close the class.

#### YOGA YIN YANG GOMINS

A combination of yin and yang designed to take the yogi into a sense of stillness and contentment, with an opportunity to gain greater opening in the body and increased awareness of the self. From time to time the teacher will include gentle and slow movement through some of the fundamental yoga poses adapted to fit the students.

#### ZUMBA 45 MINS

A calorie-burning dance party combining a range of easy-to-follow Latin and international dance styles to catchy energising music.



# Selwyn Sports Centre

BOOKINGS RECOMMENDED SELWYNSPORTSCENTRE (03) 347 2888

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	LesMills <b>RPM</b>	LesMills <b>RPM</b>	GRIT STRENGTH	LesMills <b>RPM</b>	HIIT		
6am	GRIT STRENGTH			BOXFIT			
8.15am							
9am	LesMills <b>RPM</b>		LesMills <b>RPM</b>	LesMills <b>RPM</b>	LesMills <b>RPM</b>	LesMills <b>RPM</b>	
9am							
9.15am	YOGA HATHA		LESMILLS BODY STEP				
10am				YOGA HATHA			LesMills <b>RPM</b>
10am							LESMILLS BODYBALANCE
11am		MATURE & MOTIVATED			MATURE & MOTIVATED		
12pm							
1.15pm			MOVE IT TO MUSIC				
5.15pm		STRENGTH DEVELOPMENT					
5.30pm							
6pm	Sprint	LesMills RPM	LesMills <b>RPM</b>	LesMills <b>RPM</b>			
6pm		STEP PUMP	YOGA YIN YANG				
6.15pm				STRENGTH DEVELOPMENT			
7pm		LESMILLS BODYBALANCE					
7.15pm							s finish 1pm on
7.30pm	YOGA GENTLE FLOW				24 De	ecember and resu Limited classe	ıme 13 January. s 6-12 January.

# Lincoln Event Centre

LINCOLNEVENTCENTRE PH (03) 347 2983

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am			LesMills <b>RPM</b>		LesMills <mark>RPM</mark>		
8.15am						LesMills <mark>RPM</mark>	
9am							
9.15am				LesMILLS <b>RPM</b>		Lesmills BODYBALANCE	
10am	MATURE & MOTIVATED		MATURE & MOTIVATED				
10.30am		PILATES					
11.30am				MATURE & MOTIVATED			
5.30pm							
6pm	YOGA GENTLE FLOW			сомво STEP PUMP			
6.30pm		LESMILLS BODYPUMP					
6.45pm	ZUMBA						
7pm				PILATES			
7.30pm			YOGA YIN YANG			Classe	s finish 1pm on
8pm				<b>PILATES</b>	24 De	cember and resu	







# West Melton Community and Recreation Centre

WESTMELTONCOMMUNITYCENTRE PH (03) 347 1804

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	HIIT					
8am						HIIT
9.15am	PUMP/CORE		сомво <b>PUMP/CARDIO</b>			
10.15am	MATURE & MOTIVATED					
11am			MATURE & MOTIVATED			
1pm				MATURE & MOTIVATED		
5.15pm						
5.30pm						
6pm		HIIT				
6.45pm				YOGA VINYASA FLOW		ses finish 1pm on
7pm		CORE		2	24 December and re Limited clas	sume 13 January. ses 6–12 January.

## Darfield Recreation and Community Centre

PH 027 535 8379

	Monday	Wednesday
9.30am	MATURE & MOTIVATED	MATURE & MOTIVATED

Please note, classes on 4 November, 2 December, and 3 February will take place at the Sheffield Community Hall.

These Darfield and Rolleston classes finish 1pm on 24 December and resume 13 January.

Rolleston Community Centre PH 03 347 2882



Concessions for this class can be purchased via the Selwyn Sports Centre.

# Sheffield Community Hall

#### Monday



Please note, classes only held on 4 November, 2 December, and 3 February.

# Virtual Classes

#### BOOKINGS RECOMMENDED SELWYNSPORTSCENTRE (03) 347 2888

Classes are held in a group fitness room at the Selwyn Sports Centre with an instructor on a large screen.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7am							
0.0.00							
8am							
8.15am							
9am							
100m							
10am							
10				<b>GRIT</b> STRENGTH			
12pm							
2.30pm							
4pm							
6pm							hish 1pm on 24
7pm					De	cember and resu Limited classe	



#### Darfield Library Service Centre

1 South Terrace, Darfield Contact (03) 318 7780 libraries@selwynlibraries.co.nz

#### Darfield Recreation and Community Centre

92 North Terrace, Darfield Contact 027 535 8379 darfield.community.centre@selwyn.govt.nz

#### Leeston Library Service Centre

19 Messines Street, Leeston Contact (03) 347 2871 libraries@selwynlibraries.co.nz

#### Lincoln Event Centre

15 Meijer Drive, Lincoln Contact (03) 347 2983 lec.enquiries@selwyn.govt.nz

#### Lincoln Library Service Centre

22 Gerald Street, Lincoln Contact (03) 347 2876 libraries@selwynlibraries.co.nz

#### **Rolleston Community Centre**

94 Rolleston Drive, Rolleston Contact (03) 347 2882 rcc.enquiries@selwyn.govt.nz

#### Selwyn Aquatic Centre

71 Broadlands Drive, Rolleston Contact (03) 347 2734 sac.enquiries@selwyn.govt.nz

#### Selwyn Sports Centre

70 Broadlands Drive, Rolleston Contact (03) 347 2888 sports.centre@selwyn.govt.nz

#### Tai Tapu Community Centre

722 Old Tai Tapu Road, Rhodes Park, Tai Tapu Contact (03) 347 2983 taitapu.enquiries@selwyn.govt.nz

### Te Ara Ātea

56 Tennyson Street, Rolleston Contact (03) 347 2880 libraries@selwynlibraries.co.nz

#### West Melton Community and Recreation Centre

1163 West Coast Road, West Melton Contact (03) 347 1804 westmelton.enquiries@selwyn.govt.nz

