

Culturefest Series

Variety Dance Club

Fridays — 15 August to 19 September, 6-7pm Selwyn Sports Centre

We're back with a new line-up of beginner dance classes for you to discover and try. Choose from K-Pop, Scottish Country, Afro dance and more. Come to one, or all classes! All ages welcome.

\$7 per person.

Bookings required.

selwyn.govt.nz/events





English Learners — Conversation Group



Mondays — from 1 September, 1.30-2.30pm Lincoln Library and Service Centre

Tuesdays — from 2 September, 1.30-2.30pm Leeston Library and Service Centre

Thursdays — from 4 September, 1.30-2.30pm Te Ara Ātea

Our popular English conversation sessions are now coming to Leeston Library! Practise everyday English in a relaxed and welcoming space. Each session explores a different topic, with conversations and activities shaped by the group's interests. It's a great way to build confidence and connect with others from diverse cultures. All English learners welcome! These sessions run year-round during term times. 16+ years.

Drop-in.

selwynlibraries.co.nz/events

Women and Girls Pool Night

Saturdays — 20 September, 11 October and 8 November, 5.30-8pm Selwyn Aquatic Centre

An evening created especially for women and girls of all ages to enjoy the pool in a welcoming, safe, and supportive environment.

Normal pool entry applies.

Drop-in.





Culturefest Series

Kanopy Film Screenings: World Cinema

Celebrate Culturefest with Kanopy! Discover films from around the world, all with English subtitles. Bring a cushion, your favourite movie snack, and enjoy the magic of international cinema together. Free. For Selwyn Libraries members only. Bookings required.

selwynlibraries.co.nz/events

The Crow's Egg: Kaakkaa Muttai

Saturday 20 September, 1.30-3pm Leeston Library and Service Centre

A heartwarming Tamil film about two young brothers from a Chennai slum whose simple dream of tasting

pizza leads them on an unexpected journey through class, aspiration, and resilience — with humour and heart.



Belle: Ryū to Sobakasu no Hime: 竜とそばかすの姫

Saturday 20 September, 1.30-3pm Darfield Library and Service Centre

A visually stunning anime reimagining of Beauty and the

Beast, where a shy teen becomes a global singing sensation in a virtual world — and confronts her fears to uncover a hidden truth.



King of Peking: 京城之王

Sunday 21 September, 1.30-3pm Te Ara Ātea

A warm and quirky Chinese indie film about a father and son who bond over bootleg movies, blending family, filmmaking,

and the struggle between dreams and responsibility.



Nina and the Hedgehog's Secret: Nina et le secret du hérisson

Wednesday 24 September, 3-4.30pm Te Ara Ātea

In this charming French animated film, young Nina sets

out to uncover a mystery at her father's factory with the help of her imaginary hedgehog friend blending adventure, courage, and childhood wonder.



Culturefest Series

Scottish Dance Have-a-Go

Tuesday 23 September, 7.30-9pm Lincoln Event Centre

FREE

Enjoy a captivating performance by dancers from the Lincoln Scottish Country Dance Club, then get ready to learn a few simple steps yourself!

All ages welcome — bring your family and friends for a night of music, movement, and fun.

Drop-in.

selwyn.govt.nz/events



Surviving Marmite — Growing Up Between Cultures in Aotearoa

Sunday 28 September, 2-3pm Lincoln Library and Service Centre

What does it mean to grow up between worlds? Join author Anisa MacLean, as she shares experiences from her book *Surviving Marmite: A Memoir of Growing Up Iranian in New Zealand.* She explores themes of identity, belonging, and what it means to call a place home. Learn about mixed heritage, cultural adaptation, and the personal stories that shape our lives.

13+ years.

Bookings required.

selwynlibraries.co.nz/events





20 September to 5 October

September School Holidays

Watch this space — there's an exciting line-up of fun events and activities for the kids to enjoy these holidays.









Pick up a brochure from your local Selwyn facility from 1 September or check out: selwyn.govt.nz/events

After School Sports Programme

Mondays, Tuesdays, Wednesdays — 1 September to 26 November, 3-5pm (term time) Selwyn Sports Centre

Looking for a fun way to stay active after school? Come join our casual, self-led sports drop-ins for friendly games in a relaxed, inclusive environment. Whether you're brand new or a seasoned player, there's a place for everyone! All equipment provided. 12–18 years.

Pickleball — Mondays

Badminton — Tuesdays

Volleyball — Wednesdays

\$3 per person.

Drop-in.

selwyn.govt.nz/events





Super Mini Gym

Friday 5 September, 9.30-11am Selwyn Sports Centre

Join us for a superhero-themed mini gym class!

Come dressed as your favourite superhero or heroine and celebrate spring with Wonder Woman and Spiderman — swinging by at 10am.

Enjoy extra super activities including a DIY mask-making station and superhero training on the Lu Uno Wall. 1–5 years.

\$5.50 per person, payable on arrival.

Drop-in. Register online for updates.

selwyn.govt.nz/events

Dads Swim Free!

Sunday 7 September, 8am-8pm Selwyn Aquatic Centre

Celebrate Father's Day with a splash! Bring your Dad along to the pool absolutely free and enjoy some quality time together.

Make a splash with the family in the leisure pool and fun lanes (from 2pm) or let Dad unwind in the spa and hydro pool.

Drop-in.







DISCOVER THE HIDDEN GEMS IN YOUR BACKYARD

PLAYGROUND PURSUIT

Enjoy a scavenger hunt throughout Selwyn with our playground pursuit from 20 October.

Pop into your local Selwyn library to collect a map, or print a copy online, then follow the clues to find the hidden letters around the playground.

Explore our 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 enjoy a new family adventure!

MEET US IN THE COUNTRY



Meet the animals and experience country life with your family.



Check out the local A&P Shows or Hororata Highland Games, the heart of rural Selwyn.



Visit Selwyn's awardwinning gardens opening in spring.

Father's Day Futsal

Sunday 7 September, 12-4pm Selwyn Sports Centre

Join us for a fun-filled Father's Day Futsal event — a great way to get active, enjoy some friendly competition, and celebrate all the awesome Dads out there!

Enter the *Dad versus Dad* round-robin style contest or learn some new skills on the family fun court. Awesome prizes up for grabs!

All ages welcome.

\$50 per team (5+ people).

Bookings required.

selwyn.govt.nz/events





Tennis Have-a-Go

Saturday 13 September, 9-10am (8-12 years)
Saturday 13 September, 10.15am-11.15am (13-17 years)
Saturday 20 September, 10am-12.15pm (18+ years)
West Melton Tennis Courts (West Melton Domain)

Get ready for summer with free tennis sessions led by the West Melton Tennis Club — perfect for beginners and experienced players alike! Coaches will be on hand to help improve your forehands, backhands, volleys and serves. 8+ years.

Bookings required.

selwyn.govt.nz/events

McHughs Forest Walk



McHughs Forest Park is a mixed exotic conifer plantation, best known for its towering mature Douglas-fir trees.

Join the biodiversity team for an easy, guided walk through this local landmark. Weave through the trails as you discover the unique features of this forest. 18+ years. Bookings required.





School Holiday Programme

Monday 22 September to Friday 3 October 8am-4pm or 9am-3pm Selwyn Sports Centre

Join our Active or Girls on the Go programmes for an action-packed week of sports, games, trips and other exciting activities! 7–12 years. \$40–\$50 per child daily.

Bookings required. Link live 18 August.

selwyn.govt.nz/events





Youth BoxFit

Wednesdays — 8 October to 26 November, 4-4.45pm Selwyn Sports Centre

Expect fun, simple exercises and boxing routines alongside sweet tunes and social vibes. Give yourself an edge up in your education by including these classes into your routine to reduce stress and boost memory, perfect for your kuranga (education) and mahi (work). 12–17 years, all levels welcome.

\$7.20 per person.

Bookings required.

selwyn.govt.nz/events

Table Tennis Have-a-Go

Saturday 11 October, 9am-3pm Selwyn Sports Centre

Curious about table tennis or just looking for a fun new activity? Come along to our have-a-go session — a relaxed, no-pressure environment where you can try out the sport, learn the basics, and enjoy some friendly rallies. Equipment provided. All skill levels and ages welcome.

\$5 per person.

Drop-in.



Female Self-Defence

FREE

Monday 3 November, 6-7pm (9-11 years) Monday 10 November, 6-7pm (12+ years) Rolleston Community Centre

Join Selwyn Taekwondo for another round of selfdefence classes specially designed for female youth.

These one-hour sessions will help build confidence, teach practical techniques, and empower you to stay safe in everyday situations.

Parent participation welcome.

Bookings required.

selwyn.govt.nz/events





Paddleboarding Have-a-Go

Saturday 8 November, 1.30-4.30pm Selwyn Aquatic Centre

Paddleboarding is a fun and exciting water activity for everyone aged 7 and up — no experience needed.

Start on your knees and build your confidence as you work your way up to standing. Learn different paddle strokes (forward and backward), and once you're feeling steady, challenge your balance and core stability.

It's a full-body workout you'll enjoy without even realising it! 7+ years.

\$10 per person.

Bookings required.

selwyn.govt.nz/events

Summer Pool Opening

Saturday 15 November, 1-4pm Darfield Pool

Sunday 16 November, 1-4pm Southbridge Pool

Grab your friends, family, togs, and jandals and head to the outdoor pools for a splash-tastic time! Free ice blocks up for grabs. All ages welcome.

Normal pool entry applies.

Drop-in.



Family Fun

Kids Market

Saturday 1 November, 2-4pm Rolleston Community Centre

Saturday 22 November, 2-4pm Lincoln Event Centre

Join us for the famous Kids Market, where young entrepreneurs can buy and sell quality pre-loved goods! From toys and books, to sports gear and so much more, it's the perfect chance to declutter, earn pocket money, and find amazing bargains. 5–15 years (parent supervision required).

\$5 plus booking fee for a stall (no table included).

Bookings required.

Free to attend as a buyer.

selwyn.govt.nz/events



Planning your child's next birthday party?



Make it one to remember at our family-friendly venues.

- · Room hire from just \$20 per hour
- · DIY, disco or soft play packages available

Easy, affordable and full of fun — perfect for kids of all ages.



Enquire now!

bookings@selwyn.govt.nz selwyn.govt.nz/parties



Community Gardens

Community gardens offer a peaceful space where people can connect with each other, engage with nature, and share their knowledge and experiences in growing food.

These shared spaces are ideal for anyone — whether you have limited or no access to a garden, are passionate about home-grown produce, or simply want a more affordable way to enjoy fresh fruit and vegetables.

If you're interested in donating your time, energy, and love of gardening, we've put together a map and listed the opening hours for each community garden location across the district.



Lincoln Envirotown Community Garden 35 James Street, Lincoln Thursday afternoons **OPEN DAY** Thursday 6 November, 1.30pm

lincolncommunitygarden@gmail.com

Faringdon Community Garden

45 Thames Drive, Rolleston

← Weekdays from 9am

OPEN DAY Saturday 18 October, 10am-12pm

info@faringdon.co.nz

*Garden exclusive to Faringdon and Arbor Green residents.

Kirwee Community Garden

1326 Courtenay Road, Kirwee

24 hours a day, 7 days a week

OPEN DAY Sunday 16 November, 10.30am-3.30pm

kirweecommunity@gmail.com

Rolleston Envirotown Community Garden

39 Brookside Road, Rolleston

Last Saturday of the month at 10am

OPEN DAY Saturday 27 September, 10am-12pm

garden@rollestonenvirotown.org.nz 03 347 9760

ReNourish Community Garden

Pines Resource Recovery Park 183 Burnham School Road, Rolleston

🖒 Wednesdays 10am-12pm, Saturdays 1-3pm

OPEN DAY Saturday 1 November, 1–3pm

ReNourish.garden@selwyn.govt.nz

Nourish Community Garden - Darfield

15 Greendale Road, Darfield

Mondays from 10am (weather permitting)

OPEN DAY Monday 3 November, 10am-12pm

f nourishcommunitygardendarfield



Halloween



Halloween Mask Making

Friday 31 October, 3.30-4.30pm West Melton Community and Recreation Centre

Unleash your creativity and craft your very own spooky Halloween mask — creepy, kooky, or downright terrifying! All materials provided. 4+ years. \$5 per person.

Bookings required.

selwyn.govt.nz/events

Spooktacular Halloween Disco

Friday 31 October, 4-5pm Lincoln Event Centre

Get ready for a frightfully fun time at our Spooktacular Disco — a safe and exciting way for children to celebrate Halloween!

With music and dancing, spooky decorations, games, a fang-tastic photo wall and prizes, why not come and join in the party? Don't forget your costume! Aimed at 2–8 years.

\$5 per child.

Bookings required.

selwyn.govt.nz/events





UV Halloween Party

Friday 31 October, 5-7pm Selwyn Sports Centre

Step into the dark and light up the night at our UV Halloween party! Wear your most fluorescent, glow-in-the-dark costume and get ready to dance, play and party in a glowing UV wonderland.

Awesome prizes up for grabs, with snacks provided. All ages welcome (children under 10 years require supervision).

\$8 per person.

Bookings required.

Youth

Managing Big Emotions

Tuesday 9 September, 7.15-9pm Youth Hub, Rolleston Community Centre

Knowing what to do when a young person becomes angry or upset is tough. Many parents and caregivers encounter this but don't know quite how to diffuse the situation. This practical workshop looks at how to help young people self-regulate, and how to de-escalate things when they 'blow'. Gain confidence and build your toolkit to support young people when they need it most.

Bookings required.

selwyn.govt.nz/events







Foster Park Youth Zone Launch

FREE

Saturday 20 September, 1-3pm Foster Park Playground (next to Selwyn Sports Centre)

Come and hang out at the new Youth Zone this September! This fantastic space has Selwyn's first parkour area, a pump track, 3x3 basketball court, and more! There'll be live demos, fun comps to get involved in, free food and drinks, and good vibes thanks to FRESH with their DJ, braids, and fresh fades. Aimed at 12–24 years.

Drop-in.

selwyn.govt.nz/events

Online Safety — Parent and Teen Workshop

Wednesday 1 October, 6-9pm Youth Hub, Rolleston Community Centre



Worried about how much time your teen spends online — or what they might be seeing? You're not alone. This interactive session is designed to help both parents and teenagers better understand the digital world.

For teens: a session just for them, facilitated by other young people, to chat openly about what they're seeing and doing, their worries, and how to stay safe online.

For parents: a practical, informative look at what young people are doing and seeing online — so you can better support them.

The workshop finishes with a joint discussion, helping families talk openly about risks, develop shared online safety strategies and strengthen communication and trust.

Bookings required.





Amber



Bella



Bhavya



Jack



Jayden



Bobbie





Chloe-Rose



Joseph



Keegan







Lincoln



Lucas

Join us in the SELWYN YOUTH COUNCIL

Be a voice for rangatahi in Waikirikiri Selwyn!

Join the Selwyn Youth Council in 2026. Get involved, support your community, and be part of the change.

Applications are open 1 to 31 October.



Matilda



Milly



Phillip



Peter

Find out more at selwyn.govt.nz/youthcouncil

Skill-Up @ The Youth Hub Series

Our "skill-up" series provides youth with a valuable opportunity to gain skills (some NZQA-accredited qualifications), while enjoying interactive and practical learning experiences.

Spray & Create: Open Street Art Session

Saturdays — 6 September, 4 October and 1 November, 12–3pm Rolleston Town Centre Skate Park

FREE

Ever wanted to try graffiti and street art? Here's your chance! We'll have the design mapped out — just show up, learn some techniques, pick up a can, and give it a go.

No experience needed! 16-24 years.

Drop-in.

selwyn.govt.nz/events



Glam & Glow: Beauty Industry Essentials

Wednesday 24 September, 10am-3pm Youth Hub, Rolleston Community Centre

Join our dynamic, hands-on workshop and gain the essential skills you need to kickstart your journey in the beauty industry!

Through research, active listening, and practical application, you'll explore a variety of beauty products, build confidence in using and recommending products, and gain experience in a supportive environment. Offers NZQA credits. 16–24 years.

\$50 per person.

Bookings required.

selwyn.govt.nz/events



Learn & Licence: Your Road to Independence

Sundays — 14 September, 5 October and 2 November, 10.30am–3.30pm Youth Hub, Rolleston Community Centre Sundays — 19 October and 16 November, 10.30am–3.30pm

Darfield Library and Service Centre

Embark on the road to independence by getting your learner's licence — your first exciting step toward becoming a confident and responsible driver.

In this workshop you'll learn the rules of the road, build safe driving habits and gain the knowledge and skills to move forward with confidence.

Buckle up and join us as we help you navigate the highway of life! 15+ years.

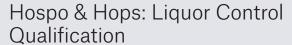
\$10 per person.

Bookings required.



Skill-Up @ The Youth Hub Series

Our "skill-up" series provides youth with a valuable opportunity to gain skills (some NZQA-accredited qualifications), while enjoying interactive and practical learning experiences.



Saturday 25 October, 10am-3pm Youth Hub, Rolleston Community Centre

Are you ready to step into management in the hospitality industry? This course equips you with the essential skills and knowledge required for managing licensed premises responsibly.

Join us for a comprehensive workshop where you'll learn about maintaining a responsible drinking environment as a server and fulfilling host responsibility requirements as a duty manager. Gain insights into the Licence Controller Qualification (LCQ) and prepare for success in managing hospitality operations. Offers NZQA credits. 16–24 years.

\$50 per person.

Bookings required.

selwyn.govt.nz/events





Flex & Fit: Fitness Industry Fundamentals

Saturday 8 November, 10am-3pm Youth Hub, Rolleston Community Centre

Are you ready to dive into the fitness industry or take your skills to the next level? This one-day, hands-on workshop is designed to equip you with the intermediate knowledge and practical experience needed for success in sports, recreation, and fitness.

Learn about teamwork dynamics, core principles, and insights into injuries and prevention strategies associated with physical activity. Offers NZQA credits. 16–24 years.

\$50 per person.

Bookings required.

CanMove

FREE

Tuesdays, 10-11am Selwyn Sports Centre

Hosted by the Cancer Society, this welcoming fitness class offers a safe and supportive space for women at all fitness levels — whether you're just starting out or experienced.

Designed specifically for women living with and beyond cancer, the programme focuses on gentle, effective exercise to help you regain strength, boost wellbeing, and connect with others on a similar journey. Tea and coffee provided.

Classes run year-round.

Drop-in.

selwyn.govt.nz/events





Blues Brothers



Tuesdays, 2-3pm Selwyn Sports Centre

Designed for men living with prostate cancer, the Prost-FIT group fitness exercise classes focus on pelvic floor strengthening, cardiovascular fitness and strength training. This low-impact exercise class is suitable for all abilities and focuses on improving health and wellbeing in a supportive environment. The class is followed by a cuppa and a chat.

Classes run year-round.

Drop-in.



Seniors' Lifestyle Expo

Tuesday 14 October 2025, 9am-2pm Selwyn Sports Centre FREE ENTRY







Connect with over 70 community clubs, organisations and wellbeing providers at Selwyn's premier expo for older residents.

Enjoy live entertainment, fun activities and guest speakers at this not to be missed event.





Prost-FIT

Thursdays, 5-6pm Lincoln Event Centre

Designed for men living with prostate cancer, the Prost-FIT group fitness exercise classes focus on pelvic floor strengthening, cardiovascular fitness and strength training.

These classes raise awareness while helping to reduce fatigue, boost mental well-being, and promote overall health — all in a fun, supportive, and social environment. Contact Ingrid Phelan on 0273870065 to find out more.

Classes run year-round.

Drop-in.

selwyn.govt.nz/events



Digital Library Lounge

Friday 10 October, 11am-12pm Castle Hill Community Hall

Wednesday 15 October, 11am-12pm Te Ara Ātea

Thursday 16 October, 11am-12pm Lincoln Library and Service Centre

Friday 17 October, 11am-12pm Darfield Library and Service Centre

Tuesday 21 October, 11am-12pm Glenroy Hall

Wednesday 22 October, 11am-12pm Lake Coleridge Hall

Thursday 23 October, 11am-12pm Leeston Library and Service Centre

Friday 24 October, 11am-12pm Rakaia Huts Community Hall

Join us for a cuppa and a chat about the many benefits of using the Digital Library. Bring your own digital device (phone, tablet/iPad or laptop), and one of our knowledgeable team members will talk you through how to download and use both the Selwyn Libraries and Libby apps, and show you how to access eBooks, eAudiobooks and eMagazines from wherever you are.

Bookings required.

selwynlibraries.co.nz/events

For assistance with bookings, please phone 0800 SELWYN (735 996) or visit a Council Service Centre. See pages 26–27 for a pull-out event calendar.

Older Persons Hub Pop-Up



Monday 13 October, 11am-12pm **Leeston Library and Service Centre** Wednesday 15 October, 11am-12pm **Darfield Library and Service Centre** Wednesday 22 October, 11am-12pm **Lincoln Library and Service Centre**

The Selwyn Older Persons Hub is hitting the road! Join us for a coffee and a chat at our pop-ups throughout Selwyn. While we're usually based in Rolleston, we're coming to you to hear what matters most in your community. We're keen to connect with locals, share what we do, and learn about community-led initiatives we can support and enable. Pop-in, say hello, and help shape what ageing well looks like in your community. Drop-in.

selwyn.govt.nz/events





Ahuriri Walk





Wednesday 15 October, 10-11,30am River end of Neills Road (off Ridge Road), Lincoln

Join us for an enchanting walk along an easy, flat shingle track perfect for senior beginners!

Explore the unique ecological features of the area as our biodiversity team guide you through this peaceful trail.

Please wear good outdoor walking shoes and bring a drink bottle, snacks and sunscreen.

Bookings required.

selwyn.govt.nz/events

For assistance with bookings, please phone 0800 SELWYN (735 996) or visit a Council Service Centre. See pages 26-27 for a pull-out event calendar.



Ask a Techy Teen



Wednesday 15 October, 10.30-11.30am Older Persons Hub. Rolleston Community Centre

A relaxed, drop-in style initiative designed to pair older adults needing support with everyday technology — from setting up an email, using apps, to figuring out your phone settings — with tech-savvy young people who want to help! Held at the Selwyn Older Persons Hub, it's a chance to connect, build confidence, and share skills over tea and biscuits. No booking is needed — just bring your device and your questions! Drop-in.

selwyn.govt.nz/events

Mature and Motivated

Thursday 16 October, 1-2.15pm
West Melton Community and Recreation Centre
Monday 27 October, 9.30-10.45am
Darfield Recreation and Community Centre

Enjoy a 45-minute group fitness session designed to improve your strength and balance, led by inspiring instructors who make every class fun and motivating.

Stay afterwards for a cuppa and baked treat — a perfect way to relax and meet new friends. Bookings required.

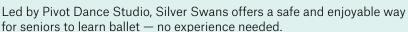
selwyn.govt.nz/events





Silver Swans Ballet





This gentle programme helps improve coordination, balance, strength and mobility. Tea and coffee provided.

Bookings required.





Pickleball

FREE

Fridays — 17 and 24 October, 1-3pm Selwyn Sports Centre

Tuesday 21 October, 11am-12pm
Darfield Recreation and Community Centre

Friday 24 October, 11am-12pm West Melton Community and Recreation Centre

Try out this exciting and fast-growing paddle sport that blends badminton, tennis, and table tennis into one fun game! Perfect for all skill levels and fitness abilities, with all equipment provided.

Bookings required.

selwyn.govt.nz/events





Try an E-bike



Saturday 18 October, 1-2.30pm Selwyn Sports Centre

Thanks to E-bikes NZ, experience a wide range of two, three, and four-wheel e-bikes and scooters — all in the comfort of our large indoor court space.

Whether you're curious about what it's like to ride an e-bike or you're ready to find the perfect fit for your needs, now is your chance to give it a go!

Our expert team will be on hand to answer any questions, and experienced coaches will be there to support anyone who may need a little help building confidence on an e-bike.

selwyn.govt.nz/events

Bookings required.

BrainFit Motion+

Monday 20 and Wednesday 22 October, 11.30am-12.15pm Selwyn Aquatic Centre

Brainfit Motion+ combines proven brain training with gentle movement to help you build memory, balance, and confidence for life.

Designed for adults 50+, this engaging, low-impact class blends simple physical exercises with cognitive challenges to enhance focus, memory, and coordination. No experience needed.

Drop-in.

selwyn.govt.nz/events



For assistance with bookings, please phone 0800 SELWYN (735 996) or visit a Council Service Centre. See pages 26–27 for a pull-out event calendar.

The Memory Club — Introduction to Life Writing



Wednesday 22 October, 10-11.30am Te Ara Ātea

Have you always meant to write down some memories for your family? Now is your chance! Local History Librarian Sarah Davy will take you down memory lane and get you started recording some of your stories to ensure they are preserved for the future. Writing booklet provided. Bookings required.

selwynlibraries.co.nz/events



Move It To Music



Wednesday 22 October, 1.15-2.15pm Selwyn Sports Centre

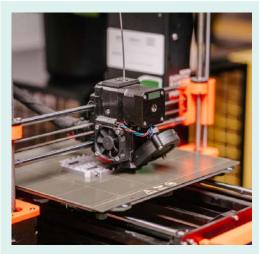
All you need is music, fun equipment, and a good sense of humour to join this gentle, ACC-accredited class — perfect for those with arthritis or anyone looking to be a bit more active.

Enjoy movement tailored to your pace, then relax with morning tea and a friendly chat after class.

Drop-in.

selwyn.govt.nz/events





Introduction to 3D Printing



Saturday 25 October, 10.30am-12pm Lincoln Library and Service Centre

Saturday 25 October, 2-3.30pm Leeston Library and Service Centre

This beginner-friendly session introduces you to the basics of 3D printing and how it can be used to create custom parts, practical tools, decorative models, and prototypes.

You'll learn to design using Tinkercad—either starting from scratch or by importing and editing existing files. No experience with 3D printing is needed, but basic computer skills are recommended. \$10 library members, \$20 non-members.

Bookings required.





	TUE 7	WED 8	THU 9	FRI 10	SAT 11
	CanMove 10–11am		Prost-FIT 5–6pm	Digital Library Lounge 11am–12pm	
	Blues Brothers 2–3pm				
MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
Older Persons Hub Pop-Up 11am-12pm	SWELL Seniors' Lifestyle Expo 9am–2pm	Ahuriri Walk 10–11.30am	Digital Library Lounge 11am–12pm	Silver Swans Ballet 9.30–10.30am	Try an E-bike 1–2.30pm
	CanMove 10–11am	Ask a Techy Teen 10.30–11.30am	Mature and Motivated 1–2.15pm	Digital Library Lounge 11am–12pm	
	Blues Brothers 2–3pm	Older Persons Hub Pop-Up 11am–12pm	Prost-FIT 5–6pm	Pickleball 1–3pm	
		Digital Library Lounge 11am–12pm			
MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
BrainFit Motion+ 11.30am–12.15pm	CanMove 10–11am	Introduction to Life Writing 10–11.30am	Digital Library Lounge 11am–12pm	Silver Swans Ballet 9.30–10.30am	3D Printing 10.30am–12pm
	Digital Library Lounge 11am–12pm	Older Persons Hub Pop-Up 11am–12pm	Prost-FIT 5–6pm	Digital Library Lounge 11am–12pm	3D Printing 2-3.30pm
	Pickleball 11am–12pm	Digital Library Lounge 11am–12pm		Pickleball 11am–12pm	
	Blues Brothers 2–3pm	BrainFit Motion+ 11.30am–12.15pm		Pickleball 1–3pm	
		Move It To Music 1.15–2.15pm			
MON 27	TUE 28	WED 29	THU 30		
Mature and Motivated 9.30–10.45am	CanMove 10–11am		Prost-FIT 5–6pm		
	Blues Brothers 2–3pm				
Selwyn Sports Centre Te Ara Ātea Lincoln Event Centre Selwyn Aquatic Centre Rolleston Community Centre West Melton Community and Recreation Centre					

Rolleston Community Centre

West Melton Community and Recreation Centre

Darfield Library and Service Centre

Neills Road, Lincoln

Lincoln Library and Service Centre

Darfield Recreation and Community Centre

Leeston Library and Service Centre

Rakaia Huts Community Hall

Castle Hill Community Hall

See pages 19–25 for more information and booking details.

Macramé Plant Hanger Workshop

Saturday 4 October, 12.30-3pm
Darfield Library and Service Centre

Sunday 2 November, 12.30-3pm Lincoln Library and Service Centre

Bring a touch of greenery into your home with a macramé plant hanger. In this workshop, local fibre artist Gina — from Luxi Home, will guide you through creating your very own cotton "manu nest" wall hanger. Perfect for all skill levels — no experience needed. 16+ years.

\$20 library members, \$40 non-members.

Bookings required.

selwynlibraries.co.nz/events





In Selwyn, Council is partnering with the Ministry of Social Development (MSD) on an initiative called Heartland Services. This aims to connect our residents with the support, resources, and services they need from the central government.

This initiative is delivered across our libraries and service centres at Darfield, Lincoln and Leeston, and at Te Ara Ātea in Rolleston. Pop in and see us — we can help you find the right drop-in session, set up an appointment, book a room for a family meeting, find and fill in the right form, or connect you with the right person to call.

Look for the Heartland Services logo throughout the brochure to explore what's on around Selwyn.

selwynlibraries.co.nz

Mental Health and Nutrition

Thursday 9 October, 6.30-7.30pm Te Ara Ātea

Curious as to the role nutrition plays in your mental health? Join us for this talk by Dr. Nurina Katta who conducted her PhD at Te Whare Wānanga o Waitaha/University of Canterbury, within the Te Puna Toiora: Mental Health and Nutrition Research Lab. Dr. Katta will share practical, evidence-based insights on how food can support your mental wellbeing, and explain how nutrients influence brain function, mood, and resilience. Whether you're a student, health practitioner, or just curious about the food-mood connection, this talk offers valuable tools to support everyday mental health. All ages welcome.

Bookings required.

selwynlibraries.co.nz/events







Understanding Your Medications: A Pharmacists Guide

Saturday 11 October, 11am-12pm Leeston Library and Service Centre

Saturday 18 October, 2-3pm
Darfield Library and Service Centre

Saturday 22 November, 2-3pm Te Ara Ātea

Have you ever wondered about the role pharmacists could play in your health care? Join local pharmacists for an informative talk that offers practical advice on managing and understanding your medications. Gain valuable insights into safe medication practices and how pharmacists can support your overall wellbeing. 16+ years.

Bookings required.

selwynlibraries.co.nz/events

Homegrown Microgreens

Sunday 12 October, 1.30-3pm Lincoln Library and Service Centre

Discover the world of microgreens — tiny, nutrient-packed plants that are easy to grow at home. In this demonstration, Rob Upritchard, formerly of Micromachine Microgreens, will share practical tips on growing your own — from seed sourcing to setup. Regardless of your space, experience level, or budget, you'll find practical tips to help you get started.

13+ years.

Bookings required.





SHOW ME SHORTS FILM FESTIVAL

Show Me Shorts Film Festival



Sunday 19 October

Whānau Friendly: 11am-12pm | Adult Sampler: 2-3.30pm Te Ara Ātea

Join us for two special screenings from *Show Me Shorts*, Aotearoa's leading international short film festival, as they celebrate 20 years of world-class storytelling!

Whānau-friendly — A fun, family-friendly mix of short films suitable for all ages.

The Sampler (18+ years) — A curated selection of bold, thought-provoking short films for mature audiences. Bookings required.

selwynlibraries.co.nz/events

CSO String Quartet

Thursday 23 October, 7.30-8.30pm Te Ara Ātea

Spend an evening enjoying music with the Christchurch Symphony Orchestra's Arvida String Quartet. 16+ years.

\$10 libraries members, \$20 non-members. Bookings required.

selwynlibraries.co.nz/events







Sunday 15 March 2026 Selwyn Sports Centre

Stallholder expressions of interest now open!

Build brand awareness

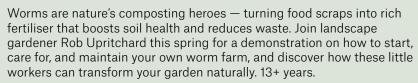
Launch a new product

Drive retail sales



Worm Farming Basics

Sunday 26 October, 1.30-3pm Te Ara Ātea



Bookings required.

selwynlibraries.co.nz/events



Wine Insights: Sauvignon Blanc & Pinot Noir

Thursday 30 October, 6.30-7.30pm Lincoln Library and Service Centre



Join Dr Bin Tian from Te Whare Wānaka o Aoraki Lincoln University for an engaging session on the art and science of wine production, with a focus on two of New Zealand's most iconic varietals: Sauvignon Blanc and Pinot Noir. Discover how winemaking decisions influence the aroma, flavour, and texture of these wines, and what makes them so distinctive. The session will conclude with an interactive aroma experience using the Le Nez du Vin kit. Perfect for wine lovers and the wine-curious alike. 18+ years.

Bookings required.

selwynlibraries.co.nz/events



Guided Painting Workshop

Saturday 1 November, 1-3pm
Darfield Library and Service Centre

Saturday 8 November, 1.30-3.30pm Prebbleton Hall

Thursday 20 November, 6-8pm Te Ara Ātea

Saturday 29 November, 1-3pm Doyleston Hall

Join us for a fun and relaxed painting workshop where you'll turn a blank canvas into your own masterpiece — no experience needed! With step-by-step guidance and all materials provided, you'll be supported through the process of creating a finished artwork in your own unique style. Each session is based on a different painting — check the Selwyn Libraries website to see which artwork will be featured at each workshop. 16+ years.

\$15 library members, \$30 non-members. Bookings required.



A Load of Old Rubbish: Exploring Christchurch's 19th Century Archaeology

Thursday 6 November, 6.30-8pm Te Ara Ātea

Fundamentally, archaeology is about rubbish — the things people threw out. Join archaeologist Katherine Watson from the Christchurch Archaeology Project, as she explores what the people of 19th century Christchurch threw out, where they threw it and why. You'll be amazed by what you can learn from someone's rubbish! 15+ years. Bookings required.

selwynlibraries.co.nz/events



Preparing for an Emergency — Are You Ready?

Saturday 8 November, 11am-12pm Leeston Library and Service Centre

Emergencies can happen anytime, anywhere and it's up to you to make sure your family, and the people you care about, know what to do and that you have what you need to get through on your own. Join members of the Selwyn District Council Emergency Management Team as they talk of the hazards that could affect Selwyn and share simple steps that individuals, families, and businesses can take to be prepared. 18+ years.

Bookings required.

selwynlibraries.co.nz/events





Pottery: Make Your Own Mug

Saturday 15 November, 10.30am-12.30pm Darfield Library and Service Centre

Sunday 16 November, 10.30am-12.30pm Te Ara Ātea

Join us to design and make your very own ceramic mug! In this workshop, you will learn to prepare your clay, then focus on form and shape using a slab building technique. There will also be a selection of clay slips to paint your own design. No previous experience needed. 16+ years.

\$20 library members, \$40 non-members.

Bookings required.

CSO Music Trails and Woodwind Lunchtime Concert

Saturday 22 November Lincoln Library and Service Centre

Join us for a special morning of music as the Christchurch Symphony Orchestra Woodwind Ensemble visits Lincoln Library for two delightful events.

10.30-11.15am - Music Trails

An interactive concert designed especially for tamariki and their whānau — full of fun, learning, and musical discovery!

12.15-1pm — Lunchtime Concert

Relax and enjoy a performance for all ages — pull up a chair or simply listen while you browse the shelves.

A wonderful way to experience live music in your local library — all are welcome!

Bookings required.

selwynlibraries.co.nz/events







Christmas Wreath Making

Wednesday 26 November, 7-9pm Rolleston Community Centre

Thursday 27 November, 7-9pm Lincoln Event Centre

Friday 28 November, 7-9pm West Melton Community and Recreation Centre

Get into the festive spirit and join us for a fun and creative wreath-making session! Design a beautiful Christmas ornament to proudly hang on your door — a perfect way to add a personal touch to your festive décor. All materials provided.

\$60 per person.

Bookings required.

Te Wiki o Te Reo Māori

Dr Monty Soutar Presents: A History of the 28 Māori Battalion

Tuesday 16 September, 7-9pm Te Ara Ātea

This year the theme for Te Wiki o te Reo Māori is 'Ake! Ake! Ake! Ake! — a Forever Language', inspired by the Māori Battalion song, 'Ake! Ake! Kia Kaha e!

In acknowledgement of this we are honoured to present historian and author Dr Monty Soutar ONZM (Ngāti Porou, Ngāti Awa, Ngai Tai, Ngati Kahungunu) as he shares his insights into the history of the Pioneer and 28 Māori Battalion. He is a recognised expert in the field having woven years of research into his published works, 'Whitiki! Whiti! Whiti! El: Māori in the First World War' and 'Ngā tama toa: The price of citizenship: C Company 28 (Māori) Battalion 1939–1945.' This will be an evening not to be missed by history enthusiasts, and those who wish to know more of the legend, that is the 28 Māori Battalion. 18+ years.

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

Bookings required.

selwynlibraries.co.nz/events





Local History: Ko taku kāika ko Orariki

Thursday 18 September, 7-8.30pm Te Ara Ātea

Discover the history of Ngāi Tahu and Ngāi Te Ruahikihiki migration into Waikirikiri Selwyn. This talk weaves local history, memory and stories of arrival and settlement. Come on the journey with us to traverse 750+ years of history. 16+ years.

Bookings required.



Heritage



History in Stone: South Malvern Cemetery and Glentunnel Museum

Sunday 12 October, 1-4pm **South Malvern Cemetery**

Join local historian and genealogist Lynda Seaton on another of our very popular cemetery tours, at South Malvern Cemetery. Hear about the lives of local farmers, miners, a Crimean war veteran and an enterprising businessman as well as a renowned author, from the days when this farming district was also a centre for coal mining and brick production. We will finish with a tour of the fascinating taonga in Glentunnel Museum and afternoon tea. 12+ years.

Bookings required.

selwynlibraries.co.nz/events





Courtesy National Library 1/1-021916-G



Historic Meadowbank

Saturday 18 October, 1-4pm Meadowbank Lodge, 785 Leeston Road, Leeston

Discover beautiful historic Meadowbank homestead in Irwell, built in 1891 for George Rhodes and his wife Nellie. Enjoy a tour and talks on various aspects of its history and restoration, followed by afternoon tea.

A Selwyn Libraries partnership with Heritage New Zealand Pouhere Taonga and the Maloney family of Meadowbank. 12+ years.

Bookings required.

selwynlibraries.co.nz/events

Walking into History: Rakaia Huts FREE



Friday 24 October, 1.30-3pm Rakaia Huts Campground

Grab your walking shoes and get set to explore another corner of the Selwyn District! Join members of the Rakaia Huts community on a guided tour of this historic recreational fishing village, finishing with a relaxed afternoon tea. Download our Township Trails Selwyn app to discover more historic walking trails. All ages welcome.

Bookings required.



Courtesy of Keir family.

CLOSE-KNIT

An art exhibition weaving together stories of connection and community.

Te Ara Ātea On Now



Alix Ashworth, *Make the Net, Feed the Children* (detail), 2025. Courtesy of the artist.

Dorset Button Workshop

Sunday 2 November, 1.30-3.30pm Te Ara Ātea

Dorset buttons originated in Dorset, England, and were popular from the 17th to 19th century. These hand embroidered buttons had several functions — both practical and decorative. Join *Close-knit* artist, Steven Junil Park as he teaches you some basic needle craft techniques to create your very own version. This workshop is beginner-friendly, so no prior experience is needed. 13+ years.

\$15 library members, \$30 non-members.

Bookings required.

selwynlibraries.co.nz/events



Band Weaving Workshop

Saturday 8 November, 1-3.30pm Leeston Library and Service Centre Sunday 9 November, 10.30am-1pm Te Ara Ātea

In this hands-on workshop, *Close-knit* artist, Christine Brimer, will teach you the basic techniques of weaving on a mini heddle loom with repurposed yarn. You'll leave this workshop with a woven band, perfect to use as a bookmark, a tie for packages or clothing tags, along with your loom to continue your own weaving at home. This workshop is beginner-friendly, so no prior experience is needed. 13+ years.

\$20 library members, \$40 non-members.

Bookings required.





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Selwyn Libraries

Library Programmes

SELWYNLIBRARIES SELWYNLIBRARIES.CO.NZ

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® 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.



English Learners — Conversation Group

Join us to practise everyday English in a relaxed and welcoming space! Each session explores a different topic, with conversations and activities shaped by the group's interests. It's a great way to build confidence and connect with others from diverse cultures. All English learners welcome! Runs throughout school term weeks.

LEGO® Advanced [™]

Calling all LEGO® masters! These sessions are perfect for those who love a challenge and will make regular use of our LEGO® 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® collection for you to explore and let your creativity flow. Children under 8 years must be accompanied by an adult.

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.





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

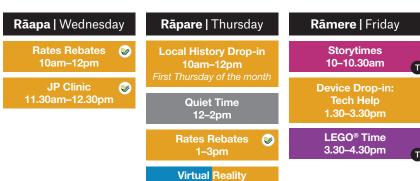
Join a session to test out our VR headsets. Kayak with the penguins in Antarctica, fly to the International Space Station and experience zero-gravity, complete our Beat Saber challenge, or even tour Anne Frank's house. Suitable for ages 13 and over.





Darfield Library and Service Centre

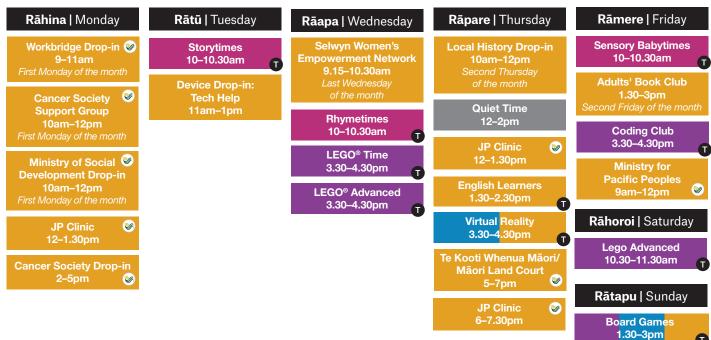
Rāhina | Monday Board Games 3.30-4.30pm Cancer Society Drop-in 9.30am-12.30pm Rhymetimes 10-10.30am Malvern Writers' Café 10am-12pm Second Tuesday



3.30-4.30pm

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Te Ara Ātea



Leeston Library and Service Centre

Rāhina | Monday Rātū | Tuesday Rates Rebates 2-3pm Sensory Babytimes 10-10.30am T LEGO® Time 3.30-4.30pm T English Learners 1.30-2.30pm T

Rāapa | Wednesday

Adults' Book Club 10–11am Third Wednesday

Cancer Society Drop-in

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Virtual Reality 3.30–4.30pm

1-4pm

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Rāpare | Thursday Local History Drop-in 10am-12pm Third Thursday of the month Quiet Time 12-2pm Board Games 3.30-4.30pm Digi Hour

3.30-4.30pm

Storytimes 10–10.30am

Rates Rebates 11am–12pm

V

Device Drop-in: Tech Help 2-4pm

Rāhoroi | Saturday

Adults' Book Club 10–11am Third Saturday of the month

> Board Games 10am-12pm

Lincoln Library and Service Centre



Rāpare | Thursday

10-10.30am

Local History Drop-in 10am–12pm Fourth Thursday of the month

> Quiet Time 12–2pm

Rates Rebates 12.30–2.30pm Virtual Reality

Adults' Evening Book Club 6.30–7.30pm First Thursday of the month

3.30-4.30pm

Rāmere | Fridav

Device Drop-in: Tech Help 10am-12pm

> LEGO® Time 3.30–4.30pm

Rāhoroi | Saturday

Board Games 11am-1pm

Rātapu | Sunday

Board Games 11am-1pm



Search for 'Heartland' on selwynlibraries.co.nz/events to find sessions near you.

Recreation

Baby Gym 45MNS

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

Floorball

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

Get Your Skates On 6000 8

An interactive learn-to-skate class catering for all abilities. Skates and safety gear provided. Suitable for 5-17 years. Adult supervision required for under 8 years. Drop-in.

Inflatables 120 MINS

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 **SOMINS**

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 45 MINS

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 120 MINS

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. Resumes Saturday 6 September.

Paddle Boats for Kids & mins



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 **TOWNS**

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 Picklehall

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

Selwyn Striders 60MIS

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.

Walking Netball 60MIS

Walking netball provides a gentle yet enjoyable way to stay active without the strain on your joints. Whether you're getting back into exercise, recovering from an injury, or trying netball for the first time, this is for you! All abilities welcome. 18+ years.



Children's University. See page 26 for details.

Recreation

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am		SENSORY (20)				PLAYTIMES (20)	
9.30am	MINI GYM (1–2YRS)			MINI GYM (1–2YRS)	MINI GYM (1–2YRS) 45		
10am	SELWYN 6			MINI GYM (3MNTH-2YRS) 45			SOCIAL PICKLEBALL (20)
10.15am	MINI GYM (3–5YRS)			MINI GYM (3–5YRS)	MINI GYM (3–5YRS)		
10.30am		LITTLE DANCING TEET	LITTLE DANCING FEET		WALKING (S)		
10.45am				MINI GYM (3–5YRS)			
11am	BABY GYM 🥳			ваву дум 🥳			
1pm					SOCIAL PICKLEBALL (20)		
2pm						PADDLE BOATS FOR KIDS	INFLATABLES (20)
3.30pm	GET YOUR SKATES ON	GET YOUR SKATES ON		GET YOUR SKATES ON			
5pm			FLOORBALL 60 (6–10YRS)				
6pm			FLOORBALL (10–15YRS) 60				
6.30pm		SELWYN STRIDERS					
7pm	SOCIAL PICKLEBALL		FLOORBALL ADULTS AND TEENS (13+YRS)			Check Selwy	n Netball website.

Selwyn Sports Centre Lincoln Event Centre West Melton Community and Recreation Centre Selwyn Aquatic Centre
All recreation classes are held during term-time only (except Playtimes, Pickleball, Selwyn Striders, Paddle Boats and Inflatables).

Term 3 classes run until Friday 19 September. Term 4 classes resume Monday 6 October.

Group Fitness Classes

RODYBALANCE 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 BODYPUMP GOMINS BODYPUMP

Lesmills Express

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.

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 60 MINS

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.

LesMills Shapes 60 MINS

An invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

PUMP/CARDIO COMBO 45MINS

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

A workout which incorporates two amazing programmes in one class. 30 minutes of Pump with a barbell and weights for strength training, followed by 15 minutes of Core to work on stabilising muscles and balance.

сомво STEP PUMP 50 MINS

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

STRENGTH AND CARDIO 45 MINS

A class that combines a cardio workout with weights for strength and conditioning.

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 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 60 MINS

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. Includes twisting and standing poses and a slow vin 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.

YOUTH BOXFIT 45 MINS

Improve your fitness, health and wellbeing while learning some basic boxing fundamentals and exercises in this fun energetic class designed for youths aged 12–17 years.

ZUMBA GOLD 60 MINS

Perfect for active seniors, Zumba Gold is a low impact dance exercise class set to great music.



Selwyn Sports Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0	LesMILLS RPM	LesMills RPM	GRIT STRENGTH	Sprint	STRENGTH DEVELOPMENT		
6am	GRIT STRENGTH	BODYPUMP 45	RPM	BOXFIT	Lesmills RPM		
8am						LesMILLS RPM	
8.15am						BODYPUMP 30	
0	LesMills RPM		Lesmills RPM	Lesmills RPM	LesMILLS RPM	LesMILLS RPM	
9am				BODYPUMP 45	\$	Lesmills Shapes	BODYPUMP 45
9.15am	YOGA HATHA	BODYPUMP 45	BODY STEP		BODYPUMP 45	;	Sprint
40		CORE		YOGA HATHA	CORE	BODYPUMP 45	LesMILLS RPM
10am							Lesmills BODYBALANCE
10.30am	ZUMBA GOLD						
11am		MATURE & MOTIVATED			MATURE & MOTIVATED	CORE	
12pm	BODYPUMP 30	Shapes	Lesmills Express BODYPUMP	5	Shapes		
1.15pm			MOVE IT TO MUSIC				
4pm			YOUTH * BOXFIT				
5.10pm		STRENGTH DEVELOPMENT					
5.15pm	LESMILLS EXPRESS BODYPUMP					*8 October	- 26 November

BOOKINGS RECOMMENDED SELWYNSPORTSCENTRE (03) 347 2888

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45pm				STRENGTH DEVELOPMENT			
6	Sprint	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM			
6pm	BODYPUMP 6	STEP PUMP 45	YOGA YIN YANG				
6.35pm				STEP PUMP 45			
7pm		Lesmills BODYBALANCE					
7.15pm			BODYPUMP 45				
7.30pm	YOGA GENTLE FLOW			BODYPUMP 45			





West Melton Community and Recreation Centre

WESTMELTONCOMMUNITYCENTRE PH (03) 347 1804

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	LesMILLS RPM					
8am						HIIT
9.15am	PUMP/CORE (45)	LesMILLS RPM	COMBO PUMP/CARDIO	LesMILLS RPM	BODYPUMP 45	
10.15am	MATURE & MOTIVATED					
11am			MATURE & MOTIVATED			
1pm				MATURE & MOTIVATED		
5.15pm	BODYPUMP					
5.30pm			BODYPUMP			
6pm		HIIT				
6.30pm			LesMills RPM			
6.45pm				YOGA VINYASA FLOW		
7pm		Sprint				

Darfield Recreation and Community Centre

PH 027 535 8379

	Monday	Tuesday	Wednesday	Friday
9.30am	MATURE & MOTIVATED	STRENGTH AND CARDIO	MATURE & MOTIVATED	MATURE & MOTIVATED

Lincoln Event Centre

LINCOLNEVENTCENTRE PH (03) 347 2983

	Monday	Tuesday	Wednesday
10am	MATURE & MOTIVATED		MATURE & MOTIVATED
5.30pm	BODYPUMP (6)		BODYPUMP
6.30pm	YOGA GENTLE FLOW	BODYPUMP (5)	
7.30pm			YOGA YIN YANG





Virtual Classes

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				D BODYPUMP			
7am	O BODYPUMP						
0	O RPM	O RPM	O RPM	O RPM	O RPM		
8am	D LESMILLS BODYBALANCE		D Lesmills BODYBALANCE				
9am		O RPM					
10am	O RPM	O RPM	O RPM	O RPM	O RPM	O RPM	
12pm		GRIT STRENGTH		O GRIT STRENGTH		O BODYBALANCE	O BODYPUMP
12pm		Sprint	O RPM	Sprint	O RPM	O RPM	O RPM
2.30pm							O BODYPUMP
4pm							E RPM
6pm					O RPM		
7pm		Sprint					





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 martial 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





TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.30am	AQUA				AQUA
9.30am	HYDRO	AQUA	AQUA	AQUA	AQUA
10.30am	HYDRO	HYDRO	HYDRO	HYDRO	HYDRO
11.30am				HYDRO	HYDRO
12.15pm		HYDRO			
1pm	HYDRO	AQUA	HYDRO		
6pm				HYDRO	
6.15pm	AQUA	AQUA NATAL	HYDRO		
6.45pm				AQUA	
7pm	AQUA				
7.15pm		AQUA	AQUA ZUMBA		
7.30pm				AQUA	Timetable 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.

Book your group fitness, recreation classes and Swim School lessons at selwyn.govt.nz/recreationportal.

Memberships

All Access

Pool and Group Fitness classes

\$20.49 PER WEEK

Community card holders* \$17.45 per week. Membership valid across all facilities.

Premium Swim & Aqua Group Fitness

Swimming and Aqua Group Fitness classes

\$14.83 PER WEEK

Community card holders* \$11.88 per week.

Basic Pool

Unlimited swimming!

\$13.82 PER WEEK

Community card holders* \$10.66 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

\$14.83 PER WEEK

Community card holders* \$11.88 per week. Membership valid across all facilities.

Basic

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

\$12.12 PER WEEK

Membership valid across all facilities.

Casual Prices

Adult Group Fitness	\$10.90
Community Card Holders*	\$7.20
Preschool	\$5.30
Get Your Skates On	\$7.60
Casual Skating	\$3
Casual Hoops (Basketball, Netball)	\$3
Track (Selwyn Striders)	\$3 Gold Card \$2

Darfield Library and 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 and Service Centre

76A High 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 and 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@selwvn.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

