

MANUKAU WEST SUPPORTING ACTIVITIES

What activities are there in Manurewa that are beginner level, affordable and FUN?

PLEASE NOTE: Some pricing may have changed since the printing of this list – please call the provider to confirm

UPDATED 21 January 2010

MANUREWA

Activity	Cost	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Marae Walking	FREE	Manurewa Marae				9 - 10am			
Raukura Hauora o Tainui Aerobics	FREE	Te Matariki Clendon			10 - 11am				
GRX Guest Speaker Last Thursday of month Last Thursday of Term will include GRADUATION GRx Activity	GRx discount \$3 (GRx ID required)	Te Matariki Clendon				10 – 10.30am 10.45 – 11.45am			
Gentle Aerobics	GRx discount \$3 (GRx ID required)	Te Matariki Clendon		1 – 2pm					
Social Netball Competition <i>Ring the centre, we may be able to find a team for you</i>	Team Fees apply	Te Matariki Clendon			6 – 9pm				
Swimming/Aqua Walking	FREE	Manurewa Aquatics Centre	Public Hours	Public Hours	Public Hours	Public Hours	Public Hours	Public Hours	Public Hours
Aqua Aerobics	GRx discount \$4 (GRx ID required)	Manurewa Aquatics Centre	8.30 – 9.15am		8.30 – 9.15am		8.30 – 9.15am		
Aqua Jogging	GRx discount \$4	Manurewa Aquatics Centre				10.30 – 11.15am			

	(GRx ID required)								
Adult Evening Lane Swimming	\$3	Manurewa Aquatics Centre	7.30 – 9pm	7.30 – 9pm	7.30 – 9pm	7.30 – 9pm			
GRx Fitness Session You must have a gym induction for fitness activity	GRx discount \$3 (GRx ID required)	Manurewa Aquatics Centre				9.30 – 12noon			
Cardio Room 3 month Membership 1 year Membership <u>MUST HAVE GYM INDUCTION</u>	Ask about the special rates for GRx clients Membership includes spa/sauna (GRx ID required)	Manurewa Aquatics Centre	Public Hours	Public Hours	Public Hours	Public Hours	Public Hours	Public Hours	Public Hours
Community Group Tai Chi	\$2	Manurewa Recreation Centre		10 – 11.30am		10 – 11.30am			
Exercise to Music	\$4	Manurewa Recreation Centre		11.15 – 12.15pm		11.15 – 12.15 pm			
Goldz Club	\$2	Manurewa Recreation Centre			10 – 12noon				
Social Mixed Netball Competition	Team Fees apply	Manurewa Recreation Centre			6 – 9pm				
Social Mixed Basketball Competition	Team Fees apply	Manurewa Recreation Centre				6 – 9pm			

Provider details:

MANUREWA

Manurewa Aquatics Centre Ngaa mahi a Rehia Sykes Road

Manurewa Recreation Centre Frances Street

Te Matariki Clendon Community Centre & Library Palmers Road

Ph: 09 269 0930

Ph: 09 267 4646

Ph: 09 269 0500