

MANUKAU WEST SUPPORTING ACTIVITIES

What activities are there in Otara 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

**OTARA – The Norman Kirk Memorial Pool is closed until November 2010
A new indoor pool facility is under construction**

Activity	Cost	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swimming/Aqua Walking	FREE	Norman Kirk Memorial Pool	Public Hours	Public Hours	Public Hours	Public Hours	Public Hours	Public Hours	Public Hours
Aqua Aerobics	\$4	Norman Kirk Memorial Pool			10 - 11am		10 - 11am		
Table Tennis	\$2	Otara Leisure Centre	Public Hours	Public Hours	Public Hours	Public Hours	Public Hours		
Basketball <i>Ring the centre, we may be able to find a team for you</i>	Team Fees apply	Otara Leisure Centre	7 - 9.30pm						
Getting Started Aqua Aerobics	\$2	Norman Kirk Pool					10 - 11am		
Bader Drive Health Care Aerobics	FREE	Otara Leisure Centre			10 – 11am Mod/high impact		10 – 11am High impact		
MEMBERSHIPS Monthly 3 Monthly 1 Year <u>YOU MUST HAVE A GYM INDUCTION</u>	No Joining Fee Ask about the special rates for GRx clients (GRx ID required)	Otara Leisure Centre	Public Hours	Public Hours	Public Hours	Public Hours	Public Hours	Public Hours	Public Hours
Diabetes Projects Trust Gentle Exercise	FREE	Te Puke Otara Hall	10:30 – 11:30am			11:45am – 12:45pm			
Line Dancing		Te Puke Otara Hall				9.30 – 11:00am			

Provider details:

OTARA

OLC – Otara Leisure Centre, 115 Bairds Road, Otara

NKMP – Norman Kirk Memorial Pools 115 Bairds Road, Otara

TPOTH – Te Puke Otara Hall, 115 Bairds Road, Otara

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