

## TAI CHI

### Tai Chi For Health

**Tuesdays & Fridays 1.00 – 2.00pm**

WCCAC room, Corban Estate Art Centre.

**Thursdays: 7.00 – 9.00pm**

Waitakere College

Contact: Anne

Phone: 832 4280

## TABLE TENNIS

### Waitakere Table Tennis ASCN

72A Seymour Rd, Henderson

Daily: 10am-10:30pm

Contact: Dennis Phone: 818-2284

## WALKING

### HHenderson Senior Walk Group

Big Top Recreation Centre

Friday: 9am

Contact: Alene Phone: 818-2580

### Blue Top Walkers

Tuesdays & Thursdays: 1

0:15am-11:15am

Contact: Margaret Tate

Phone: 836-6874

## YOGA

### Yoga Class

West Wave Recreation Centre

Saturday: 7am-8:30am

Contact: Nimesh Phone: 836-1876

## WATERBASED ACTIVITIES

### WESTWAVE AQUATIC CENTRE

Alderman Drive, Henderson

Phone: 838-3706

#### **Classes:**

#### Abyss Bliss (deep water class)

Recover from injury or enhance existing water skills and increase overall strength

#### Aqua Circuit

Enhance fitness elements: flexibility, strength and endurance.

#### Aqua Fit

Improve overall fitness for all ages and levels of ability.

#### Aqua Lite

Improve flexibility and mobility.

#### Aqua Health

Ideal for diabetics.

#### Power On

For older adults who want to improve their overall health and fitness.

#### CRC (Cardiac Rehabilitation Classes)

For those with cardiac concerns.

#### Hydrotherapy

Increase mobility, strength and flexibility. For those have arthritis, joint and circulation problems or have limited mobility.



# HENDERSON

## “LOCAL PUSH PLAY ACTIVITIES”

(Compiled by Jene Lin)



Te Rongoaa Kakariki **Green  
Prescription**

**For more information call:**

**Kay Lindley**

**Green Prescription Area Manager**

**Active Health Manager**

**HealthWEST**

**Phone: 837 8820**

**Fax: 837 8852**

**Email: [kay@healthwest.co.nz](mailto:kay@healthwest.co.nz)**

**[www.healthwest.co.nz](http://www.healthwest.co.nz)**

## ACTIVE FAMILIES

### For families with overweight or obese children.

Planet Sport

133 Central Park Drive, Henderson  
Mondays & Thursdays 4.00 – 5.30pm  
Contact Tino. Phone 838 1876

## AEROBICS

### Pasifika Aerobics

Tuvaluan Church

Monday & Wednesday 7.00 – 8.00pm

Free of charge

Contact: Tui Pulotu

Phone: 837 1780

## EXERCISE CLASSES

West Wave Recreation Centre

Older Adults Exercise Classes

Tuesday: 10am

Contact: Bobbye Phone: 838-7305

## BADMINTON

### Henderson Mid-Week Club

W.B.A. Hall, Royal Rd, Massey

Thursday: 9am-12pm

Contact: Stella Ph: 8388050 evenings



## BOWLS

### Henderson Bowling Club

Cranwell Park, Alderman Drive

Wednesday~Saturday: 1pm

Contact: R. McLaren

Phone: 818-5285 or 836-3253

## CROQUET

### Henderson Croquet Club

Cranwell Park

Wed~Sat: 9:30am-3pm (summer)

10am-3pm (winter)

Contact: Rose Phone: 834-4259

## DANCING

[www.wheretodance.co.nz](http://www.wheretodance.co.nz)

### Belly Dancing

Waitakere College

Thursday: 7pm-8:30pm

Ph: 836-0002

### Henderson Scottish Society

14 Mt. Albert Rd. Church

Last Saturday of the month: 8pm

Phone: 818-5425

### Waitakere City School of Dance

Jazz, Hip Hop & Ballet from

Pre-School to Adults

Contact: Natalie Sinclair

Phone: 813 3664

Mobile: 021 035 4262

Email: [dancewaitakere.co.nz](mailto:dancewaitakere.co.nz)



## FITNESS CENTRES

### Contours

199 Lincoln Rd, Henderson

Phone: 836-9099 or Mobil: 025-856280

### Planet Health

118 Henderson Valley Rd, Henderson

Contact: Chris Phone: 838-7373

## NETBALL

### Netball Waitakere

Te Pai Place, Henderson

Monday~Friday: 9:30am-2:30pm

Contact: Lynette or Sheryl

Phone: 838-6856

## PILATES

### Pilates For Beginners

Waitakere College

Thursday: 7pm-8pm or 8pm-9pm

Phone: 836-0002

## SQUASH

### Henderson Squash Club Inc

63 Buscomb Ave, Henderson

Contact: Barbara

Phone: 838-8628

### Squash Auckland Inc

1/1 Trading Pl, Henderson

Phone: 836-2217