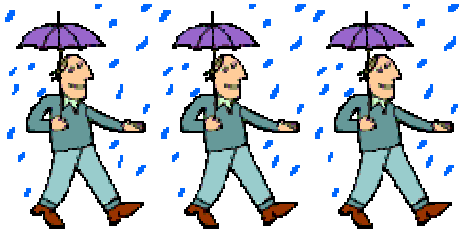


WALKING

Kelston Twilight Walk Group

Kelston Community Centre
Tuesdays 7.00pm
Contact: Joy
Phone: 818-6084



YOGA

Yoga Classes For All Ages

Kelston Community Centre
Tues: 6pm-7:30pm (Adults)
Wed: 4pm-5pm (Children)
Contact: Nimesh Phone: 836-1876

Yoga Class

Kelston Girls High School
Open by term
Contact: Ginny
Phone: 827-9633



WALKING WAITAKERE Wednesday Walks

2007

Wednesday 28 March

Upper Nihotupu Dam

An easy walk along a closed metal road, through beautiful native bush, streams and waterfalls. Forested ridges descend into the 14.5ha Upper Nihotupu Dam providing fiord-like scenery.

Meet: 9.50am, Upper Nihotupu Dam car park, Piha Road.

Grade: Easy

Wednesday 18 April

Mercer Bay Loop

A guided walk along the top of the highest windswept cliffs in the Auckland region. Find out the origin of Rangitoto. View the coastline from Whatipu to Muriwai.

Meet: 9.50am,, Te Ahuahu Road car park, Piha

Grade: Moderate

To register for walks contact:

Kay Lindley

Phone: 837 8820

Mobile: 027 274 2280

Fax: 837 8852

Email: kay@healthwest.co.nz

www.healthwest.co.nz

KELSTON

“LOCAL PUSH PLAY ACTIVITIES”

(Compiled by Jene Lin)



Te Rongoaa Kakariki **Green
Prescription**

For more information contact:

Kay Lindley

Green Prescription Area Manager

Active Health Manager

HealthWEST

Phone: 837 8820

Fax: 837 8852

Mobile: 027 274 2280

Email: kay@healthwest.co.nz

www.healthwest.co.nz

AEROBICS

Pasifika Aerobics

Kelston Primary School
Free of charge
5.30 – 6.30pm
Mondays
Tuesdays
Thursdays
Contact: Tui Pulotu
Phone: 837 1780

Pasifika Aerobics

Kelston Community Centre
Free of charge
5.30 – 6.30pm
Fridays
Contact: Tui Pulotu
Phone: 837 1780



BOWLS – INDOOR

Glendene Indoor Bowls

Kelston Community Centre
Mon: 7:30pm
Contact: David
Phone: 832-6271

DANCING

www.wheretodance.co.nz

Belly Dancing

Kelston Girls High School
Open by term
Contact: Ginny
Phone: 827-9633

Frontline Line Dancing

Kelston Community Centre
Wed: 9:15am-11:45am
Thurs: 11:30am-2pm
Contact: Shery
Phone: 838-8699

Le Bop Modern Jive

Kelston Community Centre
Tuesdays:
7.00 – 8.00pm Beginners
8.15 – 9.15pm Advanced
Contact: Dana Sharp
Phone: 620 2114
Email: lebop@xtra.co.nz
www.lebop.co.nz

Square & Round Dancing

Kelston Community Centre
Thurs: 1pm-3:30pm
Contact: Teo
Phone: 832-3340

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



Waitemata Scottish Country Dance Club

Kelston Community Centre

Tues: 7:45pm-10:45pm

Contact: Shiona Phone: 833-9159

KUNG FU & KICK BOXING

Kung Fu & Kick Boxing Classes

Kelston Community Centre

Tues & Thurs: 6pm-7:30pm

Contact: Delwyn

Phone: 838-5581

TAI CHI

Tai Chi Fall Prevention Classes

Kelston Community Centre

Tues: 9:15-10:15

10:30-11:30

11:30-12.20

Contact: Quintin

Phone: 376-2355

Email: quintin@ihug.co.nz