

TAI CHI

Tai Chi For Health

Massey High School
Tue: 7pm-9pm
Contact: Christine
Phone: 833-9124
Email: nlazzari@masseyhigh.school.nz

WALKING

West Harbour Walking Group

Parkside Rd, Hobsonville
Wed: 9:30am
Contact: Carol
Phone: 416-4860

West Harbour Walkers

197 West Harbour Drive, Massey
Contact: Lorna
Phone: 416-7871

Young Mum's Walk Group

Massey Community House
Mon & Fri: 9:30am
Contact: Janine
Phone: 833-8219

Massey Joggers & Walkers

53 Granville Dr, Massey
Wed: 6pm Sun: 8am
Contact: Kerry or Andrea
Phone: 838-6665 or 416-954

YOGA

Julie King Yoga Class

Massey Community House
385 Don Buck Rd, Massey, Waitakere City
Mon: 9:30am-11am
Tue: 6:30pm-8pm

Yoga With Pat Macdonald

Massey High School
274 Don Buck Rd, Massey
Open By Term
Tues: 7pm-9pm
Phone: 833-9124
Fax: 833-9200

Yoga With Shaun Priston

Massey High School
Open By Term
Tues: 7pm-9pm
Phone: 833-9124
Fax: 833-9200

Diabetes Support Group

Massey Community House
7.00 – 9.00pm Last Monday of month
Contact Jeanette
Phone: 833 8349

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

WEST HARBOUR HOBSONVILLE MASSEY “LOCAL PUSH PLAY ACTIVITIES”

(Compiled by Jene Lin)



Te Rongoaa Kakariki **Green
Prescription**

**For more information contact:
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Green Prescription Area Manager
Active Health Manager
HealthWEST
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Fax: 837 8852
Email: kay@healthwest.co.nz
www.healthwest.co.nz**

BADMINTON

Wataikere Masters & Veterans

Badminton Assn

Badminton Hall, Royal Rd, Massey

Contact: Pauline

Ph: 534-5109

Henderson Mid-Week Club

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

Thursday: 9am-12pm

Contact: Stella

Ph: 838-8050(evenings)

BOWLS

Hobsonville Women's Bowling Club

Ockleston Rd.

Mon & Thur: 9am-4pm

Contact: Anne

Phone: 416-4279

DANCING

www.wheretodance.co.nz

Dancerama Studios(Beginners & Improved)

Hobsonville Hall

Wednesday Night

Contact: Russell or Nadine

Ph: 834-5687

Rock'n Roll & Jive

Massey High School

Open By Term

Wed: 7pm-9pm

Ph: 833-9124

Fax: 833-9200

DANCING CONTINUED

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



EXERCISE CLASSES

Exercise For Health

Hobsonville Hall

Mon: 7:15pm & Wed: 9:30pm

Contact: Helen

Phone: 489-7159

Aerobics

Massey Community House

Tue & Fri: 10am

Contact: Jane or Lee

Phone: 833-9220 or 836-3563

Stretch Class With Natalie

Massey High School

Open By Term

Mon: 4:30pm-5:30pm

Phone: 833-9124

Fax: 833-9200

Fitbox With Natalie

Massey High School

274 Don Buck Rd, Massey

Open By Term

Mon: 5:30pm-6:30pm

Phone: 833-9124

Fax: 833-9200

MOVE FOR HEALTH

For people on the Green Prescription Programme

Massey Leisure Centre

10.45am – 12.15pm Wednesdays

Contact Rosemary Hamilton

Phone: 838 1782

FITNESS CENTRE

The Power House

118 Wiseley Rd, West Harbour

Mon~Fri: 7am-8pm

Contact: Trude

Phone: 416-0118

PILATES

Pilates Class

Hobsonville Hall

Sat: 9am

\$10 per class

Contact: Trude

Phone: 416-0118

Pilates Class

Massey High School

Open By Term

Wed: 7pm-8pm(beginners)

6pm-7pm(Intermediate)

Phone: 833-9124

Fax: 833-9200

TENNIS

Belvedere Tennis Club

Picasso Drive, West Harbour

Wed: 9:30am & 6:30pm

Sat: 1pm

Contact: Graeme

Phone: 416-6886