

FITNESS CENTRES

Les Mills

2 Rankin Ave, New Lynn
Open Daily
Phone: 826-0404

Club Physical

Margan Ave, New Lynn
Phone 827 5039

KUNG FU

Kid's Kung Fu

New Lynn Community Centre
Tue: 4:30pm-5:30pm
Contact: Chris
Phone: 817-2229

TAI CHI

Eddie Wong Tai Chi

New Lynn Community Centre
Wed: 9am-10:45am
Sun: 9am-10:30am
Contact: Pat
Phone: 626-3226

Tai Chi for Falls Prevention

New Lynn Community Centre
Mondays & Thursdays
12.00 – 1.00pm
Contact: Quintin
Phone: 816 8649



TENNIS

New Lynn Tennis & Social Club

Manson Park, Fruitvale Rd.
Everyday
Contact: Pauline
Phone: 827-6384

WALKING

Lynmall City Mall Walkers

Lynmall City
Tue & Thurs: 6.45 – 8.00am
Contact: Louise Fincham
Phone: 826 2337

YOGA

Sahaja Yoga (meditation)

New Lynn Community Centre
Thurs: 7pm-9pm
Contact: Mark
Phone: 418-3824



NEW LYNN

“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
www.healthwest.co.nz

AEROBICS

Pasifika Aerobics

New Lynn Samoan Church
Great North Road
Mondays & Thursdays: 6.00 – 7.00pm
Free of charge
Contact: Tui Pulotu
Phone: 837 1780

Sports Aerobics

New Lynn Community Centre
Mon: 4pm-7pm
Tue: 6pm-8pm
Thurs: 4pm-6:15pm
Contact: Raewyn Phone: 416-4654

BADMINTON

Lyndale Badminton Club

Western Hall, Portage Rd, New Lynn
Mon & Wed: 7:30pm-10:30pm
Contact: Julie Phone: 827-5494

Lyndale Midweek Badminton

Western Hall, Portage Rd, New Lynn
Mon & Wed: 10am-12pm
Contact: Ruth Phone: 818-8034



BOWLS

New Lynn Women's Bowling Club

Ockleston Rd
Mon & Thurs: 9am-4pm
Contact: June Phone: 827-3577
Contact: Judy Phone: 827 3412

BOWLS – INDOOR

Delta Indoor Bowls Club

3063 Gt North Rd, New Lynn
Tue: 7:15pm
Contact: Keith
Phone: 827-0270

New Lynn Over 50's Club

New Lynn Over 50'S Hall
Tue & Thurs: 9am-1pm

New Lynn R.S.A. Indoor Bowls

4 Pomelo rd, Te Atatu
Wed: 7:15pm
Contact: Pae
Phone: 834-6019

Olympis Indoor Bowls Club

New Lynn
Tue: 7:15pm
Contact: Irene
Phone: 626-6479

Portage New Lynn

Thurs: 7:15pm
Phone: 833-8631 or 827-4461

St. Dominics New Lynn

Mon: 7:15pm
Contact: Y. Worthington
Phone: 626-4063

Western Indoor Bowls Assn

Western Hall, New Lynn
Tue: 10:45am & 7:15pm
Contact: Colin
Phone: 834-2270

DANCING

www.wheretodance.co.nz

Le Bop Modern Jive

New Lynn Community Centre
Thursdays
7.00 – 8.00pm Beginners
8.45 – 9.45pm Intermediate
Contact: Dana
Phone: 620 2114
Email: lebop@xtra.co.nz
www.lebop.co.nz

New Lynn Folk Dance

New Lynn Community Centre
Wed: 11am-1pm
Contact: Betty
Phone: 828-4791

Boot Scootin's Line Dancers

New Lynn Community Centre
Mon: 9:30am-11:30am
Thurs: 10am-11:30am
Contact: Karen
Phone: 834-6568

Dance Club (Senior)

New Lynn Community Centre
Wed: 1:15pm-3:15pm
Contact: Johnny
Phone: 828-8930

Waitakere City School of Dance

Jazz, Hip Hop, Ballet from Pre-School to Adults
Contact: Natalie Sinclair
Phone: 813 3664 Mobile: 021 035 4262
E-mail: dancewaitakere.co.nz