

PILATES

Pilates Class

Rutherford College
Kotutu St, Te Atatu Peninsula,
Open By Term
Phone: 834-4099
Fax: 834-4011

SQUASH

Club Physical Te Atatu

278 Te Atatu Rd, Te Atatu South
Mon ~ Thurs: 5:30am-10pm
Contact: Matt or Tania
Ph: 834-5042

TENNIS

Te Atatu Tennis Club

572c Te Atatu Rd, Te Atatu Peninsula
Wed: 9:30am-12pm
Contact: Alison
Phone: 834-4658

Tennis Class

Rutherford College
Open By term
Phone: 834-4099
Fax: 834-4011

TAI CHI

Tai Chi Fall Prevention Classes

Te Atatu South Community Centre
Fri: 9:00-9:50am, 10:00-10:50am & 11.30—12.30
Contact: Quintin
Phone: 816 8649
Email: Quintin@ihug.co.nz

WALKING

Fun Walk Group

Club Physical Te Atatu
Contact: Tony
Phone: 834-5042

Strollercise For Mums & Babies

Te Atatu Peninsula Community House
Mon: 10.00am.
Phone 834 5827

Te Atatu Joggers & Walkers

Te Atatu Peninsula Community Centre
Sun: 8:30am Contact: Dianne or Graham
Phone: 834-4423

Te Atatu South Walking Group

Te Atatu South Community Centre
Wed: 9am Contact: Edna
Ph: 836-1401

Te Atatu Peninsula Walk Group

Te Atatu Peninsula Library
Mon & Fri: 8:30am(summer) 9am(winter)
Wed: 6:45pm Contact: Lorna
Phone: 834-5366

YOGA

Yoga Class

Te Atatu Peninsula Community Centre
Mon & Wed: 9:30am-11am
Contact: Leza
Phone: 833-8051

Te Atatu Hatha Yoga Group

Te Atatu South Community Centre
Mon: 10:30am-11:45am
Contact: Peggy Phone: 834-7080

Ashram Yoga

Rutherford College
Open By Term
Phone: 834-4099 Fax: 834-4011

TE ATATU

“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

BOWLS

Te Atatu Bowling Club

Harbour View Rd, Te Atatu Peninsula
Weekends: 8am-7pm (During Season)
Contact: A. Narbey Ph: 834-6287

Te Atatu Peninsula Women's Bowling Club

14 Matipo Rd, Te Atatu Peninsula
Tue: 10am (Roll-ups) Sat: 1pm (Roll-ups)
Contact: Heather Phone: 834-5424

Te Atatu Women's Bowling Club

56a Covil Ave, Te Atatu South
Tue: 10am Sat: 1:30pm
Contact: R.L.. Riddell Ph: 838-9315

BOWLS– INDOOR

Peninsula Indoor Club

Wed: 7:15pm
Contact: Secretary Ph: 834-3952

Te Atatu Peninsula Indoor Bowls Club

Te Atatu Peninsula Community Centre
Tue: 7:30pm-10:30pm
Contact: Helen Phone: 833-8877

Te Atatu Indoor Bowls

Tue: 7:15pm
Contact: Keith Ph: 833-8877

BOXING

Kick Boxing

Rutherford College
Open By Term
Phone: 834-4099



DANCING

www.wheretodance.co.nz

Dancerama Studios

Te Atatu Peninsula Community Centre
Mon: 7:30pm-8:30pm
Contact: Russell or Nadine
Phone: 834-5687

Latin/ South American Dance

Rutherford College
Open By Term
Phone: 834-4099
Fax: 834-4011

Steptacular Dance

Te Atatu South Community Centre
Mon & Fri: 7:30pm-10pm
Contact: Gillian
Ph: 836-6935

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

Aerobics

Te Atatu Peninsula Community Centre
Tue & Fri: 10am
Contact: Jane or Lee
Phone: 833-9220 or 836-3563

Pasifika Aerobics

Te Atatu Peninsula Community Centre
Wednesdays & Fridays 5.30 – 6.30pm
Free of charge
Contact: Tui Pulotu
Phone: 837 1780

Health & Beauty Exercise

Te Atatu South Community Centre
Wednesdays 10.00 – 11.00am
Contact: Carol
Phone: 478 9170

Touch For Health (Muscle Balance)

Rutherford College
Open By Term
Phone: 834-4099 Fax: 834-4011

Kid's Kung Fu

Te Atatu South Community Centre
Wed: 4pm-5:30pm
Contact: Chris Phone: 817-2229

FITNESS CENTRE

Club Physical

Te Atatu Rd, Te Atatu South
Contact: Tony or Cathy
Phone: 837-0072 or 834-5042

GOLF

Golf For Beginner

Rutherford College
Open by the term
Phone: 834-4099 Fax: 834—4011

OUTDOOR ACTIVITIES

Outdoor Adventure Activities For Men and Women

Rutherford College
Open by the term
Phone: 834-4099 Fax: 834—4011