

## **Waitakere Walks**

Green Bay High School  
Godley Rd, Green Bay  
Open By term  
Tue: 9:30am-12:30pm  
Phone/Fax: 817-5376

## **YOGA**

### **Samata Yoga**

Paturoa Bay Ratepayers Hall,  
Titirangi Beach  
Thurs: 6:30pm-8pm  
Contact: Caitlin  
Phone: 817-990

### **Yoga Class**

Titirangi Community Centre  
War Memorial Park, 500 South  
Titirangi Rd.  
Tues: 10am  
Thur: 7:30pm  
Phone: 817-7448

### **Ashram Yoga**

Green Bay High School  
Godley Rd, Green Bay  
Open By Term  
Wed: 6:30pm-7:30pm or  
7:45pm-8:45pm  
Phone/Fax: 817-5376

### **Yoga For Beginners**

Green Bay High School  
Godley Rd, Green Bay  
Open By Term  
Thur: 7pm-9pm  
Phone/Fax: 817-5376



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

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

# TITIRANGI GREEN BAY

**“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**

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

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

**BOWLS - INDOOR**  
**Green Bay Indoor Bowls**

Wed: 7:15pm  
Contact: Peter  
Phone: 837-0497

**BADMINTON**  
**Titirangi Badminton Club**

Withers Rd, Glen Eden  
Tue & Thurs: 7pm-11pm  
Contact: Bernice  
Phone: 836-0461

**DANCING**  
**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)



**GOLF**  
**Titirangi Golf Club**

Links Rd, Titirangi  
Open Daily: 7am till Dark  
Contact: Diane  
Phone: 833-8253

**FITNESS CENTRE**  
**Club Physical**  
Cnr margan Ave & Titiangi Rd  
Mon~Thurs: 5:30am-9pm  
Fri: 5:30am-4pm  
Sat & Sun: 7am-4pm  
Contact: Derek Phone: 827-5093

**KUNG FU**  
**Kid's Kung Fu Class**  
Titirangi Community Centre  
Thurs: 4:30pm-5:45pm  
Contact: Chris  
Phone: 817-2229

**SQUASH**  
**Titirangi Squash Club**  
Ava Ave., Titirangi  
Open Daily  
Contact: Carol  
Phone: 817-639

**TAI CHI**  
**Tai Chi Chuan**  
Green Bay High School  
Godley Rd, Green Bay  
Open By Term  
Mon: 7pm-8pm(Beginners) &  
8pm-9pm(Advanced)  
Phone/Fax: 817-5376  
**Tai Chi Fall Prevention Classes**  
Titirangi War Memorial Hall  
Wed: 9:15-10:15am & 10:30-11:30am  
Contact: Quintin  
Phone: 816 8649

**Tai Chi For Health**  
Lower Lounge, Crestwood Retirement Village, Golf  
Road, Green Bay  
For older adults only. Non-residents welcome.  
Mondays: 1.30 – 2.30pm  
Phone: Anne, 832 4280

**TAE KWON DO**  
**Tae Kwon Do Class**  
Titirangi Community Centre  
Mon & Wed: 6pm-8:30pm  
Contact: Mark  
Phone: 836-3991

**WALKING**  
**Titirangi Twilight Walk Group**  
Titirangi Library  
Tue & Thurs: 6pm  
Contact: Miranda Phone: 817-9677  
**Jogger & Walkers**  
Titirangi Village Market War,  
Memorial Car Park & Hall  
Sun: 8:30am  
Phone: 817-7448

**Titirangi Jogger & Walkers**  
32 Staincross St, Green Bay  
Contact: John  
Phone: 817-7212  
**Green Bay Mid-Week Walkers**  
Green Bay Community House,  
Barrons Drive  
Mon & Wed & Thurs: 9:15am  
Contact: Glenys  
Phone/Fax: 827-3300

