

Group Fitness Classes

BAT 45 MINS

New class to West Melton, targeting Butt, Abs and Thighs! This class will incorporate a variety of exercises focusing on these specific areas, mixing it up to get functionally stronger and improve mobility.

LesMills **BODYBALANCE** 45 MINS

A yoga-based class to music that incorporates elements of tai chi and pilates. Move and stretch through different yoga poses strengthening the whole body, while focusing on breathing to feel calm and centred.

BODYPUMP GOMINS BODYPUMP

LesMills EXPRESS

A barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition. for a total body workout.

LesMills

BODY STEP 45 MINS

Rhythmic stepping to upbeat music with squats, lunges and fun sequences to lift the heart rate and strengthen and tone the lower body. It can be low intensity or high intensity — we have lots of options so everyone leaves feeling successful! This class is child-friendly, we will have an area in the room sectioned off for your preschooler with a few toys out and supervision.

BOXFIT 45 MINS

This high-intensity workout will take your fitness to the next level! Skipping, agility and core work alongside different boxing drills. Variety that will make you stronger physically and mentally.

LesMills CORE 30 MINS

An intense workout designed to build strength, stability and endurance in the muscles that support your core including the abdominals, glutes and the back.

GRIT CARDIO

A high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximises calorie burn. A variety of bodyweight exercises.

GRIT STRENGTH

A high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. Barbell, weight plate and bodyweight exercises.

45 MINS

Circuit-style interval training with different challenges every week including weights, boxing, and bodyweight exercises.

MATURE & MOTIVATED 45 MINS

Great for heart health, strength and balance. Aimed at 60 years and over, or anyone getting back into fitness; it is low impact, lots of fun with a great social vibe. Accredited by ACC.

MOVE IT TO MUSIC 60 MINS

Music, fun equipment and a sense of humour is all you need in this class to get moving! Suitable for those with arthritis or less active. Accredited by ACC. Tea and coffee provided.

PILATES 60 MINS

This class improves core and postural strength, working through a series of different exercises. It will help improve general fitness and overall wellbeing, restoring balance and flexibility. Pre-registration is required for this enrolled class.

PUMP/CARDIO COMBO 45 MINS

A barbell, cardio combo workout for anyone looking to get lean, tones and fit. Using light to moderate weights with lots of repetition, for a total body workout.

PUMP/CORE COMBO 45 MINS

This 45-minute workout incorporates two amazing programmes in one class. 30 minutes of *Pump* with barbell and weights for strength training, followed by 15 minutes of *Core* to work stabilising muscles and balance.

COMBO STEP PUMP 50 MINS

Step to increase your heart rate for 30 minutes followed by strength work with barbells and weights. Suitable for all abilities.

Sprint 30 MINS

A short, intense style of training pushing physical and mental limits on the spin bike. It is a high-intensity, low-impact workout that combines bursts of intensity and rest periods.

LESMILLS RPM 45 MINS

Indoor cycling workout with an instructor who leads the pack through hills, flats, mountain peaks, time trials, and interval training. You control the resistance and speed to build your fitness level.

YOUTH BOXFIT 45 MINS

Improve your fitness, health and wellbeing while learning some basic boxing fundamentals and exercises in this fun energetic class designed for youths aged 12–18 years. Book via FNROI MY.

YOGA HATHA 60 MINS

A slow, mindful and reflective class embracing all paths. It is suitable for different abilities, exploring your own personal strength and flexibility followed with deep relaxation at the end.

YOGA EASY FLOW GOMINS

Class starts with yoga poses in a flowing sequence, followed by settling into restorative yin-type poses. Adapt to suit your body with gentle back bends, strengthening and balance work. Adaptable to all ages, levels of experience and people recovering from injuries.

YOGA RESTORE 60 MINS

Take your body through yin and restorative poses to support deep release. A restful and slow blend offering the opportunity for increased mobility and mental relaxation. Suitable for all abilities.

ZUMBA 45 MINS

A calorie-burning dance party combining a range of easy-to-follow Latin and international dance styles to catchy energising music.



Selwyn Sports Centre

BOOKINGS RECOMMENDED SELWYNSPORTSCENTRE (03) 347 2888

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	LesMILLS RPM	LesMILLS RPM	GRIT STRENGTH	LesMILLS RPM	HIIT		
6am	GRIT STRENGTH			BOXFIT			
6.35am			CORE				
8.15am						BODYPUMP 30	
9am	LesMILLS RPM		LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	
9am				BODYPUMP 45			Sprint
9.15am	YOGA HATHA	BODYPUMP 45	BODY STEP		BODYPUMP 45		
10am		CORE		YOGA HATHA	CORE	BODYPUMP 45	LesMILLS RPM
10am							BODYBALANCE
11am		MATURE & MOTIVATED			MATURE & MOTIVATED	CORE	
12pm	BODYPUMP 30		BODYPUMP 30				
1.15pm			MOVE IT TO MUSIC				
3.30pm			YOUTH BOXFIT				
5.15pm	BODYPUMP 30						
5.30pm				GRIT CARDIO			
6pm	Sprint	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM			
6pm	BODYPUMP 6	STEP PUMP 45	YOGA RESTORE				
7pm		BODYBALANCE		BODYPUMP 45			
7.15pm			BODYPUMP 45	ZUMBA*			
7.30pm	YOGA EASY FLOW					* Rolleston Cor	nmunity Centre

Lincoln Event Centre

LINCOLNEVENTCENTRE PH (03) 347 2983

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am			LesMILLS RPM		LesMILLS RPM		
8.15am						LesMILLS RPM	
9am							BODYPUMP
9.15am	LesMILLS RPM	LesMILLS RPM				Lesmills BODYBALANCE	
10am	MATURE & MOTIVATED		MATURE & MOTIVATED				CORE
10.30am		PILATES •					
5.30pm	BODYPUMP 60		BODYPUMP 60				
6pm	YOGA EASY FLOW	RPM 45		STEP PUMP			
6.30pm		Lesmills BODYPUMP	CORE				
6.30pm							
6.45pm	ZUMBA						
7pm				PILATES •			
7.30pm			YOGA RESTORE				
8pm				PILATES •			

Term-time only.







West Melton Community and Recreation Centre

WESTMELTONCOMMUNITYCENTRE PH (03) 347 1804

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	HIIT					
8am						HIIT
9.15am	PUMP/CORE 🍇				BODYPUMP 45	
10.15am	MATURE & MOTIVATED					
11am			MATURE & MOTIVATED			
5.15pm	BODYPUMP 60					
5.30pm			BODYPUMP 60	BAT		
6pm		HIIT				
6.45pm				YOGA		
7pm		CORE				

Darfield Recreation and Community Centre

PH 027 535 8379



Please note, classes on 1 July and 5 August will take place at the Sheffield Community Hall.

Rolleston Community Centre PH 03 347 2882

7.15pm **ZUMBA**

Please book via the Selwyn Sports Centre.

Sheffield Community Hall



Please note, classes only held on 1 July and 5 August.

Virtual Classes

BOOKINGS RECOMMENDED SELWYNSPORTSCENTRE (03) 347 2888

Classes are held in a group fitness room at the Selwyn Sports Centre with an instructor on a large screen.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		LesMILLS BODYPUMP	LesMILLS RPM	LesMILLS BODYPUMP	Sprint		
7am	LESMILLS BODYPUMP				LesMILLS BODYPUMP		
8am	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM		
8.15am						Sprint	
9am		LesMILLS RPM					
10am			LesMILLS BODYPUMP				
10am	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	
12pm		GRIT STRENGTH		GRIT STRENGTH		Lesmills BODYBALANCE	LesMILLS BODYPUMP
12pm		Sprint	LesMILLS RPM	Sprint	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM
2.30pm							LESMILLS BODYPUMP
4pm							LesMILLS RPM
6pm					LesMILLS RPM		
7pm		Sprint					







Selwyn Aquatic Centre

SELWYNAQUATICCENTRE
PH 03 347 2734

A variety of group fitness options are on offer in the 25-metre pool and hydrotherapy pool at the Selwyn Aquatic Centre. Classes run through the school holidays; but not on public holidays. Bookings are required for some classes. One-off group bookings available.



A low impact class designed to increase balance, flexibility, functional strength and co-ordination. This class suits rehab and recovery, injury and fall prevention and helps improve restricted range of movement. Water 35–36 degrees.



A full body water workout to gain endurance, strength and coordination through mixed atrial arts inspired movements to motivating music.

30 minutes



A gentle exercise class with stretches and resistance based activities in shallow water. This class is designed to increase strength and coordination. A low intensity workout focusing on toning and strengthening. Water 35–36 degrees.



An in water fun, energetic, danced based full body workout for all fitness levels.

45 minutes



A fun, high energy class with a mix of cardio and strength based movements. This class is designed to increase both fitness levels and strength. Water 32 degrees.



A class specifically designed for expectant mothers to get a low-medium level intensity work out. Perfect for any stage of pregnancy or fitness level.

45 minutes



A medium to high intensity deep water non-impact workout for all fitness levels. Exercises are performed while using an aqua belt and are designed to improve strength and cardiovascular fitness.



The perfect opportunity for parents and caregivers to get a great workout, while keeping baby engaged and entertained. Baby will enjoy a fun water experience, while parents and caregiver can improve their fitness level and strength. Suitable for babies from 6 months up to 3 years.

45 minutes



30 minutes

45 minutes

45 minutes







TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
8.30am	AQUA				HYDRO	
9.30am	HYDRO TONE AQUA FIT PARENTS	AQUA	AQUA	AQUA	AQUA	
10.30am	HYDRO HEALTH	HYDRO	HYDRO	HYDRO	HYDRO TONE AQUA FIT PARENTS	
11.30am				HYDRO	HYDRO HEALTH	
12.15pm		HYDRO HEALTH				
1pm	HYDRO	AQUA				
6pm				HYDRO		
6.15pm	AQUA COMBAT	AQUA NATAL	HYDRO			
6.45pm				AQUA		
7pm	AQUA					
7.15pm		AQUA	AQUA ZUMBA			
7.30pm				AQUA	Timetable s	subject to change.

Recreation

Baby Gym 45MNS

Babies aged 12 weeks (who can hold their head up) to crawlers will enjoy singing and playing in our baby-friendly environment. Please bring a blanket. Drop-in.

BYO Roller Skates

Join us for a fun skating session with great music and test your skills with cool games! Helmet essential. Caregiver required for under 10 years or learner skaters. Drop-in or book online at selwyn.govt.nz/childrenrecreation

Floorball mms

Fast-paced, indoor floor hockey. Great for fitness and agility skills, as well as being easy to learn. Drop-in.

Get Your Skates On Skates

An interactive learn-to-skate class catering for all abilities. Skates and safety gear provided. Adult supervision required for children 11 years and under. Drop-in.

Inflatables

Pool inflatables for all ages! A great way to spend a Sunday afternoon. Parental assistance required for young children who are not confident swimmers. Regular pool admission applies. Drop-in.

Little Dancing Feet **Dancing**

A fun, dance-style class for preschoolers using a variety of fun equipment to music. Great for fundamental movement, skills and coordination. Drop-in.

Mini Gym 45MNS

Learning through music and movement, this class focuses on motor coordination, cognitive development and confidence. Free play as well as structured time and songs with the tutor. Parent supervision required. Aimed at 1-5 years. Drop-in.

Paddle Boats for Kids &



Row row row your boat around and around with these hand pedal paddle boats. Easy to operate and great fun for the kids to take turns on. 8 years and under (due to weight restrictions). Regular pool admission applies. Drop-in.

Sensory Time

Sensory time is a chance for your wee one to explore the water at their own pace. With bubbles, activities, balls and more added every week!! A swim school teacher will assist you develop your child's water skills, 4 months-4 years. Regular pool admission applies. Drop-in.

Social Pickleball FORMINS

Enjoy this exciting paddle sport that combines elements of badminton, tennis and table tennis - you're sure to have a good time. All ages welcome. Drop-in.

The Selwyn Striders **Selwyn** Striders **Selwyn** Striders

Enjoy a walk around our 240-metre indoor track with optional exercise stations set up at each corner. A great opportunity to meet new people or have a catch up with friends with a complimentary tea/coffee and biscuit when you're finished. Suitable for all ages. Buggy-friendly. Drop-in.



See page 14 for details.



Recreation

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am							
9.30am	MINI GYM (1–2YRS)		MINI GYM (1–2YRS)		MINI GYM (1–2YRS)		
10am	THE SELWYN STRIDERS	SENSORY TIME	THE SELWYN STRIDERS	MINI GYM (3MNTH-2YRS)			
10.15am	BABY GYM		BABY GYM		MINI GYM (3–5YRS)		
10.30am				LITTLE DANCING FEET			SOCIAL
10.45am				MINI GYM (3–5YRS)			PICKLEBALL
11am	MINI GYM (3–5YRS)	LITTLE DANCING FEET	MINI GYM (3–5YRS)				
12pm							
2pm							
3.30pm	GET YOUR Skates on	GET YOUR Skates on		GET YOUR Skates on		PADDLE BOATS FOR KIDS	INFLATABLES
4pm							BYO ROLLER SKATES LAST SUNDAY OF THE MONTH.
5pm			FLOORBALL (7–10YRS)				
6pm			FLOORBALL				
6.30pm			(11–15YRS)				
7pm	SOCIAL Pickleball						
9.30pm							

Selwyn Sports Centre Lincoln Event Centre West Melton Community and Recreation Centre

Darfield Recreation and Community Centre Selwyn Aquatic Centre

All recreation classes are held during term-time only (except Pickleball, The Selwyn Striders, Paddle Boats and Inflatables). *Term 2 classes run until Friday 5 July. Term 3 classes resume on Monday 22 July.*

Group Fitness and Recreation Pricing

The following pricing is for the Selwyn Aquatic Centre, Selwyn Sports Centre, Lincoln Event Centre, and West Melton Community and Recreation Centre.

Memberships

All Access

Pool and Group Fitness classes

\$19.96 PER WEEK

Community card holders* \$16.98 per week. Membership valid across all facilities.

Premium Swim & Aqua Group Fitness

Swimming and Aqua Group Fitness classes

\$14.45 PER WEEK

Community card holders* \$11.56 per week.

Basic Pool

Unlimited swimming!

\$13.36 PER WEEK

Community card holders* \$10.38 per week.

*Community card holders includes SuperGold, Community Services and Hāpai Access. Terms and conditions apply.

For concession cards, pool memberships and other pricing visit selwyn.govt.nz/prices

Premium Group Fitness

All Group Fitness classes including Spin and Aqua

\$14.45 PER WEEK

Community card holders* \$11.56 per week. Membership valid across all facilities.

Basic

Group Fitness classes including Yoga and Pilates (Excludes Spin and Aqua)

\$11.80 PER WEEK

Membership valid across all facilities.

Casual Prices

Adult	\$10.60				
Community card holders*					
Preschool	\$5.20				
Skating	\$7.40				
BYO Roller Skates	\$3				
Casual Basketball, Netball or Track (Selwyn Striders)					
Social Sports	\$5				
Youth BoxFit	\$7				
Parent Toddler Gym	\$3				



Discover the **amazing benefits**Selwyn Libraries has to offer.

Become a member today!

selwynlibraries.co.nz

Selwyn Libraries

Libraries Programmes

SELWYNLIBRARIES SELWYNLIBRARIES.CO.NZ

These programmes are held at Darfield, Leeston and Lincoln Libraries and Service Centres and Te Ara Atea. All are free, casual sessions, with no bookings required unless stated otherwise.

We are an official learning destination for Te Mātāpuna Mātātahi/Children's University. Look out for this logo 🛚 🕊 in the guide and visit selwynlibraries.co.nz or canterbury.ac.nz/childrensuniversity for more information.



Adults Book Club

Book discussion groups are a fun and popular way to expand your reading subjects, meet people in your area and share your thoughts and ideas about reading.

Children's Book Club &

Share your latest reading adventures, check out the newest book arrivals, and participate in an activity. It's a great way to make new friends and build connections.

Coding Club &

Join Te Ara Atea's weekly Coding Club to make some new coding friends and work on your own projects after school. You are welcome to bring your own device — otherwise a mixture of Chromebooks and iPads are available. Perfect for 9-13 years. Bookings required.

Device Drop-In: Tech Help

Our weekly device drop-in sessions are informal support groups to help you familiarise yourself with your digital device. Whether it's a tablet or mobile phone, someone will be able to help you with the basics.

Diai Hour &

Join us for an awesome Digi Hour adventure every week! Dive into a world where you can play with cool gadgets like our Tech Kits, LEGO® Advanced, Dash Bots, PlayStation, tablets. Chromebooks and more. It's a fun-filled hour where you can create, play, and learn with all the digital treasures the library has to offer. Don't miss out on the fun — your digital journey awaits! Bookings required.

English Learners

Join us at Te Ara Ātea and Lincoln Library to improve your everyday English language skills and confidence in a casual and social setting. Sessions are focused on the needs of learners - so no two classes are the same.

Genealogy Group

Whether you're new to searching family history or you're an experienced researcher looking for like-minded people, come along to our monthly drop-in Genealogy Group sessions facilitated by the Selwyn Central Historical and Genealogical Group. Learn about a new topic each month or just enjoy the company.

Inland Revenue Drop-In Clinic 🤎



Need help with PAYE, filling in an IR3 form, applying for an IRD number, assistance with working for families or even help getting a refund? Maybe you have a confidential tax guery?

As part of our Heartlands offering to Selwyn residents, Inland Revenue will be hosting monthly drop-in clinics across the district.

JP Clinics 🥪



Visit our libraries and drop-in for a free Justice of the Peace clinic at Te Ara Ātea, Lincoln and Darfield Libraries.

I FGO® Advanced ♥

Calling all LEGO® masters! These sessions are perfect for those who love a challenge and will make regular use of our LEGO® Education Spike Prime and BricQ Motion sets. Suitable for ages 9 years and over. Bookings required.

Come along to your local library as we bring out our LEGO® collection for you to explore and let your creativity flow. Children under 8 years must be accompanied by an adult.

Rates Rehates 🧼



The Rates Rebate scheme provides a rebate of up to \$750 for low-income earners who were paying rates for the home in which they were living on 1 July 2023. Your rebate will be calculated on your household income, rates and the number of dependants. Application forms for Rates Rebates are available from library and service centres, or if you have access to the internet, a form can be downloaded from dia.govt.nz. We can help with your application — simply bring details of your income, and that of any partner/joint homeowner who lives with you, for the tax year ended 31 March 2023.

Rhymetimes

Giggle and wriggle with our stories, songs, rhymes and bubbles. These Rhymetimes sessions are designed to assist with early language development while having a great time! Suitable for 1-3 year olds.

Sensory Babytimes

Share interactive songs, stories, sensory boards and bubbles. These sessions are designed to help cultivate early language and literacy, and support the development of motor skills from birth to 1 year.

Storytimes

Enjoy the magic of stories, activities and songs with our preschool Storytimes sessions. Share the joy of reading and make new friends. Aimed at 3-5 years.

Selwyn Women's **Empowerment Network**

Make new connections and enhance your social circle. Gain inspiration, support, and empowerment from other women within the Selwyn community.

Virtual Reality (VR) Drop-in Sessions

Join a session to test out our VR headsets. Kayak with the penguins in Antarctica, fly to the International Space Station and experience zero-gravity, complete our Beat Saber challenge, or even tour Anne Frank's house. Suitable for ages 13 and over.

Writers' Groups

Writers from all genres and experience - published and nonpublished — are invited to share their work in a friendly and non-judgemental environment at Lincoln Library.



Local organisations, community groups and Central Government are collaborating on a vision shared by Heartland Services and Selwyn District Council to ensure people and whānau in rural communities have equitable access to government and community services.



Look for the () Heartland Services logo throughout the brochure to explore what's on around Selwyn.

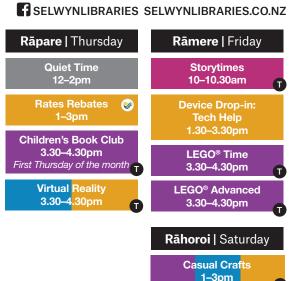
Darfield Library and Service Centre

Rāhina | Monday **Board Games** 3.30-4.30pm Adults Book Club 7-8.30pm



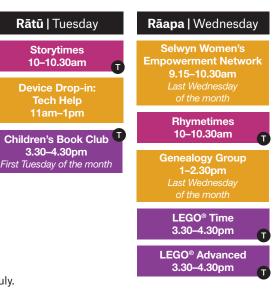
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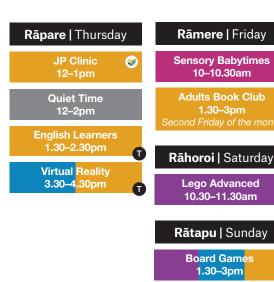




Te Ara Ātea







Term 2 runs until Friday 5 July. Term 3 resumes on Monday 22 July. Sessions are weekly unless stated otherwise.

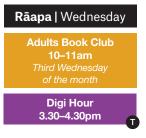




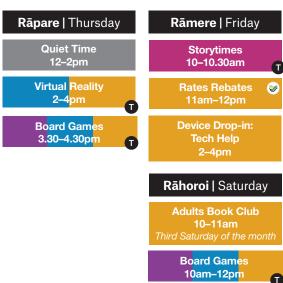
Leeston Library and Service Centre

Rāhina | Monday Rates Rebates 2–3pm LEGO® Time 3.30–4.30pm





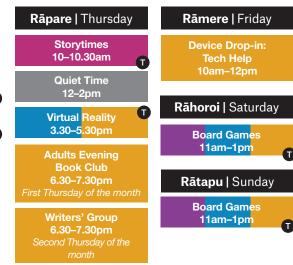




Lincoln Library and Service Centre









Search for 'Heartland' on selwynlibraries.co.nz/events to find sessions near you.

Mānawatia a Matariki!

FREE EVENT

Thursday 27 June, 5-7.30pm Te Ara Ātea

Matariki begins with the rising of the Matariki star cluster during the last quarter of the lunar calendar of Pipiri (roughly mid-winter), most easily seen before dawn on the Northeastern horizon. This year, we're celebrating Waitā — whetū (star) of saltwater bodies and all its inhabitants. If this star is particularly bright, we can expect to have bountiful harvests of kaimoana (food gathered from the sea).

Gather your whānau and join us for a magical evening to celebrate the Māori New Year filled with music, stories, scavenger hunts, art and kapa haka.



Loopy Tunes 5.15-6pm

Join Leah and Siu, sisters and musical duo, for a pre-schooler's session of interactive bilingual music, stories and fun!



Kapa Haka 6-7.30pm

Cultural performances of choreographed dancing and singing performed by local kapa (teams) of students from across Waikirikiri (Selwyn).

Dress warmly, as the event will be held both inside and outside Te Ara Ātea. Parking is available off Rolleston Drive (near the Rolleston Community Centre).

selwyn.govt.nz/matariki

MATARIKI Events

Recreational Fishing

Thursday 4 July, 6.30-7.30pm Te Ara Ātea

Keen to learn where the fish are biting and tips for landing the catch of the day?

Join Peter Langlands, of Wild Capture, as he shares his knowledge and experience of recreational sea and freshwater fishing. Peter, who has been a writer of 30 years for NZ Fishing News and a freshwater fishing guide for 10 years, will focus on the practical aspects of fishing, where to go to get the best information and how to use this to be in the right place at the right time to catch fish successfully. 14+ years.

Bookings required.

selwynlibraries.co.nz/events







Navigating the Pacific with Canterbury Museum

Tuesday 2 July, 3.30-4.30pm Leeston Library and Service Centre

Wednesday 3 July, 3.30-4.30pm Darfield Library

Sunday 7 July, 11.30am-12.30pm Lincoln Library and Service Centre

Sunday 7 July, 2.30-3.30pm Te Ara Ātea

Join Canterbury Museum and discover how Māori make deliberate and skillful journeys across Te Moananui-a-Kiwa (Pacific Ocean) without the use of modern technology available to sailors today. In this workshop you will hear a retelling of the pūrākau (story) of Kupe and Te Wheke, build navigational aids used by early Polynesians to sail across the ocean to reach Aotearoa New Zealand from LEGO®, and then use your LEGO® navigational aids, and discover how early Polynesians sail the oceans. 5–13 years.

Bookings required.



MATARIKI Events



Kanopy Film Screening: Whetū Mārama — Bright Star

Saturday 29 June, 1.30-3pm Te Ara Ātea

Saturday 29 June, 1.30-3pm Darfield Library and Centre Centre

Friday 5 July, 1-3.30pm Leeston Library and Service Centre

Join us for this screening of Whetū Mārama — Bright star as part of our Matariki celebration. Whetū Mārama — Bright Star tells the story of Sir Hekenukumai Ngaiwi Puhipi, also known as Hek Busby, and his significance to Māori in rekindling and reclaiming the lost art of traditional Māori wayfinding and voyaging the sea by navigating the stars. PG parental guidance recommended. For library members only.

selwynlibraries.co.nz/events

Bookings required.

Raraka Kete Wānaka / Kete Weaving Workshop

Saturday 6 July, 12.30-3.30pm Te Ara Ātea

Join members of Te Kāhui Hono, a collective of Selwyn kairaraka (weavers), as they share their knowledge and expertise of the taonga that is raraka (Māori weaving). During this workshop they will kōrero (discuss) on the significance of raraka, demonstrate and assist you in weaving a seamless harakeke kete, utilising elements of raraka plaiting techniques. 12+ years.

\$15 library members, \$30 non-members.

Bookings required.



Winter Wellness

Selwyn Striders

Mondays and Wednesdays, 10-11am Walking Track, Selwyn Sports Centre

Join our friendly walking group for a stroll around a 240m indoor walking track with additional exercises assisted by an instructor. Finish off with a stretch, tea, coffee and biscuits. All ages welcome and pram-friendly.

\$3 per person (\$2 community card holders). Drop-in.

selwynsportscentre.co.nz





Cupcakes and Yoga (for Caregivers of Teenagers)

Series 1: Thursdays — 30 May to 20 June, 7-8pm Series 2: Thursdays — 29 August to 19 September, 7-8pm Selwyn Youth Hub, Rolleston Community Centre

Escape the stress of parenting and spend an hour with Letesha from the Real Parents team to talk about all the ways we can support your wellbeing (while eating cupcakes). As a trained yoga instructor who has worked across national wellbeing campaigns, Letesha will introduce you to strategies you can bring into your everyday life, supporting you to find your calm. 18+ years.

Donation \$10 per person.

Bookings required.

selwyn.govt.nz/events

Winter Wellbeing — Nutrition, Activity and Mindset

Thursday 6 June, 6.30-7.30pm Te Ara Ātea

Thursday 13 June, 6.30-7.30pm Lincoln Library and Service Centre

Looking for tips about winter nutrition? Keen to better support your immune system before winter hits? Join Tania from Thrive Nutrition as she shares some ways to make it through winter as happy and healthy as possible! 14+ years.

Bookings required.



Winter Wellness

Chair Yoga

Fridays — 7 June to 26 July, 10-11am Lincoln Event Centre

Wednesdays — 10 July to 28 August, 11am-12pm Selwyn Sports Centre

Thursdays — 25 July to 29 August, 1-2pm Leeston Library and Service Centre

Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits include improved flexibility, better concentration and increased strength. All ages welcome.

\$10 (\$6.60 community card holders) per class. Bookings required.

selwyn.govt.nz/events





Deep Restore Yoga

Sunday 16 June, 2-4pm Sunday 14 July, 2-4pm West Melton Community and Recreation Centre

Utilising science-based relaxation techniques and deep stretches; you will be guided through some gentle yoga poses to target both the deep connective tissues between the muscles and the fascia throughout the body. A perfect class to complement a busy lifestyle or athletes looking for recovery. All ages welcome.

\$10 per person.

Bookings required.

selwyn.govt.nz/events

Preserving by Dehydration

Thursday 20 June, 6.30-7.45pm Te Ara Ātea

Learn everything you need to know to successfully dehydrate fruit and vegetables, including how to make sugar-free fruit leathers, dehydrated tramping meals and more. By the end of the presentation, you will know how to store your dehydrated items and how to use them most efficiently. 14+ years.

Bookings required.





Winter Wellness

Winter Tea Brewing and Tasting

Sunday 4 August, 1.30-3pm Te Ara Ātea

Spend an enriching afternoon with Leeya from Mikaku Tea, exploring mindful tea practices and creative blending. Start with a calming exercise, then craft your personalised tea blend from organic ingredients like dried fruits, herbs, and flowers. Wrap up with a communal Mikaku Tea ceremony, celebrating the art of tea preparation and enjoyment. 13+ years.

\$10 library members, \$20 non-members.

Bookings required.

selwynlibraries.co.nz/events





Mindfulness Workshop with Ella Sidey



Wednesday 7 August, 7-8pm West Melton Community and Recreation Centre

Tuesday 13 August, 7-8pm Selwyn Aquatic Centre

A workshop about building resilience, confidence and living with purpose. With the fast pace of life, technology and our overstimulated nervous systems; Ella's mission is to support people to develop their own unique toolbox of quick bitesize mindfulness skills to find balance, deal with stress, overthinking and being in fight/flight mode, so that we can be present, confident, have more fun and enjoy the little things in life. All ages welcome.

Bookings required.

selwyn.govt.nz/events

Finding the Motivation to Keep Moving

Thursday 22 August, 7-9pm Lincoln Event Centre

Multi-author and award-winning group fitness instructor Bevan James Eyles is here to answer the question 'What does it take to create a lifetime love of fitness, one where people get all the benefits of healthy lifestyle choices.' You'll leave feeling inspired to get moving! All ages welcome.

Free for Council group fitness members, \$5 non-members. Bookings required.

selwyn.govt.nz/events



Tailormade

UV Resin Earrings

Saturday 22 June, 1-2.30pm Te Ara Ātea

Let your creativity flow and learn essential tips and techniques to create your own resin jewellery. During this workshop you will create two pairs of ready to wear resin earrings, decorated by incapsulating dried flowers, botanicals and other embellishments. 18+ years. \$25 library members.

\$50 non-members.

Bookings required.

selwynlibraries.co.nz/events



Nuno Felted Merino/ Silk Scarves

Saturday 29 June, 1-3.30pm Leeston Library and Service Centre Sunday 28 July, 1-3.30pm Te Ara Ātea

Saturday 3 August, 1-3.30pm Sheffield Community Hall

Create your own nuno felted scarf with Loretta at House of Felt this winter. Learn the art of combining merino/silk fiber and silk chiffon fabric. Leave with your own beautiful hand-felted scarf! 14+ years.

\$25 library members. \$50 non-members.

Bookings required.

selwynlibraries.co.nz/events



Leather Craft Workshop

Saturday 27 July, 1.30-3pm Darfield Library and Service Centre Sunday 4 August, 1.30-3pm

Sunday 4 August, 1.30-3pm Lincoln Library and Service Centre

Join Stef at Leap Leather Craft to kickstart your leather crafting journey! Learn about leather, tools, and care while personalizing your own keychain or bracelet. 16+ years. \$15 library members, \$30 non-members. Bookings required.

selwynlibraries.co.nz/events



Pottery Workshop: Make your own Mug

Saturday 24 August, 10.15am-12.15pm Darfield Library and Service Centre Saturday 24 August, 2-4pm

Saturday 24 August, 2–4pn Te Ara Ātea

Saturday 31 August, 1.30-3.30pm Leeston Library and Service Centre

Unleash your creativity this winter and join us in designing and making your very own ceramic cup and saucer. Under the guidance of expert potter Emma Turner, you will learn to prepare your clay, then focus on form and shape using a slab building technique. No experience needed! 16+ years. \$20 library members, \$30 non-members.

Bookings required.



July School Holidays



Watch this space — there's an exciting line-up of fun events and activities for all the whānau to enjoy these holidays.



Pick up a flyer from a Selwyn District Council facility near you from 15 June, or check out: selwyn.govt.nz/holidays

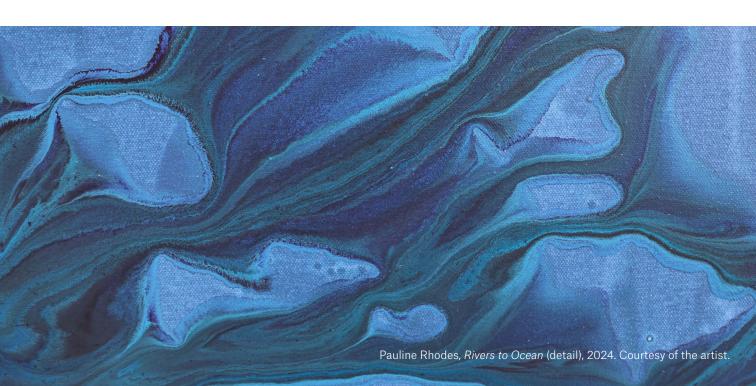
Undercurrents



New art exhibition opening Wednesday 12 June Te Ara Ātea

What lies beyond our everyday encounters with water? How well do we see the stories that water holds? In Te Ara Ātea's new art exhibition, *Undercurrents*, artists offer us a different way of seeing and thinking about our relationship to water in Waikirikiri Selwyn. Essential to life on Earth, there are endless thoughts and perspectives about water; *Undercurrents* presents just six of them. Each artist in this exhibition tells a different story that helps us think about the many waters that surround us and what stories flow beneath them.

selwynlibraries.co.nz



Exhibition: *Undercurrents*

Film Screening: Vai

FREE

Thursday 1 August, 6.15-8pm Te Ara Ātea

Come along to a film screening of Vai. Receiving a 100% rating on Rotten Tomatoes, Vai is an anthology film made by nine female Pacific filmmakers, filmed in seven different Pacific countries. The nine segments of the film follow the different life stages of the character, Vai, which also means "water" in many Pacific languages.

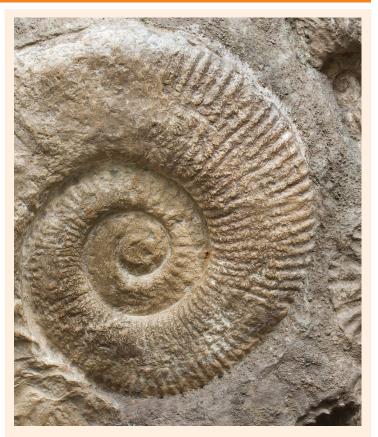
Feel free to bring along your own cushions or snacks and enjoy this film with us.

Film rated PG (parental guidance recommended).

Bookings required.

selwynlibraries.co.nz/events





Marine Life with Canterbury Museum



Saturday 17 August, 2-3pm Te Ara Ātea

Learn about our watery past with Canterbury Museum educators! You will have an opportunity to ask them questions and will be able to handle fossils of marine reptiles that once swum in the prehistoric waters of Waitaha Canterbury, the vertebrae of a whale, get close to the skull of a dolphin and more. 5–13 years.

Bookings required.

Family Fun

Teen and Tween Time for Homeschoolers

Mondays — 20 May to 1 July, 12-2.30pm Selwyn Youth Hub, Rolleston Community Centre

Join us for our inaugural Selwyn homeschool weekly meet-up! The activities and venue will change each week, so be prepared to go on a fun adventure around the district. A great opportunity to connect with other homeschooling families. Aimed at 12+ years. Drop-in.

selwyn.govt.nz/events





Winter Family Bingo

Saturday 15 June, 7-8.30pm
Darfield Recreation and Community Centre

Bring the family along and try your luck at our bingo night. Line up all the numbers on your card to win some cool prizes! \$5 per person.

Bookings required.

selwyn.govt.nz/events

Strawberry Fairy Circus

Sunday 28 July, 10am, 11am and 12pm West Melton Community and Recreation Centre

Enjoy a 15-minute performance by the Strawberry Fairy, then have a go at learning some circus skills and tricks. Fun for the whole family!

\$5 per person.

Bookings required.

selwyn.govt.nz/events





Selwyn Pet Expo

Sunday 11 August, 10am-4pm West Melton Community and Recreation Centre

Join us for the inaugural Selwyn Pet Expo! There will be an array of pets; products to purchase for your furry and feathered friends, and live entertainment. A fun day out for the entire whānau.

Entry \$5 per person.

selwyn.govt.nz/events

Active Selwyn

Variety Dance Club

Fridays — 17 May to 21 June, 6-7pm Fridays — 9 August to 13 September, 6-7pm Selwyn Sports Centre

We're back with more Variety Dance Club alongside Selwyn's local dance studios. For Term 2, we have Salsa, Jazz, Highland, Ballet, Contemporary and Cha Cha for you to try out. Then stay tuned for different styles coming in August. These classes are for everyone at any level, ability and age. Choose one, some or all classes to bring your friends and family along to.

\$5 per person.

Bookings required.

selwyn.govt.nz/events





Lu Uno Wall

Sunday 19 May, 12.30-2.30pm Selwyn Sports Centre

If you're a fan of video games and keeping active — our Lu Uno Wall is for you. The first interactive wall of its kind in New Zealand, the touch reactive display understands actions with people in real-time. A fun activity for the entire family!

\$3 per person. Bookings required.

selwyn.govt.nz/events

Winter Pool Party

Sunday 16 June, 2-4pm Selwyn Aquatic Centre

We'll have all the pool toys out at this jam-packed, spectacular afternoon of family fun!

Inflatables large and small, bombing platform, basketball hoop, Aqua Zumba class (2pm) and water rollers. All ages welcome.

Normal pool entry applies. Bookings required.

selwyn.govt.nz/events





July Holiday Programme

Active: Monday 8 to Friday 12 July Girls on the Go: Monday 15 to Friday 19 July 8am-4pm or 9am-3pm Selwyn Sports Centre

Join us for an action-packed week of sports, games, fun activities and trips! 7-12 years.

\$40-\$50 per child daily.

Bookings open Monday 3 June.

selwyn.govt.nz/events

Family Self-Defence

Sunday 11 August, 1-2pm Selwyn Sports Centre

Selwyn Taekwondo will take you and your whānau through a beginner self-defence lesson designed to equip you with the knowledge, skills and confidence to effectively protect you and your loved ones. 5+ years.

\$5 per person.

Bookings required.

selwyn.govt.nz/events



Introduction to Knitting

Saturday 1 June, 11-12.30pm Te Ara Ātea

Join Ethan, from Get Flocked, and start your knitting journey in time for the dark, cold months of winter. You will be provided with needles, a cable, NZ made 100% wool yarn, a pattern and coaching to start your first knitting project! 18+ years.

\$20 library members, \$30 non-members.

Bookings required.

selwynlibraries.co.nz/events



Knitting Circle

Saturday 1 June, 1.30-2.30pm Te Ara Ātea

Calling all passionate knitters! Bring along your current project, grab yourself a cuppa and spend some time knitting with like-minded people. Ethan, from Get Flocked, will also be on hand to chat knitting, provide helpful tips, and troubleshoot tricky patterns! 18+ years.

Bookings required.

selwynlibraries.co.nz/events



Social Naturism at Pineglades

Sunday 9 June, 11am-12pm Te Ara Ātea

Curious about life behind the trees at Pineglades Naturist Club? Find out more about the fascinating history of Pineglades and nudism in this public talk by past club President David Saunders, who leads the NZ Naturist Federation of 17 clubs throughout Aotearoa New Zealand. 18+ years.

Bookings required.

selwynlibraries.co.nz/events



A Hobbyist's Guide to Model Building

Saturday 15 June, 1.30-3pm Lincoln Library and Service Centre

Join Paul, a Lincoln local and avid 3D modelling enthusiast, as he delves into the fascinating world of miniature creation. In his talk, Paul will share the resources and equipment he utilises to meticulously craft detailed 3D scale models of buildings and railways, bringing miniature worlds to life. 8+ years.

Bookings required.



Pokémon Learn to Play

Sunday 23 June, 1-3.30pm Te Ara Ātea

Get ready to unleash your inner Pokémon with guidance from the team at Card Merchant, and their four best Pokémon coaches! In this social TCG event, designed to host all skill levels — from beginners to seasoned Poké-masters, the team will join you in diving into a world where strategy meets fun, and every card brings a new adventure. Decks will be provided to each participant for duration of this event. Are you ready to play? 9–15 years. \$5 library members, \$10 non-members.

Bookings required.

selwynlibraries.co.nz/events





Energy Wise Homes



FREE

Sunday 30 June, 1.30-3pm Te Ara Ātea

Saturday 13 July, 1.30-3pm Darfield Library and Service Centre

Prepare your home for the chilly season with guidance from Michael of Community Energy Action. Discover effective strategies to enhance your home's warmth and health throughout winter. Michael will provide insights on cost-effective curtains, insulation subsidies, and Home Energy Assessments. Equip yourself with practical advice to significantly improve your living comfort, wellbeing, and energy expenses. 16+ years.

Bookings required.

selwynlibraries.co.nz/events

Neuro-diversity: A Different Ability with Dame Sue Bagshaw

Tuesday 2 July, 7-8.30pm Youth Hub, Rolleston Community Centre

The neuro-diverse brain is often misunderstood. We take a look at the differences between the neuro-typical and the neuro-divergent brain and how these differences in development impact behaviour, communication and self-regulation. By understanding their brain's needs and making appropriate accommodations, a young person's potential can be unlocked. Walk away with some practical tips for helping young people feel calm, happy, and well-supported. 18+ years.

Bookings required.

selwyn.govt.nz/events





Ultrawild: an audacious plan to rewild every city on Earth

FREE

Thursday 11 July, 6.30-7.45pm Te Ara Ātea

Compost-firing cannons, habitat-printing robot birds, water-filtering sewer submarines, and flying bikes launched with waste heat from buildings. These are just some of the 100-plus, ludicrous sounding, but theoretically possible inventions that artist and industrial designer Steve Mushin proposes in *Ultrawild*. Part graphic novel, part inventor's sketchbook, *Ultrawild* is a hilarious and deadly serious manifesto for ultrawilding — the high-tech urban rewilding concept which Mushin argues New Zealand already leads the world in. Join us for a thought-provoking discussion about transforming cities to reverse climate change, and Steve's seven-year journey collaborating with scientists to create the ideas in *Ultrawild*. 16+ years.

Bookings required.

selwynlibraries.co.nz/events



Local History Drop-in Session FREE

Thursdays — 11 July and 8 August, 10am-12pm Te Ara Ātea

Thursdays — 18 July and 15 August, 10am-12pm Leeston Library and Service Centre

Thursdays — 25 July and 22 August, 10am-12pm Lincoln Library and Service Centre

Thursday 1 August, 10am-12pm Darfield Library and Service Centre

Needing help with finding Selwyn heritage information and resources? Pop in and see the heritage team who can assist you with research and digitisation advice and support, advice on caring for your photographs, papers and other taonga at home, oral history, and using our scanners to copy your old photos. All ages welcome. Drop-in.

selwynlibraries.co.nz/events





Practical Decluttering



Thursday 25 July, 6-7.30 pm Lincoln Library and Service Centre

Saturday 17 August, 1.30-3pm Leeston Library and Service Centre

Discover the secrets of a clutter-free life with Helen of Neat Spaces. Dive into the essence of clutter, uncover the reasons we cling to it, and master the art of decluttering. Helen will equip you with practical strategies and tips tailored to your home and lifestyle. 16+ years.

Bookings required.

Ngā Pia ō te reo Māori — 10 Week Course

Thursdays — 25 July to 26 September, 5.45-7.45pm Te Ara Ātea

Kei aku nui, kei aku rahi mokori anō ka rere a mihi ki a koutou katoa e nanao atu ana i ngā pūrengi o te haumi o te waka, tēnā koutou.

Ki ngā maunga kōhā, ki ngā roma wai terenga kōrero mai i ngā puna mātinitini. I ngā mātāpuputu i te pō. Ko koutou te iwi tuaroa i roto i ngā tau whakapurehurehu. E kore rawa koutou e ngaro i te mahara. Kua tau te rā ki te pairangi kua tō te rā ki a koutou kore tātau e warewaretia.

Learning any language requires a little practice, confidence, and willingness to learn.

Join tutors Miru Mclean and Joe Murray to learn basic sentence structures, pronouns, karakia (prayers), mihi (greetings), kīwaha (colloquialisms), whakataukī (proverbs), waiata (songs), Māori hand games and many more activities throughout the term. Don't be afraid to make mistakes in this supportive environment — Te Reo Māori is an inclusive and fun language to learn! 13+ years. Bookings required.

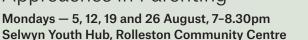
selwynlibraries.co.nz/events







Positive Youth Development Approaches in Parenting



Join us to learn how evidence-based Youth Development principles can support you with parenting.

This four-week course will focus on the three key approaches of Positive Youth Development and advise how these practical ways of working with young people can be applied to your parenting.

These include strengths-based parenting, building respectful relationships and building ownership and empowerment.

Gain research-backed, practical tools to create positive and consistent interactions with your kids. 18+ years.

Bookings required.

selwyn.govt.nz/events

Sign Language for Beginners

Thursdays — 8, 15, 22 and 29 August, 6-8pm Lincoln Library and Service Centre

Embark on a four-week journey tailored for novices eager to be introduced to New Zealand Sign Language (NZSL) via interactive games and engaging activities. By the end of the course, you'll gain a foundational comprehension of NZSL and heightened insight into the Deaf community. 16+ years.

\$20 library members, \$40 non-members. Bookings required.



Books come alive with WORD Christchurch!

FREE

Saturday 10 August, from 11am Te Ara Ātea

WORD Christchurch will have you and your family buzzing this August, with some of our nation's best writers and illustrators set to hit Te Ata Ātea for readings, conversations and fun times. WORD is known for delivering high-quality events that bring communities together through a love of words whether they read, listen or watch them, and we are excited to bring these to Selwyn for the first time.

Event information will be available on the Selwyn Libraries website from mid-June. selwynlibraries.co.nz/events



Image credit: Johannes Van Kan.



Scared Scriptless — Library Edition

Thursday 15 August, 7.30-8.30pm Te Ara Ātea

Three of the best and brightest Court Jesters create hilarious stories, scenes and songs inspired by the audience. 60 minutes of improvised comedy — just like having "Whose Line is it Anyway" or Scared Scriptless live at the library! Music, laughter and alliteration — what's not to love?! 18+ years.

\$15 library members, \$25 non-members. Bookings required.

selwynlibraries.co.nz/events

Backyard Vege Gardening — How to Plan a Garden

Saturday 17 August, 11am-12pm Darfield Library and Service Centre

Sunday 25 August, 2-3pm Lincoln Library and Service Centre

Discover the secrets to bumper crops, healthy plants, and the freshest produce in your own backyard with expert, Jamie Tucker. In this session, Jamie — from Laughing Pukeko Organics — will guide you through setting up your garden for success. Sharing her best tips and tricks on seasonal crop selection, seed sowing, companion planting, space planning, and integrated pest management options for home growers. You'll want to bring a pen and paper along to this one! All ages welcome.

Bookings required.











SIX FIELDS SO CLOSE TO HOME

Selwyn's fields offer uncrowded slopes, friendly hospitality and the easiest access to some of the best skiing in the world. Not to mention affordable pricing for the whole family!

Mixed-terrain skiing from beginner to advanced, onsite café and bar facilities, as well as learn to ski classes.

Explore your backyard this season!

- · Craigieburn
- · Cheeseman
- Broken River Temple Basin
- Mt Olympuo
- · Mt Olympus





Darfield Library and Service Centre

1 South Terrace, Darfield Contact (03) 318 7780 libraries@selwynlibraries.co.nz

Darfield Recreation and Community Centre

65 North Terrace, Darfield Contact 027 535 8379 darfield.community.centre@selwyn.govt.nz

Leeston Library and Service Centre

19 Messines Street, Leeston Contact (03) 347 2871 libraries@selwynlibraries.co.nz

Lincoln Event Centre

15 Meijer Drive, Lincoln Contact (03) 347 2983 lec.enquiries@selwyn.govt.nz

Lincoln Library and Service Centre

22 Gerald Street, Lincoln Contact (03) 347 2876 libraries@selwynlibraries.co.nz

Rolleston Community Centre

94 Rolleston Drive, Rolleston Contact (03) 347 2882 rcc.enquiries@selwyn.govt.nz

Selwyn Aquatic Centre

71 Broadlands Drive, Rolleston Contact (03) 347 2734 sac.enquiries@selwyn.govt.nz

Selwyn Sports Centre

70 Broadlands Drive, Rolleston Contact (03) 347 2888 sports.centre@selwyn.govt.nz

Tai Tapu Community Centre

722 Old Tai Tapu Road, Rhodes Park, Tai Tapu Contact (03) 347 2983 taitapu.enquiries@selwyn.govt.nz

Te Ara Ātea

56 Tennyson Street, Rolleston Contact (03) 347 2880 libraries@selwynlibraries.co.nz

West Melton Community and Recreation Centre

1163 West Coast Road, West Melton Contact (03) 347 1804 westmelton.enquiries@selwyn.govt.nz

