

Selwyn activity programmes

TERM THREE 2019

Libraries

Community centres

Pools

Workshops and events

Selwyn activity programmes

TERM THREE 2019

Your guide to recreation in Selwyn

A wide range of activities, classes and workshops are on offer in the Selwyn district to help grow our community’s health, fitness and wellbeing.

These affordable and accessible programmes cater for all ages, from children through to older adults, across our community facilities. Check out what’s on offer at selwyn.govt.nz.

We welcome your feedback on this activity guide, please email us activityprogrammes@selwyn.govt.nz.

Every effort has been made to ensure the information is accurate at the time of publication. Please visit selwyn.govt.nz for updates.

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We are now officially a learning destination for Children’s University Canterbury Partnership. Look out for this logo in the guide and visit selwynlibraries.co.nz or childrensuniversity.com.au for more information.



Recreation Programmes

We offer programmes and fitness classes for a variety of ages from babies and preschoolers to mature adults. These are held at Lincoln Event Centre, Rolleston Community Centre, Tai Tapu Community Centre and West Melton Community and Recreation Centre.

For more details visit selwyn.govt.nz/recreation.

Costs

Classes are \$8 per session (*unless specified otherwise*) or you may wish to purchase a monthly pass or one of the concession cards below. These can be used at all facilities for the appropriate classes.

No bookings or enrolment required, unless specified. Sessions requiring enrolment must be paid in advance.

Classes start week commencing 22 July, unless specified.

Fitness Classes	Per session	\$8
Monthly Pass	Valid for the full month, expiry date applies. <i>Additional \$5 per spin class</i>	\$35
Fitness Max Card	10 classes + 1 free	\$80
Preschool Card	10 classes + 2 free <i>For Baby Gym, Mini Gym or Little Dancing Feet</i>	\$50
Get Your Skates On Card	10 classes + 1 free	\$70
Gold Max Card	10 classes + 2 free	\$50
Spin Max Card	10 classes + 2 free	\$100
Spin 6 Card	6 classes + 1 free	\$60



Children's Classes

BABY GYM

A casual class for babies aged 12 weeks to crawlers aimed at stimulating babies' brains. Come meet other parents as you sing and play in our baby-friendly environment. Babies need to be able to hold their heads up for this class. Please bring a blanket.

\$5 per child. Term time only. Held at Lincoln, Rolleston and West Melton.

LITTLE DANCING FEET

This 30 minute class for preschoolers is great for improving motor skills and co-ordination. Using pom poms and ribbons along with other equipment for variety, the fun music will entertain and engage your child.

\$5 per child at Lincoln. Term time only.

MINI GYM 1-2 YEARS

Through music and movement your toddler will develop skills for balancing, co-ordination, motor control and confidence. Aimed at toddlers beginning to explore, climb and take their first steps.

\$5 per child. Term time only. Held at Lincoln and Rolleston.

MINI GYM 2-5 YEARS

Help your child establish foundation skills for whole-brain learning through fun activities focused on motor co-ordination, cognitive development, improving learning and concentration skills. Free play as well as structured time and songs with the tutor.

\$5 per child. Term time only. Held at Lincoln (3-5 years), Rolleston (2-5 years) and West Melton (1-5 years).

BASKETBALL



Get the kids moving and playing while learning drills and skills from Selwyn Hawks Basketball. Caters for all skill levels, ages 5-12 years.

\$64 for 8 weeks. Starts week commencing 22 July at Rolleston, week commencing 29 July at Lincoln and West Melton. Limited numbers, enrolment required via email to selwynbasketball@gmail.com.

GET YOUR SKATES ON



After school fun for the whole family. Join this interactive learn-to-skate class catering for all abilities. Skates and safety gear provided. Adult supervision required for children 11 years and under.

\$7 per session. Term time only. Starts week commencing 5 August at Lincoln, Rolleston and West Melton.

JUNIOR SPIN

For teenagers only! Workout on a stationary bike with your friends and other young people without the pressure of being outnumbered by adults. Request your favourite music and enjoy our dark space and disco lights as you ride. Ideal for all fitness levels or for those who want to maintain their fitness for team sports.

\$5 per session. Term time only. Bookings required, classes have limited bikes. Held at Lincoln and Rolleston.



Adult Classes

ACTIVE MUMS

A 45 minute circuit-style workout suitable for all fitness levels. Body weight exercises and cardio fitness challenges combined. You can be a mum and train at the same time, with a children's play area available in the same room.

\$8 per class. Term time only. Starts 26 July at Lincoln.

BLAST CORE

A short, sharp 30 minute workout that will strengthen and tone your whole core – front, back and sides. Using resistance bands and weight plates to maximise your results, you will find this workout will complement any other physical activity. Ideal for runners or anyone simply wanting to move and stand stronger.

\$5 per class at Lincoln. Runs full year.

BODY TONE

Targets all major muscle groups to improve strength, body composition and muscular endurance. During this 45 minute class you will use free weights and your own body weight as part of an energising workout.

\$8 per class at Rolleston. Term time only.

BOXFIT

This high intensity circuit-style boxing class includes skipping, agility work, core work and boxing. Partner up to get a boxer's workout and increase your overall fitness levels while having fun.

\$8 per class at Rolleston. Runs full year.

CARDIO PUMP

A shorter 45 minute workout compared to regular pump. This class targets the big muscle groups to get the heart rate up and has a cardio element to finish.

\$8 per class. Runs full year. Held at Lincoln and West Melton.

CIRCUIT

This fun 45 minute class involves alternating between different stations of exercise combining endurance and resistance training. It will provide a full body workout, build your strength and increase your heart rate. Suitable for all abilities.

\$8 per class at Rolleston. Term time only.

FLOW YOGA

Flowing movement and poses to music incorporating a mix of Yoga and Pilates. This class works on building strength and flexibility, with a feeling of calm and relaxation at the end.

\$8 per class. Runs full year. Held at West Melton and Tai Tapu.



HIIT

HIIT is a specialised form of interval training combining short intervals of maximum intensity exercises with lower intensity exercises or short recoveries. This circuit-style session has a different challenge every week including weights, boxing and body weight exercises.

\$8 per class.

Lincoln and Rolleston: Term time only. (At Rolleston only part of the centre will be open during this session, prior to your first class please call for further instructions).

West Melton: Runs full year.

MATURE AND MOTIVATED

Staying active is important and this class is great for heart fitness, strength and balance. This is a low impact, fun exercise class aimed at people 60 years and over or anyone getting back into fitness.

\$5 per class or seniors may buy a \$50 Gold Max Card. Runs full year at Lincoln. Term time only at Rolleston and West Melton.

MIXED ABILITIES SPORTS ACTIVITIES

Sport activities for adults with mixed abilities. Caregivers and registration required on the day.

\$3 per class. Runs on the second Saturday of the month at Rolleston.

For further information contact the Rolleston Community Centre.

MOVE IT TO MUSIC

Our experienced tutor uses music, fun equipment and a sense of humour to get you moving. Suitable for those with arthritis or the less active who want to use it, not lose it. Tea and coffee afterwards included.

\$5 per class or seniors may buy a \$50 Gold Max Card. Runs full year at Rolleston.

PILATES

A Pilates course to help relieve stress and soothe aches and pains from all the hunching and sitting we tend to do. The cues and corrections of each class will increase your postural and muscular awareness, both inside and out of class.

\$100 for 10 weeks. Term time only. Held at Lincoln, Tai Tapu and Rolleston.

Limited to 14 participants, enrolment required.

PUMP

An all-over workout for toning and muscle strength, using a weight bar and plates with invigorating music. Your instructor will guide you through the different muscle groups coaching you along the way with technique and motivation.

\$8 per class. Runs full year. Held at Lincoln, Rolleston and West Melton.



PUMP FOR BEGINNERS

Learn the correct technique of this complete barbell resistance workout in a fun, beginners' learning environment. Plenty of options given to help our new pumpers succeed.

\$8 per class. Runs full year. Held at Rolleston and Lincoln.

SPIN

A 45 minute cardio endurance class where you control the intensity of your workout on your stationary bike.

\$10 per class, or \$5 per class for monthly pass holders. Runs full year. Bookings required, classes have limited bikes. Held at Lincoln and Rolleston.

STEP PUMP COMBO

This fun class combines step and pump in one workout. It starts with 30 minutes of step to work the legs and get the heart rate up, followed by strength work with a bar and weighted plates. Suitable for all fitness levels.

\$8 per class. Runs full year. Held at Lincoln and Rolleston.

TAI CHI

Come and learn Tai Chi to improve your health and wellbeing. Ideal for absolute beginners who are starting out on their Tai Chi journey.

\$8 per class, or \$5 for Gold Max Card holders. Term time only. Held at Lincoln and Rolleston. (Rolleston classes on 25 July, 22 August, 26 September will be held at Lincoln Event Centre).

YOGA

With an emphasis on alignment, good posture, and awareness of breathing – yoga has benefits for all including strength, flexibility and relaxation. Classes are adapted to all abilities, will lift your mood and help you tune in to your body. Bring your own mat if you have one, otherwise they are provided.

\$8 per class.

Lincoln: Runs full year.

Rolleston: Monday class runs term time only. Tuesday and Wednesday class runs full year.

West Melton: Term time only.

(If you are new to the Rolleston Tuesday Yoga, please contact the centre prior to attending).

ZUMBA

A fun and dynamic fitness class, combining a range of easy-to-follow Latin and international dance styles set to addictive, energising music. Suitable for all abilities.

\$8 per class. Runs full year. Held at Rolleston and West Melton.



Lincoln Event Centre

Monday	Tuesday	Wednesday	Thursday	Friday
Spin 9.15–10am	HIIT 9.15–10.15am	Spin 6–6.45am	Tai Chi 9–10am	Spin 6–6.45am
Mature and Motivated 10–10.45am	Spin 6–6.45pm	Mini Gym (1–2 yrs) 9.30–10.15am	Spin 9.15–10am	Active Mums 9.15–10am
Pump 5.15–6.15pm	Pump for Beginners 6.30–7.15pm	Mature and Motivated 10–10.45am	Little Dancing Feet 10.30–11am	Saturday
Yoga 6.15–7.30pm		Baby Gym 10.15–11am	Get Your Skates On 3.30–4.30pm	
Junior Spin (13–19 yrs) 6.30–7.15pm		Mini Gym (3–5 yrs) 11–11.45am	Spin 6–6.45pm	
		Basketball (5–8 yrs) 3.30–4.15pm	Step Pump Combo 6–6.50pm	Sunday
		Basketball (9–12 yrs) 4.15–5pm	Pilates 7–8pm	
		Pump 6–7pm	Pilates 8–9pm	
		Yoga 7.30–8.30pm		

Rolleston Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday
Spin 9.15–10am	Spin 6–6.45am	Spin 9.15–10am	Spin 6–6.45am	HIIT 6.15–7am
Yoga 9.15–10.15am	Circuit 9.30–10.15am	Move it to Music 1.15–2.15pm	Tai Chi 10.30–11.30am	Spin 9.15–10am
Mini Gym (1–2 yrs) 9.30–10.15am	Mature and Motivated 11–11.45am	Get Your Skates On 3.30–4.30pm	Spin 6.15–7pm	Mini Gym (1–2 yrs) 9.30–10.15am
Baby Gym 10.15–11am	Step Pump Combo 6–6.50pm	BoxFit 6–6.45pm	Pump 7.05–7.55pm	Body Tone 10–10.45am
Mini Gym (2–5 yrs) 11–11.45am	Yoga* 7–8pm	Yoga 6–7pm		Mini Gym (2–5 yrs) 10.15–11am
Pump 6–6.50pm		Junior Spin 6.30–7.15pm		Mature and Motivated 12–12.45pm
Spin 6.30–7.15pm				
Zumba 7–8pm				

Saturday
Pilates 8.30–9.30am
Spin 9.30–10.15am
Pump for Beginners 10.30–11.15am
Mixed Abilities Sports Activities 12.30–1.30pm <i>(Second Saturday of the month)</i>



West Melton Community and Recreation Centre



Monday	Tuesday	Wednesday	Thursday	Friday
Zumba 10–11am	Rhymetimes 10–10.30am	Mature and Motivated 11–11.45am	Baby Gym 10–10.45am	Cardio Pump 9.15–10am
Flow Yoga 12–1pm	HIIT 6–6.45pm	Pump 6–7pm	Mini Gym (1–5yrs) 10.45–11.30am	Storytimes 10–10.30am
Get Your Skates On 3.30–4.30pm	Yoga 7–8pm		Yoga 12–1pm	
Pump 5.15–6.15pm			Basketball (5–8 yrs) 3.30–4.15pm (9–12 yrs) 4.15–5pm	HIIT 8–9am

Tai Tapu Community Centre



Monday	Thursday
Flow Yoga 9.30–10.30am	Pilates 7–8pm



Workshops and Events

For more details or bookings visit selwyn.govt.nz/events.



6–20 July

Explore a variety of KidsFest events at Selwyn facilities and parks in the July school holidays. You'll be kept on your toes with Hip Hop Workshops, High Ropes Challenges, Discomanias and Navigational Rampages.

Have a chuckle with Elgregoe the Magician's show AMAZE, Sport Suzie's Super Silly Circus Show or at a Moviemania screening of Ferdinand. Take a dip at the Selwyn Aquatic Centre with big inflatables, paddle boats and inflatable toys.

At Selwyn Libraries get involved in Map Making Workshops, Game On, MakerStations, House of Bricks, Intaglio Printing and various craft activities.

Registrations open now, for details visit selwyn.govt.nz/kidsfest.

Eye Spy Selwyn **FREE**

6–20 July

Eye Spy Selwyn is an activity hunt throughout the district during KidsFest!

Grab your caregiver and collect your Eye Spy booklet from a Selwyn library or facility. The booklet contains a variety of activities, clues, questions and quizzes directing you to discover our awesome parks, facilities and townships to find the answer.

Complete as much of the booklet as possible and enter the draw before 20 July by emailing photos or a video of your booklet to competitions@selwyn.govt.nz, or enter at one of our facilities.

Fun with Makeup

Thursdays, 6.30–9.30pm

18 July: Rolleston Library

15 August: Lincoln Library

12 September: Leeston Library



A fun, informative and interactive group makeup session taken by a professional makeup artist. Learn makeup basics as well as techniques, tips and tricks so you can look and feel your best anytime.

\$20 per person. Bookings essential.



Harry Potter Quiz

Tuesday 23 July: Rolleston Community Centre,

7–9.30pm. Adults only. \$5 each.

Thursday 1 August: Rolleston Library 5–7.30pm.

*Families and children only. **FREE***

Sending an owl to all witches, wizards and muggles! Join us in your robes for a Harry Potter quiz and test your knowledge of the wizarding world. Teams of 3–6, bookings essential.

Art for All

Thursdays, 25 July–12 September, 1.30–2.30pm

West Melton Community and Recreation Centre

Led by local artist Bridget Carr, these specialist sessions aim to encourage memory recall through the process of creating art. These classes will interest those who are keen to relax, enjoy, share experiences and socialise while stimulating the mind through creative expression. No prior experience is necessary. All materials provided. \$40 per person for the term (8 sessions). Bookings essential.

Patternmaking Workshop

Saturdays 27 July, 3 August and 10 August, 10am–2pm

West Melton Community and Recreation Centre

Saturdays 31 August, 7 September and 14 September, 11.30am–3.30pm

Lincoln Library

Saturdays 28 September, 5 October and 12 October, 11.30am–3.30pm

Leeston Library

These three workshops will take you through the process of designing a garment. The first will show you how to ‘garment copy’ a basic garment. The second will help you to learn the secrets to a great fitting garment and in the third you will make a skirt pattern to a design of your choosing and to fit your body. Tea and coffee provided. \$30 library members, \$40 non-library members per workshop. Bookings essential. Workshops are suitable for adults only.

Daddy Daughter Time



Saturdays, 1–3pm

3 August: Lincoln Library

7 September: Rolleston Library

14 September: Leeston Library

Join us at the library to get creative decorating cupcakes! We have everything you need, just bring along your imaginations.

\$10 per family. Bookings essential.



Confidence Through Styling with Vicki McMillan FREE

Wednesdays, 6.30–8.30pm

7 August: Lincoln Library

14 August: Leeston Library

21 August: Rolleston Library

28 August: Darfield Library



Vicki from *Beauty and Style* is an internationally-trained personal stylist, as well as a beautician with over 15 years experience. Vicki shares some tools for you to gain confidence with your own individual style, dress for your lifestyle and help take the frustration out of shopping.

Mad Hatter's Tea Party

Saturdays, 1–3pm

10 August: Darfield Library

25 August: Lincoln Library

Fun for the whole family! Join us for a weird and wonderful afternoon, creating delightfully wacky hat creations followed by a tea party in the library.

Understanding the Treaty of Waitangi

Saturdays, 10am–4pm

17 August: Lincoln Event Centre

21 September: Leeston Library

A one-day workshop held by Sharon Tipene from Treaty Education. This workshop aims to provide an environment that is safe, non-confrontational and participatory for people to discuss the history of Aotearoa, the Treaty and its implications for us now. \$25 per person. Bookings essential.

One-on-one Styling and Body Shape Analysis with Vicki McMillan

Saturdays, 11.30am–3.30pm

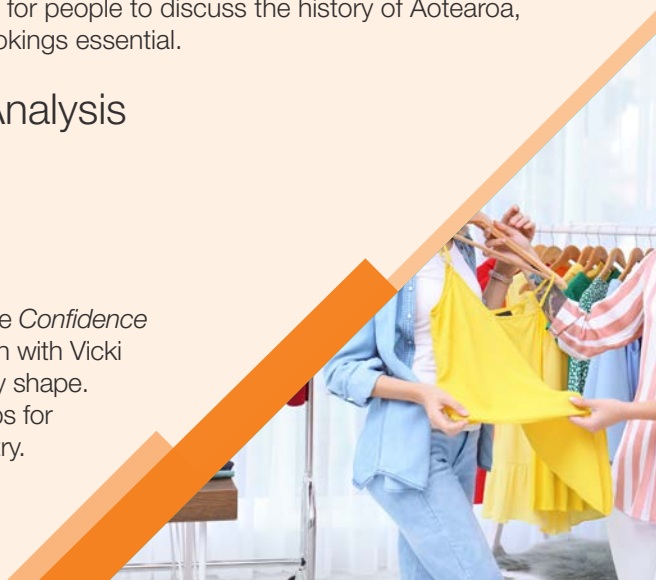
17 August: Lincoln Library

31 August: Rolleston Library



Want a more in-depth and personal styling session? Build on the *Confidence Through Styling* talks with a one hour one-on-one styling session with Vicki to find out the styles, hemlines and necklines that suit your body shape. After your Body Shape Analysis you will receive monthly style tips for six months personalised to your shape and visuals of outfits to try.

\$60 per person for library members, \$120 per person for non-library members. Bookings essential.



Have a Go Day **FREE**

Sunday 25 August, 12–3pm

West Melton Community and Recreation Centre and Domain

Have a Go Day is back and designed to showcase the sport and recreation activities that West Melton and the wider Selwyn district has to offer.

Have a go at a huge variety of indoor and outdoor sports, activities, games and challenges.

Murder Mystery **FREE**

Thursday 12 September, 7–9pm

Darfield Library

Join us to celebrate Agatha Christie's birthday by solving a murder mystery at Darfield library! Use your best detective skills to solve the crime.

CultureFest

Sunday 29 September, 11am–4pm

Lincoln Domain (beside the Lincoln Event Centre)

CultureFest 2019 showcases Selwyn's growing diversity, as well as our own New Zealand culture. Enjoy fantastic group performances on our main stage, arts, crafts, demonstrations, food, as well as activities and dances you can participate in.

The Breeze Walking Festival **FREE**

1–10 October

Explore exceptional walks around Selwyn.

Harts Creek Sneak: Tuesday 1 October

Rakaia Gorge Experience: Thursday 3 October

Kura Tawhiti/Castle Hill Treasure Walk: Tuesday 8 October

Hogs Back Hike: Thursday 10 October

Bookings open 30 August, look out for the full programme at selwyn.govt.nz.

Capacity Building Workshops

A series of free workshops for not-for-profit community groups, organisations and clubs. These workshops will cover topics such as funding, volunteerism, governance and more. Keep an eye on the Facebook page for upcoming workshops or call (03) 347 1837.

 [SelwynDistrictCouncil](https://www.facebook.com/SelwynDistrictCouncil)



Libraries Programmes

Selwyn Libraries have a growing range of programmes and events to suit every age and interest from preschoolers to adults. These are held at Darfield, Leeston, Lincoln and Rolleston Libraries. All are free, casual sessions and run during term time only, with no bookings required unless stated otherwise.

For further details visit selwynlibraries.co.nz or  SelwynLibraries

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.

Babytimes

Share rhymes, stories and songs that support your baby's early language development, communication and social skills. Please bring a blanket. Aimed at babies from birth to 1 year, older siblings welcome.

Board Games Club

Love board games? Head along to Rolleston Library to play a variety of exciting games. Suitable for those new to board games, as well as regular players. Suitable for intermediate and high school children aged 8-18 years. Fortnightly, starting 28 July.

Children, Tweens and Young Adults Book Clubs

Share your latest reading adventures, see the new books that have arrived at the library, participate in an activity and have a snack.

Children's Book Club: 5–11 years

Tweens Book Club: 11–14 years

Young Adults Book Club: 12–18 years

CodeByters Club **NEW**

Come along to a new after-school club that looks at computer science, introduction to coding and algorithms with computer scientist, Max.

Suitable for 5–10 year olds. Fortnightly, starts 24 July at Lincoln, 31 July at Darfield.

Bookings and commitment for the term required. Visit selwynlibraries.co.nz.

Cubing Club **NEW**

Stretch your brain at our new drop-in Cubing Club. Suitable for ages 10 and over. Bring your own cube or challenge yourself with one of ours.

Creative Cards Workshops

Have you ever wished you could make beautiful greeting cards? Join us for a creative session. \$5 per session, bookings essential at Lincoln Library, all supplies provided.

Device Drop-In **NEW**

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

Discovery Time **NEW**

Join us to discover a new, fun and creative activity each week at Lincoln Library. Drop in.

LEGO® Club 🧑🎨

Love LEGO®? Come and play with the bricks and make a new creation. Children under 8 years must be accompanied by an adult.

Rhymetimes – Wiggles and Giggles

Stories, songs, rhymes and bubbles make up our Rhymetimes session, designed to assist with early language development and to have fun. Aimed at 1–3 years.

Sew Awesome Sunday

Bring in an existing project to work on or start something new using our machines. Get help and advice for simple solutions to bring your ideas to life! Drop in.

Sign Language Classes **NEW** 🧑🎨

Ever wanted to learn another language? Rolleston Library is holding New Zealand Sign Language classes for ages 5–10 years. Learn the basics with interactive lessons, including games and other activities to develop your skills. Bookings essential, visit selwynlibraries.co.nz.

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.

Teen Artspace

During term time join us for arts and crafts sessions. Including various sewing projects, upcycling garments, printmaking, knitting and much more. Strictly for 13 years and above.



Libraries Programmes

Programmes run weekly unless stated otherwise.

Monday	Tuesday	Wednesday	Thursday	Friday
Children's Book Club Darfield 3.30–4.30pm <i>First Monday of the month</i>	Rhymetimes Lincoln 9.30–10am	Rhymetimes Rolleston 9.30–10am	Babytimes Rolleston 9.30–10am	Rhymetimes Lincoln 9.30–10am
LEGO® Club Leeston 3.30–4.30pm <i>Third Monday of the month</i>	Storytimes Rolleston 9.30–10am	Babytimes Lincoln 9.30–10am	Storytimes Leeston 10–10.30am	Storytimes Darfield 10–10.30am
Adults Book Club Darfield 7–8pm <i>Third Monday of the month</i>	Rhymetimes Leeston 10–10.30am	Adults Book Club Leeston 10–11am <i>Third Wednesday of the month</i>	Storytimes Lincoln 10.30–11am	Storytimes West Melton 10–10.30am
	Rhymetimes West Melton 10–10.30am	Creative Card Workshops Lincoln 10am–12pm <i>First Wednesday of the month</i>	Children's Book Club Leeston 3.30–4.30pm <i>Third Thursday of the month</i>	Adults Book Club Rolleston 1.30–3pm <i>Second Friday of the month</i>
	Rhymetimes Darfield 10.30–11am	Sign Language Class Rolleston 3.30–4.30pm	Tweens Book Club Leeston 3.30–4.30pm <i>Second Thursday of the month</i>	Device Drop-in Darfield 1.30–3.30pm <i>First Friday of the month</i>
	Adults Book Club Lincoln 10.30am–12pm <i>Last Tuesday of the month</i>	LEGO® Club Lincoln 3.30–4.30pm <i>First Wednesday of the month</i>	Children's Book Club Rolleston 5–6pm <i>First Thursday of the month</i>	Cubing Club Lincoln 3.30–5pm <i>Every second Friday *from 5 July</i>
	Device Drop-in Leeston 1.30–3.30pm <i>Second Tuesday of the month</i>	Teen Artspace Leeston 3.30–5pm	Young Adults Book Club, Rolleston 5–6pm <i>First Thursday of the month</i>	Saturday
	Children's Book Club Lincoln 3.30–4.30pm <i>Third Tuesday of the month</i>	CodeByters Club Lincoln 4–5pm <i>Every second Wednesday</i>	Adults Book Club Rolleston 6.30–8pm <i>Third Thursday of the month</i>	Adults Book Club Leeston 2–3pm <i>Third Saturday of the month</i>
	LEGO® Club Rolleston 3.30–4.30pm <i>Fourth Tuesday of the month</i>	CodeByters Club Darfield 4–5pm <i>Every second Wednesday</i>		Sunday
	LEGO® Club Darfield 4–5pm <i>Second Tuesday of the month</i>			Storytimes Rolleston 10.30–11am
	Teen Artspace Darfield 4.30–6pm			Storytimes Lincoln 10.30–11am
				Sew Awesome Sunday Lincoln 11am–1pm <i>First Sunday of the month</i>
				Discovery Time Lincoln 1.30–3pm <i>Every second Sunday</i>
				Games Club Rolleston 1.30–3pm <i>Every second Sunday</i>

- Darfield Library
- Leeston Library
- Lincoln Library
- Rolleston Library
- West Melton Community and Recreation Centre

Selwyn Aquatic Centre

A variety of different group fitness options are on offer in the 25m pool and hydrotherapy pool at the Selwyn Aquatic Centre. Classes run through the school holidays but not on public holidays.

Classes are \$9 each or \$6 with a Gold Card or Community Services Card. Membership and concession card options available.

Booking compulsory for some classes. For information visit selwyn.govt.nz/sac.



Weekly

HYDRO HEALTH

An introductory low-impact class taught in the hydrotherapy pool. Helps increase mobility, strength, balance and flexibility. A class targeted at recovery and rehabilitation.

Low intensity, 30 minutes duration.



HYDRO TONE

A medium-intensity class taught in the hydrotherapy pool. A fun class for all ages and levels of ability.

Medium intensity, 45 minutes duration.



AQUA FIT

Held in both deep and shallow water, using buoyancy aids to give a workout that strengthens and conditions while being gentle on the joints.

Medium intensity, 45 minutes duration.



AQUA INTENSE

High energy class to trim down and tone up. A blend of cardio and muscle conditioning using various equipment to increase the intensity of the workout.

Medium/high intensity, 45 minutes duration.



One-off group bookings available, call us on 347 2734.


Wellbeing Workshops

Incorporating water into your wellbeing. Each workshop is facilitated by a different health related organisation.

You will be educated on a specific condition and introduced to exercising in an aquatic environment.

Dates and times differ. Free, limited numbers, registration required.

Please enquire if you are a health professional and interested in running a wellbeing workshop.

For more details visit selwyn.govt.nz/sac or  SelwynAquaticCentre.



Aqua Fitness Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30am		<div>AQUA INTENSE</div> <div>45 MINUTES</div>	<div>HYDRO HEALTH</div> <div>30 MINUTES</div>		<div>AQUA INTENSE</div> <div>45 MINUTES</div>
10.30am					<div>HYDRO TONE</div> <div>45 MINUTES</div>
11am	<div>HYDRO TONE</div> <div>45 MINUTES</div>				
12pm	<div>HYDRO HEALTH</div> <div>30 MINUTES</div>	<div>HYDRO TONE</div> <div>45 MINUTES</div>		<div>HYDRO HEALTH</div> <div>30 MINUTES</div>	
1pm		<div>AQUA FIT</div> <div>45 MINUTES</div>		<div>AQUA FIT</div> <div>45 MINUTES</div>	
6.15pm				<div>HYDRO HEALTH</div> <div>30 MINUTES</div>	
7pm	<div>AQUA INTENSE</div> <div>45 MINUTES</div>				
7.30pm			<div>AQUA INTENSE</div> <div>45 MINUTES</div>		

Darfield Library and Service Centre

1 South Terrace, Darfield

Contact (03) 318 7780, libraries@selwynlibraries.co.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

Rolleston Library

94 Rolleston Drive, Rolleston

Contact (03) 347 2880, libraries@selwynlibraries.co.nz

Selwyn Aquatic Centre

71 Broadlands Drive, Rolleston

Contact (03) 347 2734, sac.enquiries@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

West Melton Community and Recreation Centre

1163 West Coast Road, West Melton

Contact (03) 347 1804, westmelton.enquiries@selwyn.govt.nz

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