

Selwyn activity programmes

TERM FOUR 2019

Libraries and pools

Community centres

Workshops and events

win!

**A MONTHLY
FITNESS
PASS!**

What's on?

Selwyn District Council is focused on growing our community's health, fitness and wellbeing and is proud to offer affordable and accessible activities, classes and events for all ages.

Check out what's on offer this term at a community facility near you.

Win!




Win a Monthly Fitness Pass!

We'd love to hear what you think.

Visit our Facebook page and complete a short 2-minute survey on Selwyn activity programmes and go in the draw to win a monthly fitness pass for use at any Council-run recreation centre.

Competition closes 20 November 2019.

 **SelwynDistrictCouncil**



CultureFest

Sunday 29 September, 10am–4pm
Lincoln Domain

FREE

Take your senses on a trip around the world at CultureFest! Showcasing Selwyn's growing diversity; enjoy group performances on the main stage, arts, crafts and demonstrations. Participate in fun activities and dances and be sure to bring an appetite to taste delicious ethnic food from a variety of stalls. A great day out for the whole family.

Events



Magical Doors at McHugh's Forest Park

FREE

From 28 September
McHugh's Forest Park, 315 Horndon St, Darfield

Magical creatures have moved into the mystical land of Darfield and are hiding up and around trees in McHugh's Forest Park. Wander through the enchanted forest and see how many gnomes, trolls, dragons, goblins and fairies you can find.



SWELL Expo *Ageing Well in Selwyn*

FREE

Wednesday 9 October, 10am–3pm
Lincoln Event Centre

Over 70 exhibitors showcasing volunteering, social activities, healthcare, life planning and community groups. Enjoy fun activities and entertainment.



BOOST Splash

Thursday 10 October, 7.30–9pm
Selwyn Aquatic Centre

Come and join our pool party with a DJ, big inflatables and more!

For youth aged 13 to 18 years. Normal pool admission applies.



Selwyn Arts Festival

11–20 October
Various locations

Celebrate the vibrant arts scene in Selwyn. In its inaugural year, events include Darfield Artweek, Art Couture, Art Crawl, live art, exhibitions, wearable art, gallery tours and demonstrations.

selwyn.govt.nz/artsfestival



The Breeze Walking Festival

FREE

28 September–13 October
Selwyn district

Put a spring in your step and explore exceptional walks around Selwyn. Walks include the Rakaia Gorge, Castle Hill, Hogs Back Hike and Harts Creek Sneak.

Bookings essential.



Community Energy Action (CEA)

FREE

14 October, 10–11am, Darfield Library
21 October, 10–11am, Leeston Library
7 November, 6–7pm, Lincoln Library

CEA are committed to providing practical, sustainable energy efficient solutions to help create a healthy living and working environment for our community. Join us for an informative talk with CEO Caroline Sloan.



My Story Presentation

FREE

**Thursday 17 October, 6.30–7.30pm
Rolleston Library**

During this talk you will learn tips and tricks on recording your stories or your ancestors' stories, preserving your photos and memories and how to put them together for publication.



My Photo Workshop

**Saturday 19 October, 9am–4pm
Leeston Library**

This workshop is a combination of teaching and hands-on-time so you can get a start on organising your photo collection in a relaxed atmosphere.

**\$60 per person, bookings essential.
selwynlibraries.co.nz**



Chalk and Cheese

**17 October, 6–8pm, Lincoln Library
7 November, 6–8pm, Darfield Library**

Learn how to create a landscape using pastel chalks with local artist Mike Glover, and enjoy some delicious cheese.

**\$25 per person, bookings essential.
selwynlibraries.co.nz**



Celebrating Selwyn's Stories

**Saturday 19 October, 9.30am–4pm
Ellesmere Showgrounds, Leeston**

An interactive and engaging pop-up museum that weaves the tales of Selwyn's heritage together in one place, part of the Beca Christchurch Heritage Festival.

Selwyn Spring Show ticket purchase required for entry.



Race Day Series

Fascinator Making

**19 October, 11am–3pm
Lincoln Library
26 October, 11am–3pm
Rolleston Library**

Create a unique look for the races and make a fascinator with fashion designer and tutor Beth Monk.

**\$45 per person, bookings essential.
selwynlibraries.co.nz**

Shoe Upcycling

24 October, 6–7pm, Rolleston Library

Bring along your heels or shoes that are in need of some TLC and upcycle them to be race day ready.

**\$25 per person, bookings essential.
selwynlibraries.co.nz**



Dad and Kids Time

**19 October, 1–2pm, Darfield Library
9 November, 1–2pm, Lincoln Library
23 November, 1–2pm, Leeston Library
30 November, 1–2pm, Rolleston Library**

A special time for kids to spend time with dads or granddads. Come along for some fun workshops, bring your imaginations.

\$10 per family, bookings essential. selwynlibraries.co.nz



Family Quiz Series

FREE

**24 October, 6–7pm, Lincoln Library
14 November, 6–7pm, Rolleston Library**

Join us for a fun, family quiz and test your knowledge on Harry Potter (Lincoln) or Disney (Rolleston).



Furniture Refurb Series

Using Chalk Paint for Beginners

26 October, 1–3pm, Leeston Library
21 November, 6–8pm, Lincoln Library
23 November, 1–3pm, Leeston Library

Ever wanted to update some old furniture? Learn the basics of chalk paint, with tips and tricks. Suitable for ages 15 and over.

\$15 per person, bookings essential.
selwynlibraries.co.nz

White Washing for Beginners

23 November, 1–3pm, Leeston Library
28 November, 6–8pm, Lincoln Library

Give that old piece of furniture a new life with our white washing class. Suitable for ages 15 and over.

\$15 per person, bookings essential.
selwynlibraries.co.nz



My Book: Altered Book Workshop

Saturday 2 November, 9am–12pm
Leeston Library

Alter a book by deconstruction and resurrection to hold albums of family memories, stories and photos. Bring your stories and 4x6 photos to complete your album.

\$60 per person, bookings essential.
selwynlibraries.co.nz



Bill Rodger – My Self-Publishing Journey

FREE

26 October, 1–2pm, Darfield Library

Celebrate New Zealand Book Week with local author Bill Rodger as he shares his experiences and advice on self-publishing.



Halloween Activities

Halloween Disco

Thursday 31 October, 4.30–6pm
Lincoln Event Centre

A fun and safe place to celebrate Halloween. Preschoolers to 8 years.
 \$3 per child or \$5 per family.

Spooky Storytime

Thursday 31 October, 6–7pm
All Libraries

Join us for a spooky story and some fun activities. Make sure you dress up!

FREE

Halloween Spooktacular

Sunday 3 November, 2–4pm
Selwyn Aquatic Centre

Don't be scared to come and make a splash at the Aquatic Centre's spooky pool party!

Enjoy the inflatables, (trick or) treats, face painting and a colouring-in competition.

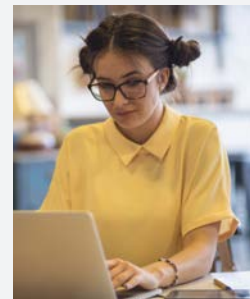
Normal pool admission applies.

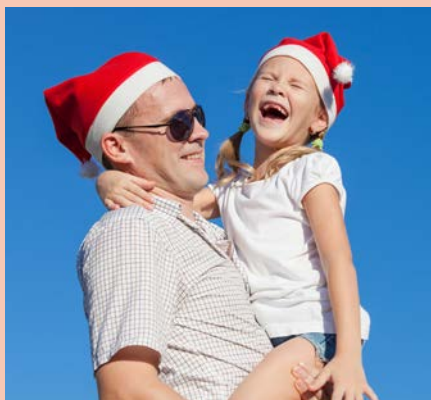
My Book: Digital Book Workshop

Saturday 2 November, 1–4pm, Leeston Library

Would you like to document your family stories and memories? Join us for a three-hour workshop led by experts to help prepare you for publishing. A basic understanding of Microsoft Word is required and attendance at the My Story Presentation is recommended.

\$40 per person, bookings essential.
selwynlibraries.co.nz





Festive Fun

Kids' Christmas Market

Saturday 7 December, 1–3pm
Rolleston Community Centre

Buy or sell some pre-loved treasures! Grab unwanted toys and make some pocket money before Christmas. Children 5–15 years, caregiver required. No sales of food or drink.

Stalls \$5 each; book by 5 December at [eventbrite.co.nz](https://www.eventbrite.co.nz).

Family Christmas Card Making

Saturday 7 December, 1–3pm
All Libraries

Join us at any library to get creative and add a personal touch to your Christmas cards this year.

Christmas Storytime

Thursday 19 December, 6–7pm
All Libraries

Dress up and join us for festive stories and fun activities.

FREE

FREE



My Property: How to Research my Property

Thursday 7 November, 6.30–7.30pm
Lincoln Library

Working with Heritage New Zealand's Dr Christine Whybrew, learn how and where to start your research project, finding out all about the history of your property.

FREE



Outdoor Pool Opening Parties

Saturday 16 November, 1–4pm
Southbridge Pool
Sunday 17 November, 1–4pm
Darfield Pool

Grab your friends, family, togs and jandals and come and celebrate the opening of our outdoor pools. Make a splash on the inflatables and hydroslide (at Southbridge). Free BBQ from 1pm, giveaways and awesome spot prizes.

Normal pool admission applies.



Summer in Selwyn

December 2019 to March 2020
Selwyn district

This summer sees the return of our popular Summer in Selwyn programme, featuring some awesome events for the whole family to enjoy. Keep an eye out for the guide in your letterboxes late November.



Capacity Building Workshops

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

FREE

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.

Term time classes start week commencing 14 October, unless specified.
No bookings or enrolment required, unless specified. Sessions requiring enrolment must be paid in advance.

Children's Classes



Baby Gym

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.

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



Little Dancing Feet

A fun 30 minute class for preschoolers using pom poms and ribbons to music. Great for motor skills and coordination.

Term time. Lincoln. \$5 per child.



Mini Gym

Learning through music and movement, this class focuses on motor co-ordination, cognitive development and confidence. Free play as well as structured time and songs with the tutor.

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



Basketball

Learn skills and drills from Selwyn Hawks Basketball. An 8-week class for ages 5–12 years. Enrolment required via email: selwynbasketball@gmail.com. Starts week commencing 21 October.

Term time. Rolleston, Lincoln and West Melton. Cost applies.



Get Your Skates On

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

Term time. Lincoln, Rolleston and West Melton. \$7 per class.



Junior Spin

Calling all teenagers! Workout on a stationary bike with your friends to your favourite music. Ideal for all fitness levels. Bookings essential.

Term time. Lincoln. \$5 per class.



Adult Classes

Active Mums

A 45-minute circuit-style workout using body weight and cardio exercises suitable for all fitness levels. Children's play area available in the same room.

Term time. Lincoln. \$8 per class.

Blast Core

A short, sharp 30-minute workout to strengthen and tone your core using resistance bands and weight plates to maximise results.

Full year. Lincoln. \$5 per class.

Body Tone

Improve strength and muscular endurance during this 45-minute class using free weights and your own body weight.

Term time. Rolleston. \$8 per class.

Boxfit

This high intensity circuit-style boxing class includes skipping, agility work, core work and boxing.

Full year. Rolleston. \$8 per class.

Cardio Pump

A 45-minute workout targeting big muscle groups to get the heart rate up, with a cardio element to finish.

Full year. Lincoln and West Melton. \$8 per class.

Circuit

A 45-minute class alternating between different stations of exercise combining endurance and resistance training. Suitable for all abilities.

Term time. Rolleston. \$8 per class.

Flow Yoga

A mix of Yoga and Pilates; this class works on building strength and flexibility, with a feeling of calm and relaxation at the end.

Term time. West Melton and Tai Tapu. \$8 per class.

HIIT

This circuit-style interval training class has a different challenge every week including weights, boxing and body weight exercises.

Full year, West Melton and Rolleston. Term time, Lincoln. \$8 per class.

**Note: Rolleston, please phone us prior to your first class.*

Kick 'n Tone **NEW**

Kick 'n tone is a combination of martial arts to music and strengthening exercises that will give you a whole body workout. Suitable for all abilities.

Full year. West Melton. \$8 per class.

Mature and Motivated

Great for heart fitness, strength and balance, this is a low impact, fun exercise class aimed at those 60 years and over or anyone getting back into fitness.

Term time. Lincoln, Rolleston and West Melton. \$5 per class.

Mixed Abilities Sports Activities

Sport activities for adults with mixed abilities held on the second Saturday of every month. Caregivers and registration required on the day.

Rolleston. \$3 per class.



Move It To Music

Music, fun equipment and a sense of humour to get you moving. Suitable for those with arthritis or the less active. Tea and coffee provided afterwards.

Full year. Rolleston. \$5 per class.

Pilates

An 8-week course to help increase your postural and muscular awareness, relieve stress and soothe aches and pains. Enrolment required.

Term time. Lincoln, Tai Tapu and Rolleston. \$80.

Pump

An all-over workout for toning and muscle strength, using a weight bar and plates with invigorating music.

Full year. Lincoln, Rolleston and West Melton. \$8 per class.

Pump for Beginners

Learn the correct technique of this complete barbell resistance workout in a fun, beginners' learning environment.

Full year. Lincoln and Rolleston. \$8 per class.

Spin

A cardio endurance class where you control the intensity of your workout on a stationary bike. Bookings essential.

Full year, Lincoln and Rolleston. \$10 per class. \$5 per class for monthly pass holders. Term time, Lincoln 9.15am classes.

Step Pump Combo

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

Full year. Lincoln and Rolleston. \$8 per class.

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.

Term time. Lincoln and Rolleston. \$8 per class. \$5 per class Gold Max Card.

**Note: Rolleston classes on 24 October and 28 November will be held at the 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. Suitable for all abilities.

Full year, Lincoln and Rolleston. Term time, West Melton and Rolleston Monday class. \$8 per class.

No class 8 October at Rolleston.

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.

Full year. Rolleston and West Melton. \$8 per class.

































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.

Fitness Classes	Per session	\$8
Monthly Pass	Valid for a calendar month, expiry date applies. Additional \$5 per spin class	\$35
Fitness Max Card	10 classes + 1 free	\$80
Preschool Card	10 classes + 2 free For Baby Gym, Mini Gym or Little Dancing Feet	\$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




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 & 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 & Motivated 10–10.45am	 Little Dancing Feet 10.30–11am	
 Yoga 6.15–7.30pm		 Baby Gym 10.15–11am	 Get Your Skates On 3.30–4.30pm	 Spin (Enduro) 9–10am
 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	 Cardio Pump 9.15–10am
		 Basketball (9–12 yrs) 4.15–5pm	 Pilates 7–8pm	 Blast Core 10.15–10.45am
		 Pump 6–7pm	 Pilates 8–9pm	
		 Yoga 7.30–8.30pm		

Saturday
















 Spin (Enduro) 9–10am



Sunday

 Cardio Pump 9.15–10am
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 Blast Core 10.15–10.45am

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Spin 9.15–10am	 Spin 6–6.45am	 Spin 9.15–10am	 Spin 6–6.45am	 HIIT 6–6.45am	
 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	 Basketball (5–8 yrs) 3.45–4.30pm	 Mini Gym (1–2 yrs) 9.30–10.15am	
 Baby Gym 10.15–11am	 Step Pump Combo 6–6.50pm	 BoxFit 6–6.45pm	 Basketball (9–12 yrs) 4.30–5.15pm	 Body Tone 10–10.45am	
 Mini Gym (2–5 yrs) 11–11.45am	 Yoga 7–8pm	 Yoga 6–7pm	 Spin 6.30–7.15pm	 Mini Gym (2–5 yrs) 10.15–11am	
 Pump 6–6.50pm		 Spin 6.30–7.15pm	 Pump 7.05–7.55pm	 Mature and Motivated 12–12.45pm	
 Zumba 7–8pm					
					 Pilates 8.30–9.30am
					 Spin 9.30–10.15am
					 Pump for Beginners 10.30–11.15am
					 Mixed Abilities Sports Activities 2.30–3.30pm <i>(Second Saturday of the month)</i>

Monday	Tuesday	Wednesday	Thursday	Friday
 Zumba 10–11am	 HIIT 6–6.45pm	 Mature and Motivated 11–11.45am	 Baby Gym 10–10.45am	 Cardio Pump 9.15–10am
 Flow Yoga 12–1pm	 Yoga 7–8pm	 Pump 6–7pm	 Mini Gym (1–5yrs) 10.45–11.30am	
 Get Your Skates On 3.30–4.30pm		 Kick n' Tone 9.15–10.15am	 Yoga 12–1pm	 HIIT 8–9am
 Pump 5.15–6.15pm			 Basketball (5–8 yrs) 3.30–4.15pm (9–12 yrs) 4.15–5pm	

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

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, with no bookings required unless stated otherwise.



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.



Baby Sensory

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.

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. Held fortnightly.



Brick Attack

Come and play with our new LEGO® collection and make a new creation. An adult must accompany children under 8 years.

Casual Crafts

Come along to Darfield Library and let your imagination run wild at our arts and crafts area.

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

Cubing Club

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

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

Our weekly device drop-in sessions 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 🎨

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

In-Be-Tweens Arts and Crafts

Join these fun and interactive sessions to develop new arts and crafts skills and make new friends. Aimed at 8–12 years.

JP Clinics

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

Lincoln Ladies Tech Group

These sessions are designed to help with the basics of learning how to use modern devices, such as smartphones, tablets and computers. Each session will start out with a basic tutorial and lead to interactive peer learning.

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.

Sign Language Classes 🗣️

Ever wanted to learn another language? Learn the basics with interactive sessions, including games and other activities to develop your skills. Rolleston library; suitable for ages 5–10 years.

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.

Tech Time 📱

Join us to explore everything technology-related. Suitable for 5–10 year olds. Held fortnightly. Bookings and commitment for the term required. Visit selwynlibraries.co.nz.

Teen Artspace

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




Monday	Tuesday	Wednesday	Thursday	Friday
In-Be-Tweens Arts and Crafts 3.30–4.45pm	Rhymetimes 9.30–10am	Creative Card Workshops 10am–12pm <i>First Wednesday of the month</i>	Baby Sensory 9.30–10am	Rhymetimes 9.30–10am
	JP Clinic 10am–1pm		Storytimes 10.30–11am	Device Drop-in 10am–12pm
	Adults Book Club 10.30am–12pm <i>Last Tuesday of the month</i>	Brick Attack 3.30–4.30pm	Tech Time 3.30–4.30pm	Lincoln Ladies Tech Group 2.30–3.30pm <i>Fortnightly, starts 18 October</i>
	Children's Book Club 3.30–4.30pm <i>Third Tuesday of the month</i>			Cubing Club 3.30–5pm <i>Fortnightly, starts 11 October</i>
				Sunday
				Storytimes 10.30–11am
				Discovery Time 1.30–3pm

Rolleston Library

Monday	Tuesday	Wednesday	Thursday	Friday
JP Clinic 12–1pm	Storytimes 9.30–10am	Rhymetimes 9.30–10am	Children's Book Club 5–6pm <i>First Thursday of the month</i>	Baby Sensory 9.30–10am
	Device Drop-in 12–1pm	Sign Language Class 3.30–4.30pm	Young Adults Book Club 5–6pm <i>First Thursday of the month</i>	Adults Book Club 1.30–3pm <i>Second Friday of the month</i>
	Brick Attack 3.30–4.30pm		Adults Book Club 6.30–8pm <i>Third Thursday of the month</i>	
				Sunday
				Storytimes 10.30–11am
				Board Games Club 1.30–3pm

Darfield Library

 SelwynLibraries
selwynlibraries.co.nz

Monday	Tuesday	Wednesday	Thursday	Friday
Children's Book Club 3.30–4.30pm <i>First Monday of the month</i>	Rhymetimes 10.30–11am	JP Clinic 11.30am–12.30pm		Storytimes 10–10.30am
Adults Book Club 7–8.30pm <i>Third Monday of the month</i>	In-Be-Tweens Arts and Crafts 1.30–3pm	Discovery Time 3.30–5pm		Device Drop-in 1.30–3.30pm
	Teen Artspace 4.30–6pm			Brick Attack 3.30–4.30pm
				Saturday
				Casual Crafts 1–3pm

Leeston Library

Monday	Tuesday	Wednesday	Thursday	Friday
Brick Attack 3.30–4.30pm	Rhymetimes 10–10.30am	Adults Book Club 10–11am <i>Third Wednesday of the month</i>	Storytimes 10–10.30am	Device Drop-in 2–4pm
		Teen Artspace 3.30–5pm	Children's Book Club 3.30–4.30pm <i>Third Thursday of the month</i>	
			Tweens Book Club 3.30–4.30pm <i>Second Thursday of the month</i>	Saturday
				Adults Book Club 2–3pm <i>Third Saturday of the month</i>

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.



Weekly Classes



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.

Bookings

Bookings required for some classes. One-off group bookings available please call us on 347 2734.

Aqua Fitness Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30am			 30 MINUTES		 45 MINUTES
10.30am					 45 MINUTES
11am	 45 MINUTES				
12pm	 30 MINUTES	 45 MINUTES		 30 MINUTES	
1pm		 45 MINUTES		 45 MINUTES	
6.15pm				 30 MINUTES	
7pm	 45 MINUTES				

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

selwyn.govt.nz