

## Group Fitness Classes

### 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.

## LESMILLS BODY COMBAT 45 MINS

A high-energy martial art inspired non-contact workout. The instructor will challenge and motivate you into a series of fight combinations to music using power and endurance throughout the different tracks. You will punch and kick your way to fitness burning calories along the way!

## LESMILLS LESMILLS EXPRESS BODYPUMP SOMINS

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.

#### **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.

## 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 30 MINS

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

## GRIT STRENGTH 30 MINS

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

#### HIT 45 MINS

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

## KICK & TONE 60 MINS

Kick and Tone is a dynamic interval training class that utilises martial arts moves and strengthening exercises to help you get in shape and feel great! Suitable for all abilities.

## 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/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.

#### 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 60 MINS

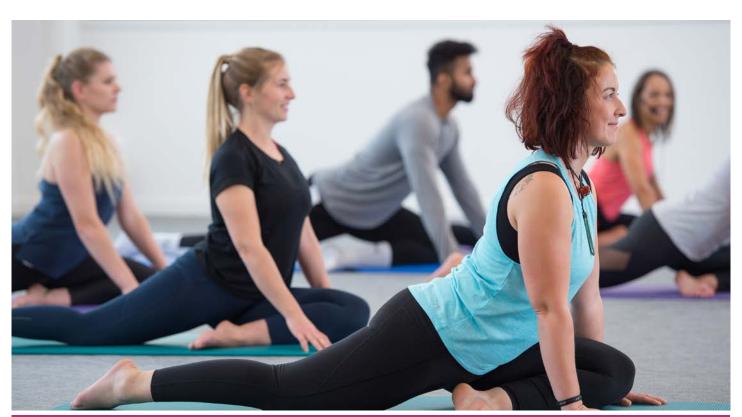
Class starts with yoga poses in a flowing sequence, followed by settling into restorative yin-type poses. Adapt to suit your body with gentle back bends, strengthening and balance work. Adaptable to all ages, levels of experience and people recovering from injuries.

## YOGA RESTORE GOMINS

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 <b>RPM</b>	HIIT		
6am	GRIT STRENGTH			<b>BOXFIT</b>			
6.35am			CORE				
8.15am						BODYPUMP 30	
9am	LesMILLS <b>RPM</b>		LesMILLS <b>RPM</b>	LESMILLS RPM	LesMILLS RPM	LesMILLS RPM	
9am				BODYPUMP 45			Sprint
9.15am	YOGA HATHA	BODYPUMP 45			BODYPUMP 45		
10am		CORE		YOGA HATHA	CORE	BODYPUMP 45	LesMILLS <b>RPM</b>
10am							LESMILLS BODYBALANCE
11am		MATURE & MOTIVATED			MATURE & MOTIVATED	CORE	
12pm	BODYPUMP 5		BODYPUMP 30				
1.15pm			MOVE IT TO MUSIC				
5.15pm	BODYPUMP 30						
6pm	Sprint			LesMILLS <b>RPM</b>			
6pm	BODYPUMP 60	STEP PUMP 45	YOGA RESTORE	GRIT CARDIO			
6pm		LesMILLS <b>RPM</b>	LesMILLS <b>RPM</b>				
7pm		LESMILLS BODYBALANCE		BODYPUMP 60			
7.15pm			BODYPUMP 45				
7.30pm	YOGA EASY FLOW						

## Lincoln Event Centre

#### FLINCOLNEVENTCENTRE PH (03) 347 2983

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am			LesMILLS <b>RPM</b>		LesMills <b>RPM</b>		
8.15am						LesMILLS <b>RPM</b>	
9.15am	LesMills <b>RPM</b>	HIIT				Lesmills BODYBALANCE	BODYPUMP 45
10am	MATURE & MOTIVATED		MATURE & MOTIVATED				
10.15am		PILATES					CORE
5.30pm	BODYPUMP 6		BODYPUMP 6				
6pm	YOGA EASY FLOW	LesMILLS <b>RPM</b>		STEP PUMP			
6pm				Sprint			
6.30pm		BODYPUMP 45					
6.30pm		LESMILLS BODYBALANCE					
6.45pm	ZUMBA		CORE				
7pm				PILATES			
7.30pm			YOGA RESTORE				
8pm				PILATES			







## West Melton Community and Recreation Centre

WESTMELTONCOMMUNITYCENTRE
PH (03) 347 1804

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	HIIT	LesMILLS * BODY COMBAT				
8am						HIIT
9.15am	PUMP/CORE (55)		KICK & TONE		BODYPUMP 45	
10.15am	MATURE & MOTIVATED					
11am			MATURE & MOTIVATED			
5.15pm	BODYPUMP 6					
5.30pm			BODYPUMP 60	LesMILLS * BODY COMBAT		
6pm		HIIT				
6.30pm				Lesmills BODYBALANCE		
7pm		YOGA			*New c	lasses start 1 June.

## Darfield Recreation and Community Centre

PH 027 535 8379



Please note: Class does not run on the first Monday of each month.

## Rolleston Community Centre

PH 03 347 2882

7.15pm **ZUMBA** 

Virtual Classes

BOOKINGS RECOMMENDED\*

Classes are held in a group fitness room with an instructor on a large screen.

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

Selwyn Sports Centre

<sup>\*</sup>Please refer to the phone numbers on the back of this brochure or visit selwyn.govt.nz.







## 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



45 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.

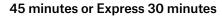
45 minutes



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

45 minutes







## Selwyn Aquatic Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
6.30am					(trial for 6 weeks starting 28 April)	
8.30am					HYDRO	
9.30am	HYDRO	AQUA	AQUA (5)	AQUA	AQUA (45)	
10.30am	HYDRO	HYDRO	HYDRO HEALTH	HYDRO	HYDRO	
10.50am					AQUA NATAL	
11.30am				HYDRO HEALTH		
12.15pm		HYDRO HEALTH				
1pm		AQUA				
6.15pm	AQUA	AQUA NATAL	HYDRO	HYDRO HEALTH		
7pm	AQUA			AQUA (45)		
7.15pm			AQUA ZUMBA		Timetable	subject to change.

#### SELWYN.GOVT.NZ/RECREATION

## 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.

#### **BYO Roller Skate**

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. Bookings required.

#### Floorball 60MINS

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

### Get Your Skates On 60MNS &

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

### 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 Feet

A fun class for preschoolers using pompoms and ribbons to music. Great for fundamental movement skills and coordination







### Mini Gym 45MINS

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. Aimed at 1-5 years.

### 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 Picklehall FERMINS

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

## The Selwyn Striders **EDMINS**

WINTER 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.



## 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		THE SELWYN STRIDERS	MINI GYM (3MNTH–2YRS)			
10.15am	BABY GYM	SENSORY TIME	BABY GYM		MINI GYM (3–5YRS)		
10.30am				LITTLE DANCING FEET			SOCIAL
10.45am				MINI GYM (3–5YRS)			PICKLEBALL
11am	MINI GYM (3–5YRS)		MINI GYM (3–5YRS)				
12pm							
2pm						PADDLE BOATS	INFLATABLES
3.30pm	GET YOUR Skates on	GET YOUR Skates on		GET YOUR Skates on		FOR KIDS	INI LAIADLES
4pm		BYO ROLLER SKATES FORTNIGHTLY FROM 23 MAY					BYO ROLLER SKATES 25 JUNE, 23 JULY AND 27 AUGUST
5pm			<b>FLOORBALL</b> (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 30 June. Term 3 classes resume Monday 17 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

\$18.39 PER WEEK

Community card holders\* \$15.23 per week. Membership valid across all facilities.

## Premium Swim & Aqua Group Fitness

Swimming and Aqua Group Fitness classes

\$13.20 PER WEEK

Community card holders\* \$10.91 per week.

#### Basic Pool

Unlimited swimming!

\$12.20 PER WEEK

Community card holders\* \$9.81 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

\$13.20 PER WEEK

Community card holders\* \$10.91 per week. Membership valid across all facilities.

#### Basic

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

\$11.17 PER WEEK

Membership valid across all facilities.

#### Casual Prices

Adult	\$10				
Community card holders*					
Preschool	\$4.90				
Skating	\$7				
BYO Roller Skate	\$3				
Casual Basketball, Netball or Track (Selwyn Striders)	\$3				
Social Sports	\$5				

# July School Holidays



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



Pick up a flyer from your local Selwyn facility from 10 June, or check out: selwyn.govt.nz/holidays

## Libraries Programmes

#### SELWYNLIBRARIES SELWYNLIBRARIES.CO.NZ

These programmes are held at Darfield, Leeston and Lincoln Libraries, and at Te Ara Ātea. 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 childrensuniversity.com.au 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.

#### **Board Games Club**

Love board games? Head along to our libraries to play a variety of exciting games. All ages welcome.

#### Children's Book Club &

Share your latest reading adventures, check out the newest book arrivals, participate in an activity, and have a snack. 5–11 years.

### Coding Club &

Join our weekly Coding Club sessions for some hands-on coding and problem solving at Te Ara Ātea. Perfect for 9–13 years.

### 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.

### English Learners Club

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.

#### JP Clinics

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

#### LEGO® 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.

#### LEGO® Club &

Play with our new LEGO° collection and make a new creation. Children under 8 years must be accompanied by an adult

### 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.

#### Scrabble Club

Enjoy a good game of Scrabble? Join our weekly Scrabble Club for fun games and friendly company.

## 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.

## 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.

## Women's Networking Group

Make new connections and develop your social skills. Gain inspiration, support and empowerment from other women within the community. Each month we will have a local professional speaking about their journey so far, followed by an opportunity to network and get to know each other.

## Writers' Groups

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





## **Darfield Library**

#### **Monday Board Games Club**

3.30-4.30pm

Adults Book Club 7-8.30pm

#### **Tuesday**

Malvern Writers' Café 10am-12pm Second Tuesday

> **Rhymetimes** 10.30-11am

#### Wednesday

**Rates Rebates** 10am-12pm

**JP Clinic** 11.30am-12.30pm

#### SELWYNLIBRARIES SELWYNLIBRARIES.CO.NZ

#### **Thursday**

**Quiet Time** 12-2pm

**Rates Rebates** 1-3pm

Children's Book Club 3.30-4.30pm First Thursday of the month

Virtual Reality 3.30-4.30pm

#### **Friday**

**Storytimes** 10-10.30am

**Device Drop-in:** Tech Help 1.30-3.30pm

LEGO® Club 3.30-4.30pm

Saturday

Casual Crafts 1-3pm

Saturday

Lego Advanced

10.30-11.30am

Sunday

**Board Games Club** 

1.30–3pm

## Te Ara Ātea

#### **Monday**

JP Clinic 12-1pm

**Coding Beginners** 3.30-4.30pm

#### **Tuesday**

**Storytimes** 9.30-10am

T

**Device Drop-in:** Tech Help 11am-1pm

Children's Book Club T 3.30-4.30pm First Tuesday of the month

#### Wednesday

Women's **Networking Group** 9.15-10.30am

Last Wednesday

**Rhymetimes** 9.30-10am

T

Genealogy Group 1-2.30pm

**LEGO® 101** 3.30-4.30pm

LEGO® Advanced 3.30-4.30pm

#### **Thursday**

**JP Clinic** 12-1pm

**Quiet Time** 12-2pm

**English Learners Club** 1.30-2.30pm

> Virtual Reality 3.30-4.30pm

**Sensory Babytimes** 9.30-10am

Adults Book Club 1.30-3pm

**Friday** 

Term 2 classes run until Friday 30 June. Term 3 classes resume Monday 17 July.

Classes are weekly unless stated otherwise.







School-aged



Preschoolers

### Leeston Library

# Monday Scrabble Club 10.30am-12pm Rates Rebates

2-3pm

**LEGO® Club** 

3.30-4.30pm

#### Tuesday

Rhymetimes 10–10.30am

#### Wednesday

Adults Book Club
10–11am
Third Wednesday
of the month

#### SELWYNLIBRARIES SELWYNLIBRARIES.CO.NZ

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#### Thursday

Storytimes 10–10.30am

Quiet Time 12–2pm

Virtual Reality 2–4pm

Chess Club 3.30–4.30pm

#### Friday

Rates Rebates 11am-12pm

Device Drop-in: Tech Help 2–4pm

Children's Book & Board Games Club 3.30–4.30pm

#### Saturday

Adults Book Club 10–11am nird Saturday of the mon

> Storytimes 11–11.30am

## Lincoln Library

## Monday Scrabble Club 11am-12pm

English Learners Club 1.30–2.30pm

#### Tuesday

Rhymetimes 9.30–10am

JP Clinic 10am-12pm

Adults Book Club 10.30am–12pm Last Tuesday of the month

> Rates Rebates 1–3pm

Children's Book Club 3.30–4.30pm Third Tuesday of the month

#### Wednesday

Sensory Babytimes 9.30–10am

> Rates Rebates 9–11am

LEGO® Club \_\_\_\_ 3–4pm

Board Games Club 3–4pm

#### Thursday

Storytimes 10.30–11am

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Quiet Time 12–2pm

Virtual Reality 3.30-5.30pm

Adult Evening Book Club 6.30–7.30pm First Thursday of the month

Writers' Group 6.30–7.30pm Second Thursday of the

#### Friday

Rhymetimes 9.30–10am

Device Drop-in: Tech Help 10am–12pm

Cubing Club 3.30–5pm

#### Sunday

Storytimes 10.30–11am

Term 2 classes run until Friday 30 June. Term 3 classes resume Monday 17 July.

Classes are weekly unless stated otherwise.





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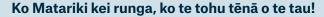
School-aged



Preschoolers

## MATARIKI Events



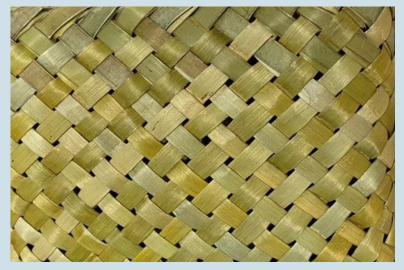


Matariki signals the Māori New Year and is considered a time of celebration and renewal. Matariki begins with the rising of the Matariki star cluster which appears mid-winter. Customarily, Matariki was celebrated by the lighting of ceremonial fires, gifts and offerings, and celebrations to farewell the dead, honour ancestors, and to celebrate the coming year. The Matariki star cluster was also used to indicate how abundant the upcoming year's harvest would be. Bright clear stars promised a warm and successful season. However, hazy stars warned of cold weather and poor crops.

#### Tupuārangi

Each year, Selwyn District Council focuses its celebrations on one of the nine stars in Matariki. This year we celebrate Tupuārangi who is connected with everything that grows up in our trees and forests such as birds, berries, and other fruits of the forest. The gathering and preservation of these resources helped sustain Māori through the cold winter months. When Tupuarangi shines brightly the coming year will a good one for harvesting — Mānawatia a Matariki!





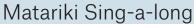
#### Kete Weaving Workshop Saturday 8 July, 12.30-3.30pm Te Ara Ātea

Join members of Te Kāhui Hono, a collective of Selwyn and Ōtautahi weavers, as they share their knowledge and expertise in weaving. During this workshop they will demonstrate and assist you in weaving a seamless harakeke kete, utilising elements of raranga plaiting techniques. 12+ years. \$15 library members, \$30 non-members.

Bookings required.

## MATARIKI Events





Thursday 13 July, 10-10.30am Te Ara Ātea

Thursday 13 July, 1-1.30pm **Leeston Library** 

Saturday 15 July, 10.30-11am **Darfield Library** 

Saturday 15 July, 1.30-2pm Lincoln Library

Join sisters and musical duo Leah and Siu from Loopy Tunes this Matariki for a session of interactive bilingual music fun! Suitable for ages 2-7 years.

Bookings required.

selwynlibraries.co.nz/events

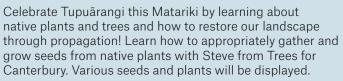






#### Native Plant Propagation Saturday 15 July, 10.30am-12pm

**Lincoln Library** 



Bookings required.

selwynlibraries.co.nz/events



## Bird Watching in Selwyn

Thursday 20 July, 6.30-7.30pm Te Ara Ātea



Celebrate Tupuārangi this Matariki by joining Peter Langlands of Wild Capture as he shares over 40 years' experience bird watching. Learn about the birds you are likely to see around the district, the best places to watch, essential equipment and etiquette. All ages welcome.

Bookings required.

## MATARIKI Events









### Dinners of Selwyn

#### Monday 17 July, 6-7,30pm **West Melton Community and Recreation Centre**

Dinners of Selwyn is a communal gathering where everyone brings a dish to share with each other. It's about bringing our wonderful community together to celebrate the diversity of our district while enjoying great food and making new friends through the language of sharing a delicious meal together.

To celebrate Matariki and the fourth star, Tupuārangi, guests are invited to share their favourite recipe featuring fruit and/or berries.

Community garden ambassador Rachel Vogan will share insights into what community gardens do and how to get involved. Members from each Community Garden around the district will speak about the tasty treats they are harvesting and cooking at present in conjunction with Matariki.

Playing games is also a big part of Matariki, so bring a family game to enjoy with everyone.

Bookings required.

selwyn.govt.nz/events

## Selwyn Community Garden Open Days



Lincoln Envirotown Thursday 20 July, 1-3pm

James Street (behind the former Maternity Hospital site), Lincoln

Rolleston Envirotown

Saturday 22 July, 10am-12pm

Corner William Street and Brookside Road, Rolleston

Kirwee Community Garden Sunday 23 July, 1-3pm 1326 Courtenay Road, Kirwee

Ever wondered what happens to a garden in winter? Come along to one of three Selwyn Community Gardens to find out how to prepare your garden for the upcoming growing season. Pruning berry and fruit trees, preparing your strawberry patch — there's a lot to do! Plus find out how you can get involved in your local community garden.

Drop-in.

selwyn.govt.nz/events



## **Loving Literature**

## Adults' Short Story Competition

1 June to 31 July All Selwyn Libraries

Calling all budding writers!

Short story entries must be unpublished works.

Entries should be no more than 5000 words.

Each entry should be double spaced, 12pt, with title and page numbers on each page. Please email your story to programming@selwyn.govt.nz with attachment in either word or PDF format. No other formats will be accepted. Subject line: Short Story Competition. The title of the short story should be at the top of the document, but no identifying name/s of author or submitter should appear on the document. Entries will be read blind by our panel.

Please put the author's name, contact number, and word count in the body of the email. 18+ years.

Closing Date: Monday 31 July, 5pm.

Runner up and winner will be announced: Monday 28 August.

selwynlibraries.co.nz/events



### Selwyn Libraries Big **Book Sale**

Friday 28 July, 9am-5,30pm Saturday 29 July, 10am-3.30pm Te Ara Ātea

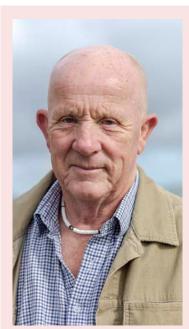
Save the date! Check out our Big Book Sale of withdrawn books, puzzles and other media.

Items will be priced from \$1 for all children's and young adult items, \$2 for most adult fiction and non-fiction, and a selection of specialty items for \$5.

Drop-in.

selwynlibraries.co.nz/events





### Eight Great Poems FREE with Joe Bennett

Thursday 10 August, 6.30-8pm Te Ara Ātea

Joe Bennett is back. Join Joe for another entertaining evening in which he introduces eight of his favourite poems, purely for the pleasure. None of the poems will be less than 50 years old, and several will be much older than that.

13+ years.

Joe Bennett's memoir, From There to Here, is published this year by Harper Collins N7.

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. Drop-in.

selwynsportscentre.co.nz

## Men's Mental Health: What's Different and What Works

Thursday 15 June, 7-9pm Te Ara Ātea

To acknowledge Men's Health Week; join us for a presentation that will uncover why men often experience mental health uniquely — in the way they perceive wellbeing, experience distress, and how they seek and respond to help. Facilitated by a registered Counsellor alongside key support organisations; participants will leave with a clear understanding of key themes, communication and response considerations, so they can effectively support their own journey, their loved ones, or clients.

Bookings required.

selwyn.govt.nz/events





## The Calming Method Workshop

FREE

Sunday 18 June, 11am-12pm Te Ara Ātea

Join wellbeing expert Ella Sidey for a one-hour workshop to learn tools that will support you to grow your inner calm and find more balance in life. Discover how you can easily incorporate more bite-size mindfulness into your day so that you can de-stress and feel more in control of your thoughts and emotions. Prioritise this time just for you — you deserve it! 18+ years.

Bookings required.

## **Winter Wellness**

#### Wild Herbal Winter Drinks

Thursday 22 June, 6.30-7.30pm Te Ara Ātea

Join Jackie from Wild Cuisine and sample some delicious, healthy winter drinks using wild foraged herbs. Recipes and preparation methods will be shared, and you will be fascinated by what wild foods are freely available to create nutritious winter drinks.

16+ years.

Bookings required.

selwynlibraries.co.nz/events





## Wild Foods for Health and Vitality

#### Saturday 24 June, 11am-12pm Darfield Library

Learn how to boost your immunity this winter by adding foraged wild foods to your diet. In this workshop with Jackie from Wild Cuisine, you will discover where to find and how to prepare wild greens, herbs, berries, and fungi that have highly functional and well-researched health benefits.

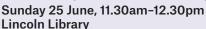
16+ years.

Bookings required.

selwynlibraries.co.nz/events



## Mindfulness: The Journey to Your Life Purpose Workshop



Do you want to feel more energised and intentional? Learn how to create a vision for your life with actionable steps to get you there in this one-hour workshop. Discover what inspires your energetic alignment — so that you feel calm, fulfilled, and know what sparks joy in your life.

18+ years.

Bookings required.





## **Family Fun**

### Strawberry Fairy Circus

Sunday 28 May, 10am, 11.15am and 12.30pm West Melton Community and Recreation Centre

Enjoy a 25-minute performance by the Strawberry Fairy, then have a go at learning some hoop, silks, and juggling skills. Fun for the whole family! Pram-friendly.

\$5 per person. Bookings required.

selwyn.govt.nz/events





## Kakaha Park Opening Event

Sunday 11 June, 10am-12pm
Corner Leadleys and Birchs Road, Prebbleton

Join Mayor Sam Broughton to celebrate the official opening of our new recreational space in Prebbleton! Participate in family activities with local clubs on the sports fields and basketball court, or bring your bike to try out the snake track. There'll even be fun for your furry friends over at the new dog park. Bring some cash for the sausage sizzle fundraiser.

Drop-in.

selwyn.govt.nz/events

#### Winter Crafts

Tuesday 13 June, 4-5pm Darfield Recreation and Community Centre

Wednesday 28 June, 3.30-4.30pm West Melton Community and Recreation Centre

Sunday 23 July, 1.30-2.30pm Sheffield Community Hall

Sunday 13 August, 10-11am Glentunnel Community Centre

Pop down to your local community centre for some crafting fun! All ages welcome.

\$3 per person. Bookings required.

selwyn.govt.nz/events





## Youth Service and Hub Opening Day

Saturday 24 June, 3-6pm Rolleston Community Centre

A youth hub for services and programmes has been created to provide rangatahi youth (12 to 24 years old) a space where they can go to receive targeted programmes and non-judgmental confidential youth services from qualified agencies.

Join us to celebrate the opening of this exciting new space! We'll have a DJ, barbers, braiders, food and drink, competitions, giveaways and more.

Drop-in.

selwyn.govt.nz/events



## **Family Fun**



## Gymnastics for Families

Sunday 25 June, 10am 80 Detroit Place, Rolleston

Trained instructors will take you through a variety of gymnastics stations to learn simple skills, tricks and techniques. A great way to get active and have fun with your family and friends.

\$5 per person.

Bookings required.

selwyn.govt.nz/events

## Winter Family Bingo

Friday 7 July, 6pm Lincoln Event Centre

Saturday 22 July, 7pm 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!

\$3 per person.

Bookings required.

selwyn.govt.nz/events



### Pool Spectacular

Sunday 30 July, 2-4pm Selwyn Aquatic Centre

We'll have all the toys out at this jam-packed, spectacular afternoon of family pool fun! There will be something for everyone, including infants.

\$3.50 to \$6 per person.

Bookings required.

selwyn.govt.nz/events





#### Fit Families

Sunday 20 August, 12pm Lincoln Event Centre

Get fit and have fun with your family and friends by joining in with a circuit, dance or yoga family-style fitness class. For all ages and abilities, pram-friendly.

\$5 per person.

Bookings required.

selwyn.govt.nz/events

### **Tailormade**

### Watercolour Workshop

Saturdays — 10, 17 and 24 June and 1 July, 1.30-3pm Darfield Library

Have you always liked the idea of having a watercolour sketchbook at hand, where you can spend some moments of quiet reflection creating a memento of daily life?

Join local artist Soon-Lee Spicer for a four-week introductory watercolour workshop, where she will show you some simple techniques to create a range of sketchbook illustrations.

No art experience required. 18+ years.

\$50, bookings required.

selwynlibraries.co.nz/events



## Hand Stitched Bookbinding/Repairing

Sundays — 11, 18 and 25 June and 2 July, 10.30am-1.30pm Te Ara Ātea

Do you want to learn how to repair a favourite treasured book that has been damaged or well-worn. This four-week workshop is the perfect opportunity to learn traditional hand binding and other techniques necessary to restore it back to its former glory. 18+ years.

\$50, bookings required.

Bookings required.

selwynlibraries.co.nz/events



## Needle Felting Workshop

Sunday 18 June, 12.30-3pm Lincoln Library

Saturday 29 July, 10.30am-1pm Leeston Library

Saturday 19 August, 10.30am-1pm Darfield Library

Needle felt your very own fairy or gnome with local Leeston textile artist, Loretta Sloan. Loretta will help you develop the necessary skills and techniques to make your own wee creations. With over 30 years of experience specialising in NZ wool, Loretta has even shown her creations at World of Wearable Art (WOW).

13+ years.

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



## **Women in Sport**

To recognise the various women's sporting World Cups happening this year, we are celebrating women in sport with some fun events!

## Selwyn Netball

#### Sunday 30 July, 10am-12pm Selwyn Sports Centre

The Selwyn Netball club will be holding 'have a go' sessions at the Selwyn Sports Centre. Come and learn the basics and have fun with the team.

13 to 17 years: 10-11am 18+ years: 11am-12pm Bookings required.

selwyn.govt.nz/events





## Selwyn Artistic Swimming

#### Sunday 6 August, 2.30-4.30pm Selwyn Aquatic Centre

Have you always wanted to try artistic swimming? The Selwyn Artistic Team will be putting on a 'have a go' session for any kids wanting to try a new sport! To try artistic swimming, you must be a competent swimmer, and be confident out of your depth. Having done either dance or gymnastics is helpful but not as important as enthusiasm and a positive attitude. Ages 7–15 years.

Bookings required.

selwyn.govt.nz/events

#### Prebbleton Football

#### Sunday 13 August, 10-11am Kakaha Park, Prebbleton

Prebbleton Football will be holding a 'have a go' session for girls. Come down to Kakaha Park in Prebbleton and learn some skills of the world's most popular game!

Ages 7–15 years.

Bookings required.

selwyn.govt.nz/events

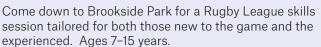






## Rolleston Rugby League

Sunday 20 August, 10am-2pm Brookside Park, Rolleston



Bookings required.

selwyn.govt.nz/events

#### The Art of Bonsai

Beginner's:

Saturday 10 June, 11.30am-3.30pm Broadfield Community Hall

Saturday 24 June, 11.30am-3.30pm Leeston Library

Saturday 22 July, 11.30am-3.30pm Darfield Library Intermediate:

Saturday 17 June, 11.30am-3.30pm Te Ara Ātea

Saturday 5 August, 11.30am-3.30pm Lincoln Library

Join Tony Bywater from the Christchurch Bonsai Society as he shares his decades of experience and demonstrates the essential steps to grow your own bonsai tree.

#### Beginner's Workshop:

Acquire the refined techniques of cultivation, styling, and care to begin your bonsai journey. You'll apply your newly learned techniques to make your own and receive a tree, potting mix, wire and grow bags. 13+ years.

#### Intermediate Workshop:

Suitable for those who have had some prior introduction to the art and practice of bonsai and want to take the next step on their bonsai journey. This workshop covers the annual cycle of care for bonsai, encouraging growth, pruning and development of branches and foliage pads. Bring one or more of your trees along for advice and assistance on their further development. Please don't worry if your previous bonsai have not survived, Tony can supply you with a new tree for a fresh start! All you need to work on your own bonsai tree(s) will be provided. 13+ years.

\$20 library members, \$40 non-members (per workshop).

Bookings required.

#### selwynlibraries.co.nz/events





# Nourish Orchard Pruning and Tree Health Demonstration Workshop

#### Saturday 10 June, 1-3pm Darfield Community Garden

Join Bronwyn Adams-Hooper and Dave Askin from Nourish at the Darfield Community Garden, where they will share their knowledge and demonstrate techniques for improving the health of your orchard trees. This presentation will be followed by the annual tree pruning workshop.

All ages welcome.

Bookings required.

### Court Theatre: Introduction to Drama Skills

Saturday 10 June, 1-3pm Te Ara Ātea

Thursday 15 June, 3.30-5.30pm Lincoln Library

Spend an afternoon, working with a professional theatre maker, learning fun warm-up games, and exploring activities that generate creativity and confidence. This high-energy introductory workshop will teach students the fundamentals of acting and performance whilst also being a lot of fun!

Te Ara Ātea event: 12-15 years Lincoln event: 8-11 years

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

Bookings required.

selwynlibraries.co.nz/events



## Jam and Chutney Preserving Saturday 22 July, 12-3pm

Leeston Library

Preserving is an age-old skill, allowing people to deal with excess produce and store it successfully for later use. In this session, you will learn about successful jam and chutney making techniques, make yourself a jam and chutney and leave with the confidence to make your own delicious treats at home. Materials required, please visit our website for details. 18+ years.

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

Bookings required.

#### selwynlibraries.co.nz/events



## Nourish: Caring for Chickens in a Permaculture Garden



Saturday 22 July, 1-3pm Darfield Library

Learn what it takes to beat the current egg shortages and nurture chickens in your backyard. During this informative presentation, Gary Knudsen (formerly from Living off the Land) will cover chicken care and Dorothy Innes will discuss how to incorporate chooks into a permaculture garden. All ages welcome.

Bookings required.





## Candle Making

Thursday 3 August, 6.30-7.30pm Te Ara Ātea

Thursday 24 August, 6.30-7.30pm Lincoln Library

Saturday 26 August, 10.30-11.30am Leeston Library

Join candle making experts Aroma Layne to learn the do's and don'ts of candle making.

During this one-hour workshop you will learn how to make a pure soy candle and soy wax melts in your choice of fragrance. 16+ years.

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

Bookings required.

selwynlibraries.co.nz/events

## **DIY Cleaning Products**

Saturday 5 August, 10.30am-12.30pm Darfield Library

Join Back to the Wild's Sonia Barrish as she shares her knowledge and assists you in creating a variety of natural household cleaning products. You will leave this handson workshop with 500gm of laundry powder, 100gm of cleaning paste, 750ml of spray cleaner, two toilet bombs, and recipes to make a number of other cleaners. 18+ years.

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

Bookings required.

#### selwynlibraries.co.nz/events



## Goal Setting and Vision Board Workshop

Sunday 6 August, 10.30am-1.30pm Te Ara Ātea

Goal setting is a powerful process for thinking about your ideal future and for motivating yourself to turn your vision of this future into reality. Facilitated by local empowerment coach Jane Elley, you will be guided through the process of setting achievable goals and developing a vision board to keep you motivated. 18+ years.

Bookings required.





## Fly Fishing and Fly Tying

FREE

Saturday 12 August, 10.30am-12.30pm Te Ara Ātea

Saturday 12 August, 1.45-3.45pm Darfield Library

Saturday 19 August, 10.30am-12.30pm Lincoln Library

Saturday 19 August, 1.45-3.45pm Leeston Library

Saturday 26 August, 10.30am-12.30pm Glentunnel Community Centre

Expert guide Martin Langlands will share a diverse mix of presentations, demonstrations, and discussions focused on aspects to help upskill kiwi anglers. The fly tying demonstration will focus on a blend of simple through to complex patterns, while the fly fishing presentation will be detailed and highly informative, covering several fly fishing subjects. Whilst aimed more towards anglers and fly tiers that have some experience, it will also be insightful to beginners, with the opportunity for questions and discussions on each topic.

selwynlibraries.co.nz/events

Bookings required.





## Kagura Japanese Performing Arts

Monday 14 August, 6.30-7.30pm Te Ara Ātea

Be entertained by a visiting group of Bicchū Kagura performers from Japan! Adorned with traditional costumes and masks, and accompanied by the beat of the taiko drum, the group will demonstrate elements of traditional Japanese myths. All ages welcome. Bookings required.

selwynlibraries.co.nz/events

## Christchurch Symphony Orchestra Musical

Extravaganza!

CSO Music Trails Tuesday 15 August, 10.30-11.15am Lincoln Library

CSO Live Tuesday 15 August, 12-12.45pm Lincoln Library

CSO Music Workshop Tuesday 15 August, 3.30-4.15pm Leeston Library

Join the Christchurch Symphony Orchestra (CSO) for a day of activities in Selwyn!

Lincoln Library hosts the CSO for an interactive CSO Music Trails performance filled with singing, dancing, storytelling and music, followed by a lunchtime concert open to everyone.

Leeston Library hosts an after-school jam session for all ages — no experience necessary! Bookings required.





## Waste Art Competition

Exhibition: Saturday 26 August to Sunday 27 August Awards Presentation: Sunday 27 August, 2pm Te Ara Ātea

Local high school students have created incredible pieces of art using recycled materials to meet the Waste Art challenge put forth by Lincoln Envirotown. This competition challenges the way that we look at waste. Be inspired by creativity and recycling by joining us for the exhibition and awards. All ages welcome.

selwynlibraries.co.nz/events

Drop-in.







## Are You Ready for an Emergency?

#### Wednesday 28 June, 7-8.30pm Te Ara Ātea

Emergencies can happen anytime and anywhere, and often without warning. It is up to you to make sure you and your family are ready and know what to do. You may need to take care of yourselves for several days, or longer.

The good news is, there are some simple steps you can take now to get ready and make your life more comfortable following an emergency event.

The Selwyn Emergency Management team are hosting a free presentation on the hazards that could affect Selwyn and what individuals, families and businesses can do to be prepared.

Understanding the likely impacts of an emergency can help you get through.

 $Registration\ required,\ email:\ cdem.team@selwyn.govt.nz$ 



#### LEARN EARN GROW SELWYN EVENTS



## Stepping Up — Digital Essentials



Tuesdays — 6, 13, 20 and 27 June, 11am-12pm Te Ara Ātea

Wednesdays — 7, 14, 21 and 28 June, 11am-12pm Lincoln Library

Tuesdays — 8, 15, 22 and 29 August, 11am-12pm Leeston Library

Thursdays — 10, 17, 24 and 31 August, 11am-12pm Darfield Library

Designed for the complete novice; Digital Essentials is a four-week programme that will give you an introduction to the digital world. This programme covers computer basics and online essentials, as well as options for connecting to the internet. Chromebooks will be provided at each session.

18+ years.

Bookings required. Call your local library to secure a place (refer to back page of this guide).

selwynlibraries.co.nz/events

### Te Wiki Tūao ā-Motu National Volunteer Week 2023

Tuesday 20 June, 11.30am-12.30pm Thursday 22 June, 6.30-7.30pm Te Ara Ātea

National Volunteer Week Te Wiki Tūao ā-Motu honours the collective energies and mana of all volunteers in Aotearoa. They grow our people, open minds, open hearts and create joy.

National Volunteer Week 2022 runs from June 19–25. Join us this National Volunteer Week to share stories of volunteering and help reshape mahi aroha for the future.

#### **Volunteer Connections**

Are you looking for ways to support the local community and connect with the wider Selwyn volunteer network? Join Volunteering Canterbury as they host a casual gathering, where they will share how you can promote volunteer opportunities and how to find new and existing ones. Drop-in.



#### **LEARN EARN GROW SELWYN EVENTS**



## Introduction to Business with IRD

Thursday 17 August, 5.45-7.45pm Te Ara Ātea

Are you in business or starting a business? Join our free seminar to learn about income tax and we'll introduce some of our key tools and resources to help make it easier for you to manage your obligations. 18+ years.

## Introduction to GST with IRD

Thursday 24 August, 5.45-7.45pm Te Ara Ātea

Are you registered for GST or thinking of registering? Join our free seminar to learn about what's involved with being GST registered. 18+ years.

FREE

## Introduction to Employers with IRD

Thursday 31 August, 5.45-7.45pm Te Ara Ātea

Are you employing or thinking of employing? Join our free seminar to learn about what's involved with being registered as an employer.

18+ years.

Bookings required. selwynlibraries.co.nz/events









## 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!





#### 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.enguiries@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

