

What's On in Selwyn

Term 4 2020
12 October – 20 December

Events

Pools

Libraries

Recreation Centres

Tourism



Farm tours, country gardens,
art, heritage walks, A&P Shows,
wine/beer tasting, workshops
and much more!



PLAN YOUR VISIT [SELWYN.NZ/MEETUSINTHECOUNTRY](https://selwyn.nz/meetusinthecountry)

swell Give it a Go

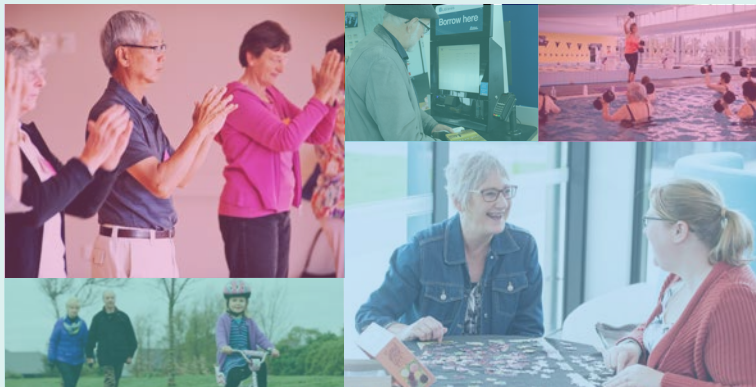
12–22 October 2020
Selwyn district

Join us for 10 days of events and activities especially for our older residents.

There are over 50 workshops on offer including guest speakers, club and hobby group open days, exercise classes, walking groups, indoor bowls, local history, digital workshops, craft and social opportunities to name a few.

Pick up an event booklet from any Council facility.

selwyn.govt.nz/swell2020



Nutrition for Seniors with Pip Meads FREE

Monday 12 October, 10.30am
Darfield Library

Monday 19 October, 10.30am
Leeston Library

Thursday 22 October, 10.30am
Rolleston Library

Join qualified nutritionist Pip Meads from Pure and Simple Nutrition as she offers useful tips on how to eat healthy in your twilight years. There will be tasters and practical advice for those times you find it harder to cook or eat well. Wheelchair access available. Recommended for 65+ years. Drop-in.

selwynlibraries.co.nz/events



Historical Stories of Selwyn FREE

Monday 12 October, 10.30am
Lincoln Library

Wednesday 14 October, 10.30am
Darfield Library

Friday 16 October, 10.30am
Rolleston Library

Tuesday 20 October, 10.30am
Leeston Library

Join Historian Wayne Stack in an informal group setting as he entertains you with stories from around the Selwyn district. Wheelchair access available. Recommended for 65+ years. Drop-in.

selwynlibraries.co.nz/events



Sherlock Holmes Murder Mystery



Thursday 15 October, 7–8pm
Lincoln Library

Thursday 12 November, 7–8pm
Darfield Library

Join us for a night of mystery and intrigue at our Sherlock Holmes Murder Mystery night. Use your knowledge of Arthur Conan Doyle's famous detective novels to follow a series of clues and solve a murder. 15+ years.

Bookings essential.

selwynlibraries.co.nz/events

Writing Workshop



Thursday 22 October, 7–8.30pm
Lincoln Library (part one)

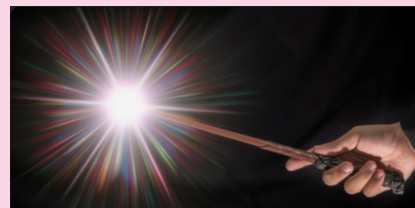
Thursday 19 November, 7–8.30pm
Lincoln Library (part two)

Local Lincoln High School English teacher Tania Roxborough is a veteran educator and an award-winning writer of over 30 published works.

In this two-part workshop, Tania will cover how to get started and how to prepare your writing for public consumption. 18+ years.

Bookings essential.

selwynlibraries.co.nz/events



The Science of Harry Potter



Thursday 22 October, 3.30–5pm
Lincoln Library

Tuesday 27 October, 3.30–5pm
Leeston Library

Thursday 26 November, 3.30–5pm
Rolleston Library

Tuesday 24 November, 3.30–5pm
Darfield Library

Can you make a feather levitate with a simple *wingardium leviosa* or write messages in invisible ink? Come along and learn how muggles can be a part of the Harry Potter magic. Get sorted into your house, create your very own wand, and learn the science behind Harry Potter! 8+ years. Bookings essential.

selwynlibraries.co.nz/events

Halloween Activities

Spooktacular Pool Party

Saturday 31 October, 2–4pm
Selwyn Aquatic Centre

Looking for a family-friendly place to trick or treat this Halloween? Make a splash at the Aquatic Centre's spooky pool party featuring competitions, big inflatables, treats and face painting!

Normal pool admission applies.

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



Halloween Disco

Saturday 31 October, 3–4.30pm
Lincoln Event Centre

A fun and safe environment to celebrate Halloween. Prizes will be given out for best costume, dancing, and more!

\$3 per child (preschoolers to 8 years) or \$5 per family. Bookings essential.

selwyn.govt.nz/events



Capacity Building Workshops



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

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





CultureFest

Sunday 18 October, 10am–4pm
Lincoln Event Centre
and Domain

Take your senses on a trip around the world at CultureFest! Showcasing Selwyn's growing diversity, enjoy group performances on the main stage, participate in fun activities 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.

selwyn.govt.nz/culturefest



LINCOLN UNIVERSITY
 TE WHARE WĀHAKA O AORAKI

FREE



Mandarin for Beginners

Thursdays from 15 October to 10 December, 6.30–7.30pm
Lincoln Library

Presented by the Confucius Institute, join us for a 10-week workshop introducing Mandarin to beginners. With almost one billion of the world speaking Mandarin, this opportunity is not to be missed. 18+ years.

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

selwynlibraries.co.nz/events



Brazilian Jiu Jitsu Class

Saturday 17 October, 1–2.30pm
West Melton Community and Recreation Centre

Dating back to the 1920s, Brazilian Jiu Jitsu features the Japanese martial arts of Jiu Jitsu and Judo. Learn techniques that can be applied in both sport and self-defence and see if you catch the BJJ bug!

Bookings essential, call 03 347 1804.

selwyn.govt.nz/events

FREE

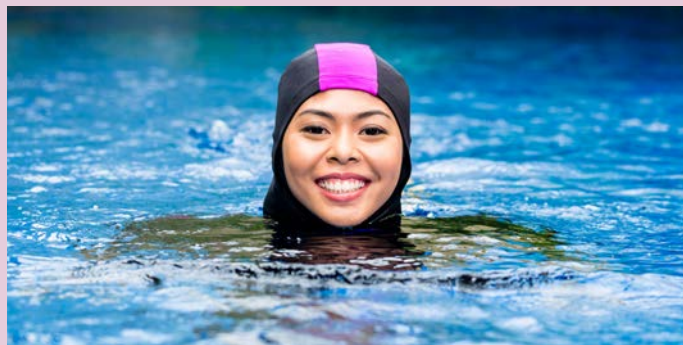
Women-Only Swimming Evening

Monday 19 October, 7–9pm
Selwyn Aquatic Centre

If you don't normally feel comfortable heading to the Aquatic Centre for a swim, then this is the perfect opportunity! Instructors will be on-hand for swimming advice and tips, aqua belts will be available for use, or why not try an aqua fitness class? Windows open to public viewing will be covered up for your privacy.

Normal pool admission applies. Bookings not required.

f SelwynAquaticCentre



CultureFest Splash Time

FREE

Tuesday 20 October, 8–8.45am
24–27 November (various times)
Selwyn Aquatic Centre

Splash Time is a great way to introduce your baby to the water. Run by a qualified instructor, the session covers the importance of water experiences in child development, water safety and provides a taster for what parent/child swim classes are like. Suitable for 3 months to 2 years.

Bookings essential. Email:
 swimschool@selwyn.govt.nz

f SelwynAquaticCentre



Singaporean Cooking Demonstration

FREE

Tuesday 20 October,
10.30am–1.30pm
West Melton Community and
Recreation Centre

Stephanie Pang from Selwyn Timebank will share her wealth of experience on how to prepare healthy Asian dishes.

Bookings essential, phone
 027 347 0796.

selwyn.govt.nz/events

Tai Chi Taster

FREE

Tuesday 20 October, 1.30–2.15pm
Rolleston Community Centre

Thursday 22 October, 9–10am
Lincoln Event Centre

Tai Chi is a series of gentle exercises and stretches, also known as meditation in motion, connecting the body and mind. Join instructor Gai and some of her regulars for this introductory class. Drop-in.

selwyn.govt.nz/events



Henna Workshops

Tuesday 20 October, 4–5pm
Darfield Library

Wednesday 21 October, 4–5pm
Leeston Library

Saturday 24 October, 12.30–1.30pm
Rolleston Library

Henna is a native plant that is used in many desert cultures, and has been used for thousands of years to decorate the body and hair. Come along to this workshop with Nishi from Heenolly to learn about the cultural history of henna, and how to create beautiful henna patterns.

Bookings essential.

selwynlibraries.co.nz/events

FREE



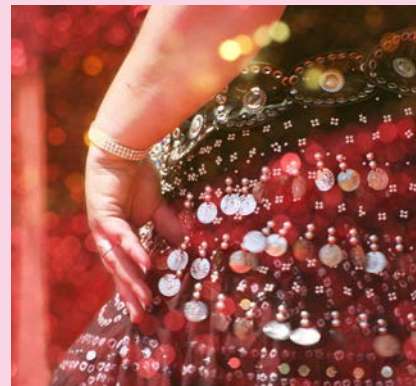
Dinners of Selwyn

Friday 23 October, 6–7.30pm
Lincoln Event Centre

Are you new to Selwyn or do you know someone new to the district? Join us for a shared potluck dinner and meet people with similar interests. Don't worry if you speak little English – connect with delicious food and smiles. Bookings essential.

selwyn.govt.nz/dinnersofselwyn

FREE



Belly Dancing Class

Thursday 22 October, 7.30–8.30pm
West Melton Community
and Recreation Centre

Have you ever wanted to try Belly Dancing? Here's your chance! Join us for a fun taster class of the traditional Raqs Sharqi (Belly Dance).

Bookings essential, call 03 347 1804.

selwyn.govt.nz/events

FREE



Chinese Calligraphy

Friday 23 October, 3.30pm
Rolleston Library

Saturday 24 October, 12pm
Lincoln Library

Presented by the Confucius Institute, explore the traditional form of writing characters by ink and brush – a craft that has been around for over a thousand years. Suitable for all skill levels. 8+ years. Drop-in.

selwynlibraries.co.nz/events

FREE

Highland Dancing Taster

Friday 23 October, 3.30–4.15pm
Rolleston Community Centre

FREE

Join us for a children's Highland Dancing demonstration, then have a go yourself! Highland is a fun and energetic style of dance – it helps to develop stamina, strength and co-ordination of the feet and hands. Drop-in.

selwyn.govt.nz/events



Kirant Cultural Evening

Friday 23 October, 5–6.30pm
Rolleston Community Centre

FREE

The Kirata are an ancient people who have been associated with the history of Nepal for thousands of years. The Kirant Society of New Zealand would like to invite you to a cultural evening featuring group dancing, music and a pot luck dinner. Bookings essential, phone 03 347 2882.

selwyn.govt.nz/events



Traditional Tea Ceremony

Saturday 24 October, 11am
Lincoln Library

FREE

Join us for a presentation by the Confucius Institute to learn about the traditional Chinese tea ceremony. Drinking tea is an important cultural activity with thousands of years of history. Learn how Chinese tea is prepared and how to drink it!

Drop-in.

selwynlibraries.co.nz/events


Family Water Safety

Saturday 24 October, 9–10.30am
Sunday 22 November, 9–10.30am
Selwyn Aquatic Centre

A CultureFest event! A fun chance for children to learn how to be safe in and around the water. Have a go with the inflatable boat, life jackets, learn about safety huddles, treading water and more. Complete the session and receive a NZ Coastguard Safe Boating qualification.

\$5 per child (must be 5+ years).

Bookings essential, email: swimschool@selwyn.govt.nz

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



Circular Baskets

Saturday 31 October, 11am–3pm
Tai Tapu Community Centre

Learn basket-weaving techniques using tī kōuka/cabbage tree leaves. 18+ years.

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

selwynlibraries.co.nz/events



Felt Bowls

Saturday 5 December, 10am–12pm,
Rolleston Library

Saturday 5 December, 1.45–3.45pm,
Leeston Library

Make a felt bowl, using natural, undyed, New Zealand wool and traditional felting techniques. 15+ years. \$10 library members, \$20 non-members. Bookings essential.

selwynlibraries.co.nz/events

String Making Workshop

FREE

Saturday 7 November, 9.30–11.30am,
Castle Hill Village Hall

Saturday 28 November,
10.15am–12.15pm, Lincoln Library

Saturday 28 November, 1.30–3.30pm
Leeston Library

Use tī kōuka/cabbage tree leaves to make a strong and beautiful twine. All ages welcome. Drop-in.

selwynlibraries.co.nz/events



Spoon Carving Workshop

Saturday 7 November, 1.30–3.30pm (10+ years*) Arthur's Pass Community Centre

Thursday 19 November 5.45–7.45pm (Adults) Rolleston Library

Thursday 3 December, 5.45–7.45pm (Adults) Lincoln Library

Learn about the ancient traditions of greenwood-working including basic whittling techniques with straight and curved knives to create your very own wooden spoon. \$10 library members, \$20 non-members. Bookings essential.

**Who can work safely without direct supervision using very sharp hand tools.*

selwynlibraries.co.nz/events



selwynlibraries.co.nz/events

Outdoor Pool Opening Parties

Saturday 14 November, 1–4pm, Southbridge Pool

Sunday 15 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 inflatable and hydroslide (at Southbridge)! Free BBQ from 1pm, giveaways and awesome spot prizes. Normal pool admission applies.

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



SELWYN ARTS FESTIVAL

Selwyn Arts Festival 2020

**Saturday 14 November to
Sunday 22 November**

We are excited to bring you a series of activities spotlighting the arts in Selwyn.

**2020
SELWYN
ARTS
FESTIVAL**

Lawyer to Linocutter

FREE

**Monday 16 November, 5–6pm
Darfield Library**

Soon-Lee Spicer is a Darfield artist specialising in linocut printmaking, which she loves both for its process and its vibrant results. Soon-Lee will share her inspirational story and journey as an artist so far.

Bookings essential.

selwynlibraries.co.nz/events



Lincoln University Art Tour

FREE

**Monday 16 November, 11am–12pm
Wednesday 18 November, 11am–12pm
Saturday 21 November, 1–2pm
Lincoln University Library**

Lincoln University has an enviable collection of over 280 artworks by renowned New Zealand artists. Come and enjoy an insightful tour with the collection Curator.

Bookings essential.

selwynlibraries.co.nz/events



Chalk 'n Cheese

**Saturday 21 November, 10am–2pm
Rolleston Community Centre**

Learn how to create a landscape using pastel chalks with local artist Mike Glover, and enjoy some delicious cheese. All materials provided. 18+ years.

\$25 per person.

Bookings essential.

selwynlibraries.co.nz/events

Block Printing Workshops

**Thursday 19 November, 6–8pm
Leeston Library**

**Sunday 22 November, 1–3pm
Lincoln Library**

Carve a unique design into rubber, roll it with ink, and then print it onto a variety of mediums including beautiful Japanese papers, greeting cards and fabric. 15+ years.

\$10 per person. Bookings essential.

selwynlibraries.co.nz/events



Libraries Programmes

Selwyn
Libraries

Selwyn Libraries has 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.

Te Mātāpuna Mātātahi | Children's University

We are an official 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.



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.



Arthritis Clinics

Pop into Lincoln library for our free drop-in clinics run by Arthritis New Zealand. You'll get to speak to an arthritis educator who can advise you on how to treat your aches and pains effectively and offer additional support. Clinics run monthly.

Board Games Club

Love board games? Head along to Rolleston library to play a variety of exciting games. Suitable for intermediate and high school children aged 8–18 years.



Casual Crafts

Come along to Darfield library and let your imagination run wild in our arts and crafts area.

Chess Club



Did you know that chess is one of the oldest games in the world and is estimated to have been invented around 600 BC? Find out what makes this game so popular and play at either Darfield or Lincoln library's weekly Chess Club.



Children 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

Young Adults Book Club: 12–18 years

Coding Club 🤖

Join our weekly Coding Club sessions for some hands-on coding and problem solving. Rolleston library, aimed at 9–13 years.

Cubing Club 🤖

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

Craft and Chat Group

Bring along your current craft project to work on while you get to know fellow craft enthusiasts! An opportunity to share tips, tricks and skills.

Creative Cards Workshop

Have you ever wished you could make beautiful greeting cards? \$10 per session, bookings essential. Lincoln library, supplies provided.

Device Drop-In

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.

Discovery Time 🤖

Come along to our weekly sessions at all libraries with fun activities and experiments. Each month will focus on either science, technology, engineering, art or maths. You will learn how to grow crystals, make slime, construct marshmallow bridges, and more.

JP Clinics

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

Junior Enviro Action Group 🤖

A child-led community group focused on learning more about sustainability and creating change in the community. Come along for hands-on fun as we explore things like lunchbox rubbish, make-do-mending, a throw-away society and other environmental issues. Suitable for school-aged children.

LEGO® Club 🤖

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



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.

Scrabble Club

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

Teen Artspace

Join us at Darfield or Leeston libraries where we offer teenagers a variety of art-related projects and introductions to different art mediums to develop their passion for the arts.

Virtual Reality (VR) Drop-in Sessions

The library has some awesome new tech to check out! 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. Don't miss these drop-in sessions to test out our VR headsets. Suitable for ages 13 and over.



Edge Connector Service

Find out about upcoming visits:
selwynlibraries.co.nz/events



Darfield Library

Monday	Tuesday	Wednesday	Thursday	Friday
Scrabble Club 11am–12.30pm	Rhymetimes 10.30–11am ^T	JP Clinic 11.30am–12.30pm	Quiet Time 12–2pm	Storytimes 10–10.30am ^T
Chess Club 3.30–4.30pm		Discovery Time 3.30–5pm ^T	Children's Book Club 3.30–4.30pm <i>First Thursday of the month</i>	Device Drop-in – Tech Help 1.30–3.30pm
Teen Artspace 3.30–5pm			Virtual Reality 3.30–5.30pm	LEGO® Club 3.30–4.30pm
Adults Book Club 7–8.30pm <i>Third Monday of the month</i>				
				Saturday
				Casual Crafts 1–3pm

Rolleston Library

Monday	Tuesday	Wednesday	Thursday	Friday
Scrabble Club 11am–12.30pm	Storytimes 9.30–10am ^T	Rhymetimes 9.30–10am ^T	JP Clinic 11am–12pm	Sensory Babytimes 9.30–10am ^T
JP Clinic 12–1pm	Device Drop-in – Tech Help 12–1pm	LEGO® Club 3.30–4.30pm	Quiet Time 12–2pm	Adults Book Club 1.30–3pm <i>Second Friday of the month</i>
Virtual Reality 3.30–5.30pm	Coding Club 3.30–4.30pm		Teen and Children's Book Club 5–6pm <i>First Thursday of the month</i>	Discovery Time 3.30–4.30pm ^T
				Saturday
				Chess Club 1.30–3pm
				Sunday
				Storytimes 10.30–11am ^T
				Board Games Club 1.30–3pm <i>Fortnightly, starts 25 October</i>

^T *Term-time only. Term 4 runs classes run between Monday 12 October and Sunday 20 December.

 Adult

 School-aged

 Preschoolers

Leeston Library

Monday	Tuesday	Wednesday	Thursday	Friday
Scrabble Club 11am–12.30pm	Rhymetimes 10–10.30am ^T	Adults Book Club 10–11am <i>Third Wednesday of the month</i>	Storytimes 10–10.30am ^T	Device Drop-in – Tech Help 2–4pm
LEGO® Club 3.30–4.30pm	Discovery Time 3.30–4.30pm ^T	Teen Artspace 3.30–5pm ^T	Quiet Time 12–2pm	
			Virtual Reality 2–4pm	
			Children’s Book Club 3.30–4.30pm <i>Third Thursday of the month</i>	

Lincoln Library

Monday	Tuesday	Wednesday	Thursday	Friday
Arthritis Clinic 10.30–11.30am <i>First Monday of the month</i>	Rhymetimes 9.30–10am ^T	Sensory Babytimes 9.30–10am ^T	Craft and Chat Group 10am–12pm	Rhymetimes 9.30–10am ^T
Scrabble Club 11.30am–12.30pm	JP Clinic 10am–1pm	Creative Cards Workshop 10am–12pm <i>First Wednesday of the month</i>	Storytimes 10.30–11am ^T	Device Drop-in – Tech Help 10am–12pm
Discovery Time 3.30–4.30pm ^T	ESOL Ladies 10.30am–12pm	LEGO® Club 3.30–4.30pm	ESOL Ladies 10.30am–12pm	Lincoln Ladies Tech Group 2.30–3.30pm <i>Fortnightly, starts 16 October</i>
	Adults Book Club 10.30am–12pm <i>Last Tuesday of the month</i>	Chess Club 3.30–4.30pm	Quiet Time 12–2pm	Cubing Club 3.30–5pm <i>Fortnightly, starts 23 October</i>
	Children’s Book Club 3.30–4.30pm <i>Third Tuesday of the month</i>		Virtual Reality 3.30–5.30pm	Junior Enviro Action Group 4.30–5.30pm <i>Third Friday of the month</i>
			Adult Evening Book Club 6.30–7.30pm <i>First Thursday of the month</i>	

Classes are weekly unless stated otherwise.

^T *Term-time only. Term 4 runs classes run between Monday 12 October and Sunday 20 December.

 Adult

 School-aged

 Preschoolers

Sunday

Storytimes
10.30–11am ^T

Discovery Time
1.30–3pm

Group Fitness



Active Mums

Ease back to fitness and meet other mums during this workout where preschoolers are welcomed! Cardio and bodyweight exercises in a fun, relaxed environment. Suitable for all fitness levels. A small play area is set up in the room. 45 minutes.



Body Tone

Improve strength and muscular endurance using free weights and your own body weight. 45 minutes.



BoxFit

High intensity boxfit will take your fitness to the next level! Included is skipping, agility and core work alongside different boxing drills. Variety every week that will make you stronger physically and mentally and improve your cardiovascular fitness. 45 minutes.



Cardio Pump

Targets the big muscle groups with barbells and an extra cardio kick at the end. Full body training working strength and cardio fitness, it will have you huffing, puffing, and wanting more! 45 minutes.



Circuit

Using different work stations to challenge your strength and fitness. A different focus each class takes the boredom out of training! Suitable for all fitness levels. 45 minutes.



HIIT

Circuit-style interval training with different challenges every week including weights, boxing, and body weight exercises. 45 to 60 minutes.



Kick and Tone

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. 60 minutes.



Mature and Motivated

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 for strength and balance. 45 minutes.



Move it to Music

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 for strength and balance. Tea and coffee provided afterwards. 60 minutes.



Pilates

This class improves core strength and postural awareness through a series of different exercises aimed at restoring balance and flexibility. Feel the benefits as you progress each week and increase your mind-body awareness. Pre-registration required. 60 minutes.





Power Yoga

Dynamic yoga postures in a flowing sequence, set against a backdrop of timeless, philosophical principles. Using your body as a weight, develop functional strength through your core and limbs. Suitable for all levels of experience. 60 minutes.



Pump

A full body resistance workout using barbells and weights to music. Instructors will work your different muscle groups focusing on technique, giving you extra motivation when the going gets tough! Benefits, among others, are improved strength and muscle tone. 50 to 60 minutes.



Pump for beginners

Focuses on technique and easier, more achievable options for everyone including beginners. Using barbells and weights to music, you will quickly feel the benefits of this great resistance programme. 45 minutes.



Restorative Yoga

Take your body through its full range of movement, restore mobility, vitality and calm. Ease your mind, breathe deeply and let go of tension and tightness throughout your whole body. Suitable for all levels of experience. 60 minutes.



Spin

Indoor stationary cycling where you control your workout intensity. A dark room, disco lights and uplifting music challenges your cardio endurance as you ride hills, flats and intervals. Benefits include weight loss with improved strength and endurance. Bookings essential. 45 minutes.



Step Pump Combo

30 minutes of step to increase your heart rate is followed by strength work with barbells and weights. Suitable for all abilities. 50 minutes.



Strength and Balance

Short and sharp, this workout strengthens and improves awareness of your core muscles. Using resistance bands and weight plates combined with progressive challenges for all levels, it promotes improved balance. Accredited by ACC for strength and balance. 30 minutes.



Tai Chi

An ancient Chinese exercise integrating mind, body and breath through slow, gentle and effective movement. Offering something for everyone, Tai Chi leaves you with a sense of calm and wellbeing. Accredited by ACC for strength and balance. 60 minutes.

























Yoga

This class has an emphasis on alignment, good posture, and awareness of breathing. Suitable for all abilities, Yoga benefits strength and flexibility with breathing techniques to create inner reflection for deep relaxation. 60 minutes.



Zumba










A calorie-burning dance party combining a range of easy-to-follow Latin and International dance styles to catchy energising music. So much fun it doesn't feel like a workout! 60 minutes.

Monday	Tuesday	Wednesday	Thursday	Friday
 Spin 9.15–10am T	 HIIT 9.15–10.15am T	 Spin 6–6.45am Y	 Tai Chi 9–10am T	 Spin 6–6.45am Y
 Mature & Motivated 10–10.45am T	 Spin 6–6.45pm Y	 Mature & Motivated 10–10.45am T	 Spin 9.15–10am T	 Active Mums 9.15–10am T
 Pump 5.15–6.15pm Y	 Pump for Beginners 6.30–7.15pm Y	 Pump 6–7pm Y	 Spin 6–6.45pm Y	
 Power Yoga 6.30–7.30pm Y		 Restorative Yoga 7.30–8.30pm Y	 Step Pump Combo 6–6.50pm Y	
			 Pilates* 7–8pm T	
			 Pilates* 8–9pm T	
				Saturday
				 Spin (Enduro) 9–10am Y
				Sunday
				 Cardio Pump 9.15–10am Y
				 Strength and Balance 10.15–10.45am Y


T Term-time only **Y** Year-round

























Term 4 classes run between Monday 12 October and Sunday 13 December.

**Enrolment required*

Monday	Tuesday	Wednesday	Friday
 Zumba 10–11am Y	 HIIT 6–6.45pm Y	 Kick & Tone 9.15–10.15am Y	 Cardio Pump 9.15–10am Y
 Pump 5.15–6.15pm Y	 Yoga 7–8pm Y	 Mature and Motivated 11–11.45am T	
		 Pump 6–7pm Y	Saturday
			 HIIT 8–9am Y

Ph 347 2983

Thursday
 Pilates 7–8pm T

Monday	Tuesday	Wednesday	Thursday	Friday
 Spin 9–9.45am	 Spin 6–6.45am	 Spin 9–9.45am	 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 9–9.45am
 Pump 6–6.50pm	 Mature and Motivated 11–11.45am	 BoxFit 6–6.45pm	 Spin 6.15–7pm	 Body Tone 10–10.45am
 Zumba 7–8pm	 Step Pump Combo 6–6.50pm	 Power Yoga 6–7pm	 Pump 7.05–7.55pm	 Mature and Motivated 12–12.45pm
	 Restorative Yoga 7–8pm	 Spin 6.15–7pm		
Saturday				
 Spin 9.30–10.15am				
 Pump 10.30–11.15am				

T Term-time only Y Year-round

Term 4 classes run between Monday 12 October and Sunday 13 December.

* No classes 22 October and 26 November.

Prices

Monthly Pass Promotion	All group fitness classes, including spin. Aqua classes at the Selwyn Aquatic Centre also included. <i>Valid for one month from the date of purchase between 1 October and 21 November 2020 only.</i> <i>Please note: Pilates is excluded as this is a pre-registered class.</i>	\$52
Monthly Pass	Valid for a calendar month, expiry date applies. <i>Excludes enrolment classes (such as Pilates). Additional \$5 per Spin class.</i>	\$40
Fitness Classes	Per session <i>Excludes Spin and Pilates</i>	\$8
Spin	Per session	\$10
Mature and Motivated, Move it to Music and Strength and Balance	Per session	\$5
Fitness Max Card	10 classes + 1 free	\$80
Gold Max Card	10 classes + 2 free	\$50
Spin Max Card	10 classes + 2 free	\$100
Spin 6 Card	6 classes + 1 free	\$60
Pilates	9 weeks <i>Pre-registration required</i>	\$90

Recreation



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. 45 minutes.



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. 60 minutes.



Junior Spin

Calling all teenagers! Workout on a stationary bike with your friends to your favourite music. Ideal for all fitness levels. Bookings essential. 45 minutes.



Little Dancing Feet

A fun class for preschoolers using pom poms and ribbons to music. Great for fundamental movement skills and coordination. 30 minutes.



Mini Gym

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. 45 minutes.



Mini Gym Music

An opportunity for children to be creative through play and music with lots of music apparatus, encouraging your child to have fun and gain confidence through music and movement. 45 minutes.






















Sports Activities for Adults with Disabilities

Includes different sport activities for adults with mixed abilities. Bowls, ball fun, badminton, coordination and sensory skill challenges plus more! Participation is for everyone! Held the second Saturday of each month. Caregiver and registration required on the day. 60 minutes.



Recreation Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<div>Mini Gym (1–2 yrs) 9.30–10.15am</div>	<div>Mini Gym Music (6 months–5yrs) 10–10.45am <i>(First Tuesday of the month)</i></div>	<div>Mini Gym (1–2 yrs) 9.30–10.15am</div>	<div>Mini Gym (3 months–2yrs) 10–10.45am</div>	<div>Mini Gym (1–2 yrs) 9.30–10.15am</div>
<div>Baby Gym 10.15–11am</div>	<div>Get Your Skates On 3.30–4.30pm</div>	<div>Baby Gym 10.15–11am</div>	<div>Little Dancing Feet 10.30–11am</div>	<div>Mini Gym (3–5 yrs) 10.15–11am</div>
<div>Mini Gym (3–5 yrs) 11–11.45am</div>		<div>Mini Gym (3–5 yrs) 11–11.45am</div>	<div>Mini Gym (3–5 yrs) 10.45–11.30am</div>	
<div>Get Your Skates On 3.30–4.30pm</div>			<div>Get Your Skates On 3.30–4.30pm</div>	
<div>Junior Spin (13–19 yrs) 6.30–7.15pm</div>				

 Lincoln Event Centre	 Dunsandel Community Centre
 Rolleston Community Centre	 West Melton Community and Recreation Centre

All recreation classes are held during term-time only (except Sports Activities for Adults with Disabilities).
Term 4 runs from Monday 12 October to Sunday 13 December.



Prices

Junior Spin	Per session	\$5
Get Your Skates On	Per session	\$7
Get Your Skates On Card	10 classes + 1 free	\$70
Preschool Classes	Per session	\$5
Preschool Card	10 classes + 2 free	\$50
<i>Baby Gym, Mini Gym or Little Dancing Feet.</i>		
Sports Activities for Adults with Disabilities	Per session	\$3

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.

Bookings

Bookings required for some classes. One-off group bookings available: please call us on 03 347 2734.

 SelwynAquaticCentre

Aqua Fitness 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.

Aqua Fitness Timetable

Timetable subject to change.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30am		<div> 45 MINUTES</div>	<div> 30 MINUTES</div>		<div> 45 MINUTES</div>
10.30am					<div> 45 MINUTES</div>
11am	<div> 45 MINUTES</div>		<div> 45 MINUTES</div>		
12pm	<div> 30 MINUTES</div>	<div> 45 MINUTES</div>	<div> 30 MINUTES</div>		
1pm		<div> 45 MINUTES</div>			
6.15pm			<div> 45 MINUTES</div>	<div> 30 MINUTES</div>	
7pm	<div> 45 MINUTES</div>				
7.30pm			<div> 45 MINUTES</div>		

Darfield Library and Service Centre

1 South Terrace, Darfield

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

Dunsandel Community Centre

1456 Tramway Road, Dunsandel

Contact 027 306 7929, dcc.enquiries@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

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

View this brochure online at selwyn.govt.nz



0800 SELWYN (735 996)