



Media Release
Thursday 25 September 2014

New sessions coming soon

A number of new sessions and workshops will be starting soon at the Lincoln Event Centre and Rolleston Community Centre as part of their term four programmes.

With spring in the air, Selwyn residents have the chance to shape up for summer with new fitness classes at the Lincoln Event Centre:

Boot Camp Army Style is a serious workout that offers a combination of cardiovascular and muscle training.

"You will burn calories, build stamina and tone muscle as you are put through your paces with Burnham Army Instructors," says Lincoln Event Centre Manager Ginny Bowden.

Take a Step: 0-5km is a 9 week programme for beginners to build fitness levels to reach their personal running or jogging goals.

"This is a social and really supportive class aimed at encouraging individuals to improve their fitness level," says Ms Bowden.

The Rolleston Community Centre is offering two new classes that will teach adults and kids how to prepare some tasty treats.

Baking for Kids is a Tuesday after-school class aimed at 9-12 year olds who want to learn to bake family favourites that are quick to make and fun to eat.

"Over the six weeks, they'll learn how to bake everything from muffins and cupcakes, to scones and pikelets," says Rolleston Community Centre Manager Martine Hearfield.

Homestyle Japanese / Asian Cooking is a one-off workshop that will people how to cook delicious and nutritious Japanese and Asian food.

"Our tutor Rie has prepared a three-course menu which she will guide you through, and share helpful tips along the way," says Mrs Hearfield. The workshop will be held on Saturday 22 November from 9.30am-12pm.

Both Lincoln Event Centre and Rolleston Community Centre offer a wide range of other courses.

For more information on courses (including dates and costs) pick up a term four brochure from a Council Library or Service Centre, Lincoln Event Centre, Rolleston

Community Centre or download a copy online at www.selwyn.govt.nz/lec or www.selwyn.govt.nz/rcc.

Ends

For media enquiries please contact:

Allanah Jarman

Selwyn District Council

Phone 03 347 2807

Allanah.jarman@selwyn.govt.nz