



helping families

ALL AGE ACTIVITIES

ACROSS AUCKLAND

Art / Craft / Games

Māpura Studios

Māpura Studios are accepting enrolments for children, teens and adults with diverse abilities, including visual art, movement and art, cartooning, creative music group, and two new creative art classes for Teens in Takapuna, and Pukekohe. Enrol now. Contact Māpura Studios for more information 09 845 5361 or info@mapurastudios.org.nz

Dance/Drama/Music

Making Music Fun

NZ Modern School of Music are a dedicated team of music teachers throughout the Auckland area, committed to helping you improve your musical knowledge and skills. Our teachers use a unique teaching method which allows the students to really enjoy each lesson and make the music their own. If you or your child is interested in learning the piano, keyboard, guitar, violin, improving vocals or theory, contact the team here at NZ Modern School of Music today, and we'll find a teacher in your area. A pupil can have a 30 minute private lesson for \$27.00 once a week, or there is an option for beginners of piano/keyboard/voice a 20 minute private lesson for \$20.00 once a week. If you referred a pupil to us we would discuss the problem with our closest teacher to the pupil to see if they would be able to help. It really depends on the severity of the case but we would like to think we could help in some way. We feel the gift of music should belong to everyone. They then need to practice at home during the week so that when they return to their lesson the following week they can progress further. It is important they have an instrument at home to practice on. For piano, at the beginning if you do not have a piano an electronic keyboard with four octaves would suffice for the first few years. These are a lot cheaper of course than a piano. Music Works in Hobson Street do give a discount to our pupils and if you would like to investigate this Murray Hancox is the person to contact there. Ph 09 303 1919, 0800 696 874 or gail@modernmusic.co.nz

Music Education Centre

We are able to provide lessons to anyone between the ages of 3-103 years old. In regards to people with special needs we have individual lessons available which would be beneficial. We would certainly be able to choose a teacher that is able to cater for the child's needs. The individual lessons run for 30 minutes and are \$29.90 per lesson. If you need any more information you can give me a call on 0800 89 39 39 and I will be happy to answer any questions for you.

Music Therapy with Shari

Shari is an Auckland-based, NZ Registered Music Therapist, providing contract music therapy services to a variety of facilities including a mental health service for older people in a hospital setting, aged care in residential and health settings, a choir for people living with neurological conditions, day services for adults living with disabilities, as well as private practice with clients in locations across Auckland. From young children to older generations; one-on-one, with families and in groups; in schools, rest homes, health care facilities and private homes; working with people with special needs, mental health needs, intellectual and physical disabilities and within neuro-rehabilitation. Email shari.storie@outlook.co.nz or phone 021 574 274.

Northern Performing Arts

We would love to provide a special needs / disabilities class, however this is something that we have been looking into for some time and would love to get involved with. Ideally we would love to run a class / classes during the daytime, however this would be dependent on numbers in order to get a programme up and running. If you are interested in participating they would love to hear from you including age range and what sort of programme they are interested in (i.e. ballet, jazz, hip hop, just a general mixed dance class) that would be amazing. Please email info@northernperformingarts.co.nz or phone 027 680 4414.

Phineas Phrog Productions Entertainers

We are an entertainment service provider able to cater for all needs. We have stage shows, roving entertainers, face painting, singers or singing trio, acrobats, clowns, dancers. For more information contact Aimee 027 282 3857 or email phineasphrog@gmail.com

Rhythm therapy

Interactive and therapeutic music programme using drums and percussion instruments now available in the Rodney District, North Shore and Central and West Auckland Districts. Jacqui Barrett is a registered counsellor (MNZAC, Family Court), psychotherapist, group facilitator and trainer and created this rhythm based therapeutic programme. Most of her work is within groups, however at times individual sessions are given. She works with all ages and abilities and provides all instruments. Email jaquib@xtra.co.nz.

Rhythm for the Soul

Interactive music sessions to help teach life skills, learning through music email: chewydrummer@hotmail.com or call Chewy on 0274 334 627

Rudd School of Rock

We have successfully taught children and adults with 'mild' conditions. It all depends on the individual and the condition really. They will need to have the physical and mental ability plus stamina to have weekly 30 minute lessons and allow for practice at home. Lessons are all individual and customised to the student and include Guitar, Drums, Keyboard, Piano, Bass Guitar, Singing and Vocals and Ukulele. For more information email info@ruddschoolorfrock.co.nz or phone 09 479 1081. Locations across Auckland including North Shore, East Coast Bays, Ponsonby, Eastern Bays and Howick

Recreation

Jump Sensory Sessions

Available at North Shore, Avondale and East Tamaki. Please contact or look at their website for more details

Hydrotherapy Swimming Sessions

Monday afternoons 3–4pm. Available to children between 12 months and 21 years of age. Sessions are 20 minutes duration with a registered physiotherapist Barbara Rijnbende. We are full for this term, but are compiling a waiting list for next term and hope to be able to increase our pool time next year to enable more children access to hydrotherapy. For enquiries or registration, please contact Carol White, 09 485 3461 www.wilsonhometruster.org.nz

Para Athletics Training

All ability levels, all age groups, all physical and visual impairments. All inclusive. Training dates 21st Jan – Owairaka, 4th March – North Harbour Bays, 25th March – Owairaka. All sessions run between 10am-12pm, with different times for different age groups. Training for track and field events. Owairaka – Lovelock Track, 744 Sandringham Road Ext, Mt Roskill. North Harbour Bays, AUT Millenium, 17 Antares Pl, Rosedale. For more info go to www.parafedauckland.co.nz/athletics or contact lizzie@parafedauckland.co.nz

Special Olympics Training Opportunities Programme

Special Olympics sports training sessions are held weekly in most areas, except Public Holidays, and school holidays in some areas. Groups break around the first week in December and resume in early February. Please ensure you contact the Coordinator before attending a training session to ensure there haven't been any changes to the timetable. Activities include Ten Pin Bowling, Swimming, Equestrian, Basketball, snow Sports, Football, Basketball, Golf, Indoor sports, Table tennis, Powerlifting, Athletics, Indoor bowls, Boccia in different areas. Run in Hibiscus Coast, Greenhithe, North Harbour, Waitakere, Central Auckland, Howick/Pakuranga, Manukau, Pukekohe, Mangere, Tamaki, Papakura. Click on above link for the contact details or each area.

Other

Tours for people with disability

We have been sent information about tours in NZ and Australia for people with some (mild) form of disability. Have a look at these brochures and please note they are not suitable for people needing one-on-one care. [Vivid Sydney May 2016](#), [Major NZ Tours and Cruise](#), [Hawkes Bay and Scenic Safari Tours](#) and [NZ Tours](#).

CENTRAL AUCKLAND

Art / Craft / Games

Cartooning Class

Wednesday 4-5.30pm, Mapura Studios, Rocky Nook Ave, Fowlds Park, St Lukes. \$225 per term (10 weeks) materials provided. Ph 09 845 5361 or email info@mapurastudios.org.nz

Dance/Drama/Music

[Baxter Dance Classes](#)

Presently we have recreational, open dance classes and private lesson that cater to all people. They can set up some classes ideally for these dancers, and setting up special needs only groups for those with greater challenges who would feel safer in a classroom with likeminded / like bodies' people and parents would be awesome. They are happy and if there is a desire for dedicated classrooms to meet people's needs they are happy to facilitate this. For more information email baxterdance@icloud.com or 09 940 7991 / 021 777 718.

[Belly Dance for Fitness Beginners](#)

Mondays 8-9pm, Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay, 7.30-8.30pm, Suitable all adult ages, shapes and sizes. All welcome \$80, for 8 weeks \$15 casual Ph Lynn on 817 6695, 027 439 2284

[Circability Trust Central](#)

A social arts hub running alongside partners Toi Ora, Hohepa Auckland and other artists in Victoria Park. For further information re holiday programmes contact: Circability Trust Central 203-271 Victoria Park, Victoria St West, Auckland, ph 09 361 3801 info@communitycircus.co.nz.

[Chris Lloyd Guitar Studio](#)

Chris has had little experience in teaching people with disabilities but is willing to offer if people are interested. He teaches electric and acoustic guitar in Waterview. Please phone 09 828 7766 or 021 201 4520 or email guitar.studio@vodafone.co.nz

[Creative Music Group](#)

Māpura Studios have a class that explores music, sound and creativity & more – a collaborative sensory experience programme open to all abilities. Cost \$80 for 8 weeks, Fridays 4-5.30pm. Join us for a sensory experience exploring music, sound and creativity. Jam with the art of noise to make soundscapes, songs and audio atmospheres. Create recordings, CDs and websites to share your creations and extend your practice. Design CD covers, posters and web pages to accompany your music. Perform live in front of an audience. This collaborative, "give it a go" programme is open to all ages and abilities. No previous musical experience or skill is necessary. Ph 09 845 5361 or email info@mapurastudios.org.nz

[Dance4Everyone](#)

Dance4everyone provides specialist dance programmes to special schools, day centres and community groups in Auckland, New Zealand. Their dedicated staff are committed to ensuring dance is accessible and enjoyable for people of all ages. Classes Rosehill Special School Wednesday 4-5pm, Orakei Community House, Thursdays – school age 3.30-4.30pm and teenage and young adult 4.30-5.30pm. email dance4everyone@xtra.co.nz or Allie 021 063 4554.

[Dream Catchers Dance Classes](#)

We work with all different groups of people with no exclusions and have had experienced with disability and learning difficulties. Classes can also be customised as the session based on the capability of each group. E.g. Wheelchairs or yoga stretching incorporated into it. For more information email dreamcatchersww@gmail.com or 021 083 74545

[Free Dance Grey Lynn](#)

7.30-9.30pm, Grey Lynn Community Centre, 510 Richmond Road, Grey Lynn, Express yourself through dance Isaac 020 454 5454

[Lily Fong Ballet Academy](#)

We don't offer specific classes for a person with a disability, however if a child/adult is able to follow instructions, they are most welcome to join or trial a class. Beginner class for adults is Monday 6pm. Based in Greenlane. Contact Lily on 09 525 1578 or office@lilyfongballetacademy.co.nz

Recreation

[Active Families – Mt Roskill](#)

Active Families is a FREE lifestyle programme for families. We support families who; May have overweight children, and/or May have poor nutrition and physical activity habits, and/or would like some help making sustainable lifestyle changes for the family. We support your family personally with goals and advice. We also provide a lot of fun activities throughout your journey! Sport Sessions, Cooking Classes, Parent Workshops. Before you can start Active Families, we require a referral from a Health Professional. You can talk to the following people about getting referred; School Nurse, Family Doctor, Practice Nurse. or call us, and we can arrange the referral on your behalf - we only need your basic information and consent. Phone Sheerti 09 623 7955 sheertic@sportauckland.co.nz

[Disability Gymnastics at Tri star Gymnastics](#)

Gymnastics is a great way to improve coordination, balance, motor skills and strength in a fun and safe environment. In Vancouver, I have been the lead coach/coordinator for a Special Needs gymnastics program for the last three years. We are

PO Box 13385 Onehunga Auckland 1643

P: (09) 636 0351 F: (09) 636 0354 E: admin@disabilityconnect.org.nz W: www.disabilityconnect.org.nz

non-discriminatory and are open for anybody, regardless of age or ability-level, who simply needs a more personalised approach to learning. Many of our athletes in Vancouver are individuals living with Autism, Cerebral Palsy, Down Syndrome or developmental delays and I am hoping to connect with the same communities here in Auckland. For more information and flier click [here](#).

[Eastern Table Tennis Club](#)

Contact Bob Inns, Ph 575-5767 or 021 619 619, e-mail: r.inns@xtra.co.nz, Monday 7.30-9.30pm. St. Thomas' School Hall, 113 Allum Street, Kohimarama. For all ages and levels of play.

[Fitness Boot Camp](#)

114 Lunn Ave, Mt Wellington, behind the AA building, all fitness levels welcome, community fitness classes from our lifestyle centre with a group of coaches committed to getting people great health and fitness results. Whether you want to lose weight or have a supportive environment to be part of you will definitely find that here. Monday and Thursday 5.45pm for a 6pm start, register prior on 021 043 7396. Free.

[French Bay Table Tennis Club](#)

Contact Bryce Kay, ph 846 9691, Tuesday 8-10pm, St. John Vianney Catholic Church Hall, 317 Hillsborough Rd, Hillsborough. For all ages and levels of play.

[Hot Hula Fitness – Oranga](#)

52c Waitangi Road, Fergusson Domain, Saturdays 7am, \$2. Polynesian dance workout easy to follow, core focused, all fitness levels, all ages. Contact Eliane 021 078 2673

[Hula Fitness Avondale](#)

Free Hulanesean Fitness Class for All Ages with Trianna, Saturdays, 10-10.45am, Avondale Community Centre, 99 Rosebank Road, Avondale. Come along and be insanely inspired while you dance your cares away to Polynesian drum beats and music. No previous experience needed. This is a fun and energetic class, and the perfect environment to get your booty on. For class details, please feel free to contact Trianna Ama on 021-586-866.

[Korean Club Table Tennis Epsom](#)

Contact Seth Han, Ph 021 110 7071, Saturday 7-10pm. \$10.00 per session, Auckland Table Tennis stadium, 99a Gillies Ave, Epsom. For all ages and levels of play.

[Mixed Abilities Rugby](#)

What is Mixed Ability Rugby – [here](#) is some more information in general done in collaboration with IMAS (Internationally mixed ability sports) which is a proven model started in England to include everyone in mainstream sports. Mixed ability involves players, coaches, volunteers both with and without disabilities in mainstream sport activities, generating social inclusion and improving health, confidence and social skills. Mixed Ability Rugby can sound like a daunting idea in a sport known for its physicality, however within the wider rugby offer. To start we will organise a 'Have a go' training where we would like to invite anyone who is keen to join our Mixed ability Rugby team, trainings will be on Monday evening 6.30-8pm, College Rifles, Remuera. Please contact expression of interest via marugby.nz@gmail.com so we can inform you of start date. Or contact 027 246 8461

[Move It Together – Avondale](#)

A fun dance workout for the whole family! You'll get boosted energy and a serious dose of awesome each time you leave the class. 6-7pm, Mondays \$2 (under 12's free) For more information contact Bernie 021 061 3080, Avondale Community House, 99 Rosebank Road, Avondale

[Siva Samoa Dance – Avondale](#)

Learn the basics of Samoan dance, cultural chants and calls in Samoan. For 3-16yo, free. 4.15-6pm, Wednesdays, Avondale community Centre, 99 Rosebank Road, Avondale, for more information contact SUPA.CentralWest@gmail.com

[Te Riri O Te O Dance Group –Avondale](#)

Teaches the Cook Island culture through dance. We have over 100 members starting as young as 3yo right through to Mama's and Papa's. Avondale community Centre, 99 Rosebank Rd, Avondale, Wednesdays 6-8.30pm, 021 085 24705

[Table Tennis – Waiheke Island](#)

Tuesday 7:30-9pm, Main Hall, 115 Ocean View Road, Oneroa, Waiheke Island. With Mike Crowther

[Table Tennis Epsom – Junior](#)

Contact Shane Warbrooke, Ph 520 2291 or 027 270 3166, aucklandtt@xtra.co.nz. Wednesday 7-10pm. \$10.00 per session, FREE for stadium keyholder members, Auckland Table Tennis stadium, 99a Gillies Ave, Epsom. For all ages and levels of play. Run on a leader system, that is entrants play one game of singles to 11 points and if they win they move up a table and if they lose them move down a table

Table Tennis Epsom - Korean Club

Contact Seth Han, Ph 021 110 7071, Saturday 7-10pm. \$10.00 per session, Auckland Table Tennis stadium, 99a Gillies Ave, Epsom. For all ages and levels of play.

Table Tennis – New Lynn

Saturdays 10am-12pm, All ages, ethnicities, all disabilities, 44 Portage Road, New Lynn, Synergy Community Centre, email Danny autismedentrust@gmail.com

Tristar Gymnastics for all ages

Is your child wishing to jump on the trampoline? Swing on the bars? Gain confidence on the playground? Why not check out Tri Star Gymnastics Disability Programme for an opportunity to learn gymnastic skills in a personalised setting, while also improving coordination, strength, balance and motor skills. With our personalised approach we are able to adapt to any age or ability and create a class around the athlete's individual needs and goals. Our classes are a great way to build self-confidence and physical literacy in a fun and safe environment. If you are interested in more information or would like to pursue private lessons for your child or yourself please contact: Leigh Dawson, Disability Gymnastics Coordinator leigh.dawson@tristar.org.nz

Zumba Meadowbank

Mondays 4.40pm and Wednesdays 7.15pm, all welcome, no experience necessary. Have fun in a supportive environment. Ditch the workout, join the party. \$10 a class, phone 021 393 169, Tahapa Crescent Community Hall, 22 Tahapa Cres, Meadowbank.

Zumba New Lynn

It's an exhilarating, effective, easy to follow, latin inspired, calorie burning dance fitness party! A wonderful way of improving and maintaining fitness for both body and mind, 8-9am, \$3, Sunday, New Lynn Community Centre, 45 Totara Ave, New Lynn. Contact Amelia 021 110 1127

Zumba Onehunga

We have Zumba for everyone every Tuesday, Wednesday, and Thursday morning with Jocelynn. Running from 9.45-10.45am come on down and have a great time dancing. There are also classes on Wednesday nights from 7pm-8pm and every Sunday morning from 8am-9am with Claire. Great times is you can make it during the working week! At only \$5 per session, it is a great way to get fit while having heaps of fun and also being a reasonable price! Both classes are run at the Pearce Street Hall, just behind the Community Centre. For more information contact Claire: 022 176 8608 / Jocelynn 021 072 6477

Other

Dig It Garden

14 Erson Ave, Royal Oak, Thursday 10.30am. If you'd like to find out more, we host a friendly and relaxed morning tea at the garden every Thursday at 10.30am. Come for a visit and find out more about how you can get involved and then take a tour in our garden. Everyone is welcome! Contact Victoria 09 625 9378 / 021 083 37868

Edith's Garden Sanctuary

Edith's Garden is a quiet, peaceful oasis in the heard of Auckland's suburbia (at the base of Mt. Wellington). Families and individuals are welcome to visit and enjoy being outdoors in a safe environment. Elevated planter boxes are wheelchair accessible and are available for a small weekly donation. There is also the 'Hub' – an indoor area suited to craft work which can get messy. Contact Rosie Elder on 021 162 5124 or email edithsgarden@outlook.com

Kelmarna Community Gardens

Kelmarna Gardens is a space for everyone, open seven days a week through the pedestrian gate at the Hukanui Crescent entrance. Feel free to wander the grounds and enjoy the peaceful country environment. You'll find chickens, vegetable gardens, a pony, young cattle, a food forest, beehives, worm farms, compost making, and native trees and flax. The gardens are maintained by manager Adrian Roche and a team of volunteers, with the support of other community groups. A number of groups and volunteers have their own plots, and often cook meals, with the vegetables they've grown, in an onsite kitchen. Staple food grown includes potatoes, pumpkins, courgettes, sweet corn, salad plants as well as medicinal plants and herbs. Seedlings are germinated organically on site in the glass houses. On weekdays, visitors can buy freshly-picked produce, flowers and seedlings from the garden shop. As Kelmarna is a sensitive space where food is grown, please be mindful of the vegetables and walk with care. If you'd like a guided tour, contact the garden manager Adrian Roche. Email kelmarnagardens@gmail.com

Panmure Community Gardens

4a Coral Cres, Panmure, Wednesday and Saturday 10am-12pm

Social Skills 4 All

A group therapy course targeting specific social communication skills. Would benefit people with Autism, Asperger's syndrome, High-Functioning Autism, people with difficulty with social interactions and/or those wanting to develop social skills to improve social communication. Term 3 spaces available on Saturdays. \$40/1hr session. Based in One Tree Hill, Auckland. For more information please contact Samantha McGillivray (Speech Language Therapist) info@speech4all.co.nz

SOUTH AUCKLAND

Art / Craft / Games

Chess Club – Papatoetoe

Meets Wednesday, Papatoetoe Bowling Club 84 Cambridge Terrace, Papatoetoe, Juniors 6+, 6.15pm. Seniors 7.30pm. All abilities welcome \$2 per night. John 278 4520.

Games Night at Sir Edmund Hillary Library

First Friday of each month, 4-7pm, 209 Great South Road, Papakura, Free. Come along to the library with your family and friends and enjoy a relaxing evening of playing games. Play some old favourites or try something new. Challenge library staff to a game of chess, checkers, Monopoly or any of the other great games we have. We have games suitable for children from 3 years and up, as well as for adults.

Dance/Drama/Music

Bridget Gillbanks Piano Classes

Bridget has had no experience in teaching people with disabilities but is willing to offer if people are interested. Based in Papatoetoe, contact music.tutor.bridget@gmail.com or 021 081 72416.

Dance4Everyone

Dance4everyone provides specialist dance programmes to special schools, day centres and community groups in Auckland, New Zealand. Their dedicated staff are committed to ensuring dance is accessible and enjoyable for people of all ages. Classes Rosehill Special School Wednesday 4-5pm, Orakei Community House, Thursdays – school age 3.30-4.30pm and teenage and young adult 4.30-5.30pm. email dance4everyone@xtra.co.nz or Allie 021 063 4554.

Recreation

Active Families – Otahuhu

Active Families is a FREE lifestyle programme for families. We support families who; May have overweight children, and/or May have poor nutrition and physical activity habits, and/or would like some help making sustainable lifestyle changes for the family. We support your family personally with goals and advice. We also provide a lot of fun activities throughout your journey! Sport Sessions, Cooking Classes, Parent Workshops. Before you can start Active Families, we require a referral from a Health Professional. You can talk to the following people about getting referred; School Nurse, Family Doctor, Practice Nurse. or call us, and we can arrange the referral on your behalf - we only need your basic information and consent. Phone Sophie 09 623 7955 sophie@sportauckland.co.nz

Bader Drive Healthcare aerobics

Get active the fun way and dance to Polynesian music to keep healthy and full of life, Tues and Thursday 10.30-11.30am, all ages free. Moana Nui A Kawa Pool and Leisure Centre, 66r Mascot Ave, Mangere, 09 261 8040

Crossfit – Otahuhu Town Hall – FREE

10 High Street, Otahuhu, Monday Crossfit 4-6pm. To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz.

Family Fit – Otahuhu Town Hall – FREE

Want to get fit and healthy and have fun. Learn new sports and make new friends. Whatever your fitness level this is the class. 10 High Street, Otahuhu, Monday Sessions include Crossfit 4-6pm, Yoga 6-6.30pm, Eat4U 6.30-7pm, Zumba Dance 7-8pm. Wednesday sports 4-6pm, Tai Chi 6-7pm, Pila Tomu Aerobics, Friday 10-11am. Line Dancing Wednesday (term time only) 1.15-3.15pm, \$4 per session To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz.

Otahuhu Town Hall Various Activities – FREE

Want to get fit and healthy and have fun. Learn new sports and make new friends. Whatever your fitness level this is the class. 10 High Street, Otahuhu, Monday Sessions include Crossfit 4-6pm, Yoga 6-6.30pm, Eat4U 6.30-7pm, Zumba Dance 7-8pm. Wednesday sports 4-6pm, Tai Chi 6-7pm, Pila Tomu Aerobics, Friday 10-11am. Line Dancing Wednesday (term time only) 1.15-3.15pm, \$4 per session. To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz

Pasifika Strength and Conditioning Programme

For those with physical and visual impairments and their whanau. Want to improve health and get in shape? Interested in meeting new people? Like to have fun? After an activity the whole family can do? Wed 4.30-6.30pm, drop in session, Auckland Spinal unit, Otara. For more info www.parafedauckland.co.nz/strength or james@parafedauckland.co.nz

Pila Tomu Aerobics for Health

Free exercise class, Friday 10-11am. Otahuhu Town Hall / Community Centre, 10-16 High St, Otahuhu. To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz.

Table Tennis – Waiuku

King St Waiuku, Hall every Tuesday night, 7.30 pm. From April until October. Contact Neville Brown 09 235 0197 for more info or come along one night to check it out. All ages/skill levels.

Tai Chi Otahuhu Town Hall

Want to get fit and healthy and have fun. Learn new sports and make new friends. Whatever your fitness level this is the class. 10 High Street, Otahuhu Tai Chi Wednesday 6-7pm Free with Otahuhu Fit Club or \$4 per session. To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz

Women's Wheelchair Basketball Training Sessions

Monthly Sundays, Spinal Unit Gym, 3.30-5.30pm, 12th Nov, 10th Dec, 21st Jan, 25th Feb, 25th Mar. Leading up to the Kelly Griffin Challenge 14/15th April. Suitable for experienced and beginner players, 12-112 years old. Chairs provided. For more info www.parafedauckland.co.nz/wwcbb or lizzie@parafedauckland.co.nz

Yoga Otahuhu Town Hall – FREE

10 High Street, Otahuhu, Monday Yoga 6-6.30pm To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz

YJam Otahuhu Town Hall – FREE

Music - 10 High Street, Otahuhu, Thursday 3.30-4.30pm To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz. Register Now.

Zumba Mangere East Community Centre

Free Monday and Wednesday, 6.30-8.30pm. Let's dance ourselves to a healthier tomorrow through basic dance moves. Ph 09 275 6161, 372 Massey Road, Mangere East

Zumba Otahuhu

18 Station Road, Otahuhu \$2 per class, A total workout combining all elements of fitness – cardio, muscle coordination, balance and flexibility, boosted energy and a serious dose of awesome each time you leave the class. All level dance, high intensity, Tuesday 6pm.

Zumba Otahuhu Town Hall – FREE

Want to get fit and healthy and have fun. Learn new sports and make new friends. Whatever your fitness level this is the class. 10 High Street, Otahuhu, Monday Zumba Dance 7-8pm. To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz

Other

EAT4U – Otahuhu Town Hall – FREE

Want to get fit and healthy and have fun. 10 High Street, Otahuhu, Monday Eat4U, 6.30-7pm To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz.

Through the Horse's Eye – Horse Therapy

Equine therapy is a therapy where the horse is the therapist, teaching a person about themselves and enabling them to solve their own problems in a low pressure, non-judgemental environment. Horses are prey animals, which mean they have to be very good at reading others and communicating with one another. They are also very social creatures and want to create bonds; this represents safety to them. Due to this they are also very good at reading people and often mirror our thoughts and behaviours. Call 021 025 27770, Waiuku (15 mins south of). \$20 per session – 75 mins long.

EAST AUCKLAND

Art / Craft / Games

Art Class Pakuranga

Anchorage Park Community House, 16 Swan Cres, Pakuranga, Wednesdays, Starts 25 Oct, Fortnightly from 7-9pm, Adam 022 0661 1904, Tips and advice from experienced artists, to help you in your creative endeavours. All levels welcome.

Tamaki Cake Decorating Pakuranga

Anchorage Park Community House, 16 Swan Cres, Pakuranga. 4th Sunday of month, 1-3pm tamakicakedec.club@gmail.com
Learn to decorate a cakes in a relaxed, fun environment

Dance/Drama/Music

Dance yourself happy – Howick

Get your wiggle on with your family to electronica and music hits every Wednesday 8-9pm, All Saints Community Centre, 30 Cook St Howick.

Guitar Lessons Pakuranga

Anchorage Park Community House, 16 Swan Cres, Pakuranga, 1st Sunday of the month 10-11am, lih.foo@musiqhub.co.nz
Lih 021 207 6231

Recreation

Special Needs Cheerleading team at Pakuranga College!

Thursdays 4-5pm, ph 021 156 7428 for more information.

Table Tennis Club – Pakuranga

Pakuranga Hall, 346 Pakuranga Road, Pakuranga, Tuesday 7-9.15pm email tabletennisnr@gmail.com or phone 021 083 09994 - Eberhard

WEST AUCKLAND

Dance/Drama/Music

Good Vibrations Music Therapy

Sophie Buxton is a qualified and registered music therapist who has just started to offer this therapy in Helensville. She is available to provide sessions for children, teenagers and adults with intellectual / physical disabilities. Sophie Buxton 021 525 609, or email sophieb@musictherapy.associates

Recreation

Family Fun Club – New Lynn

Bring the whole family for fitness and fun! Zumba, team sports, Active play for under 5s, goal setting coaching and health information. For more information, please contact Ron, FitComm Trainer on 021 451 966 or Ilai, Sport Waitakere on 022 639 0619, Wednesdays 6-7pm, 45 Totara Ave, New Lynn

Public Fitness Wellbeing Trust Zumba

It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party! A wonderful way of improving and maintaining fitness for both body and mind. \$3 per person For more info contact Amelia Tan-Makhmalchi on 021 110 1127. Sundays 8-9am, Tuesdays 7.15-8.15pm, 45 Totara Ave, New Lynn

Zumba Titirangi

Every Thursday, Zumba class for all ages and experience levels, 6pm, Titirangi War Memorial, 500 South Titirangi Road, Titirangi, gold coin donation. Call Arai 021 085 31646 for more information.

Other

Chinese New Settlers Service Trust – New Lynn

Cultural Programme Learning including Chinese Language, Mathematics, Art painting, Ethnic Dancing, etc. Enhancing local cultural diversity and cultivate multicultural talents for New Zealand. For enquiries or registrations, phone: 09 570 1188 or email: info@cnsst.org.nz , Saturdays 9.30am-3.30pm, 45 Totara Ave, New Lynn

NORTH AUCKLAND

Dance/Drama/Music

Dance Class

Wednesdays 9-12pm, based in Devonport. Programmes are for over 21 years and finished full time education. Get your dancing shoes on as we offer a morning filled of different dance styles for young adults living with disabilities. We are focused on providing high quality care package services for young adults with disabilities. We strive to achieve highest levels of customer satisfaction and will do everything we can to meet your expectations. All levels of ability are catered for whether it is day time respite, full time care, alternative care, or simply finding something productive to do. We endeavour to give young adults a strong sense of worth and belonging. Our carers are handpicked for their expertise and will be matched up with individuals as they come along. The maximum ratio is 1:4 depending on ability. They hold an art class 1.30-4.30pm Thursdays, offering an art and craft filled afternoon for young adults with disabilities. Email artandsoulgroups@gmail.com

Minecraft Club at Birkenhead Library

Third Friday every month, 3.30-5pm, Neil Fisher Reserve, Hinemoa St, Birkenhead, Free, Come along to our weekly Minecraft sessions, meet other like-minded gamers and swap tips and tricks. This is an opportunity for young Minecrafters to get together and have an hour of play in a safe environment. Please bring your own device (laptop, iPad, iPod, Android, etc) as library computers will unfortunately be unavailable. You will require your own Minecraft registration and login. This is available from minecraft.net. Please note: this club will not run during the school holidays.

Minecraft Club at Devonport Library

Every Thursday, 3.30-4.30pm, 2 Victoria Road, Devonport, Free, Come along to our weekly Minecraft sessions, meet other like-minded gamers and swap tips and tricks. This is an opportunity for young Minecrafters to get together and have an hour of play in a safe environment. Please bring your own device (laptop, iPad, iPod, Android, etc) as library computers will unfortunately be unavailable. You will require your own Minecraft registration and login. This is available from minecraft.net. Please note: this club will not run during the school holidays.

Minecraft Club at East Coast Bays Library

Every Thursday, 3.30-4.30pm, Bute Road, Browns Bay, Free, Come along to our weekly Minecraft sessions, meet other like-minded gamers and swap tips and tricks. This is an opportunity for young Minecrafters to get together and have an hour of play in a safe environment. Please bring your own device (laptop, iPad, iPod, Android, etc) as library computers will unfortunately be unavailable. You will require your own Minecraft registration and login. This is available from minecraft.net. Please note: this club will not run during the school holidays.

Recreation

ASD Basketball Programme

Siblings and peers welcome. NZ Breakers stadium, 7 Atlas Place, Mairangi Bay. All sessions are on Sundays. Cost \$40 per family/per term. ASD Kids Trust run this event.

Clip n Climb North Shore

Come along to try it out, session for families with autism. For bookings email info@clipnclimbnorthshore.co.nz 2017 dates 27th August, 24th September, 29th October, 26th November. 9am-10am private Admission (Autism Foundation guests only). Please also complete the online waiver form. Please arrive 20 minutes before the session on the day. If you come for the first time with your child, please send Arletta an email (arletta@autism.org.nz) and she will send you a 'social story' to help you prepare your child. info@clipnclimbnorthshore.co.nz or ph 09 447 1428

Petanque Kennedy Park - Glenfield

Tuesdays & Thursdays - 1pm to 3pm - Sundays 10am to 12noon - meet on the Petanque Court below the Kennedy Park Observation Post. Enjoyable and friendly atmosphere - age no concern. Welcomes new members. Held on the Petanque Court below the Kennedy Park Observation Post. Ph Margaret on 09 478 5142

Monday Night Vinyasa Flow Yoga

Open to all levels, 7.30-8.45pm (during school term only), more info www.facebook.com/belmontyoga, or contact Julia Mak 021 228 3778

Yoga for Everybody

7:00pm-8:00pm Mondays, Try something different to feel something different. Slow flow and stretch, all levels welcome. \$12 per class, Contact Lauren 022 024 6344 for more information or to register. Beach Haven Community House, 130 Beach Haven Road, Beach Haven

Zumba for Everybody – Mairangi Bay

Mairangi Bay Primary School, Galaxy Drive, Mairangi Bay, 6.30pm, Mondays. Adults \$10, Students with ID \$5, children under 12 – free. All shapes, sizes and fitness levels! Each Zumba® class is designed to bring people together to enjoy exercise.

Zumba for Everybody – Bayview

Bayview Community Centre, 72 Bayview Road, Glenfield Tuesdays 6.15pm, Thursdays 6.30pm, Saturday 10am, Students with ID \$5, children under 12 – free. All shapes, sizes and fitness levels! Each Zumba® class is designed to bring people together to enjoy exercise.

Zumba for Everybody – Sunnynook

Sunnynook Community Centre, Cnr Sycamore and Sunnynook Drive, Sunnynook, Wednesdays 5.30pm, Students with ID \$5, children under 12 – free. All shapes, sizes and fitness levels! Each Zumba® class is designed to bring people together to enjoy exercise.

Other

Headway Equestrian

At Headway Equestrian we believe that children of all abilities can discover the joy of contact with horses and horse riding. We provide an encouraging and stimulating environment where children can engage in activities that are specifically designed to improve balance and co-ordination, fine and gross motor skills, concentration, listening and communication skills. We have found that children develop a strong bond with their horse, gain self-confidence and become more positive and outgoing. Caregivers have commented many times that Headway Equestrian is their child's happy place. All activities take place outside where the children can hear, feel and appreciate the movements and sounds of nature. We incorporate Hippotherapy and Therapeutic Riding into the sessions. The movement pattern of the horse provides a rhythmic and repetitive action that influences the rider who responds to these actions enhancing their physical strength and cognitive capabilities. Therapeutic Riding spaces are available for children with mild disabilities during Terms 3 and 4. For more information visit: www.headwayequestrian.co.nz or Headway Equestrian on Facebook. Email info@headwayequestrian.co.nz Phone/Text: 021 834 781, 76 Jackson Way (off East Coast Road), Silverdale. Shelley Thomson, New Zealand Registered Occupational Therapist, Hippotherapy Level One, Perth, 20 years horse riding and 10 years coaching experience

Riding for the Differently Abled

Sam Holcroft is an Occupational therapist student who is offering riding lessons one of our wonderful ponies and educational time before and after. I can help with social stories, visuals and absolutely anything to support this fantastic experience. First introduction – come and say hello! We can figure out what will work best, what support may be needed and what I can do to assist. Riding lessons \$50 for 30 mins riding. This includes 30 mins before and 10 mins after riding for valuable and educational time around animals learning how to interact and care for them. We can adjust the times to suit each individual. My main focus is always what works best for each person so anything can be changed. Carer support payment welcome. Contact Sam 021 207 2942, slolcroft@gmail.com, Awa rd, Kumeu.

Shanshan Multicultural Society – Sunnynook

We are a multicultural Society that was formed after a similar Chinese Organisation was closed by the Internal Affairs Dept. We try and teach the ways of New Zealand to New Immigrants through the ability to learn English and enjoy Song and Dance from the country of origin. We have Chinese and English and looking for other New Immigrants or new, New Zealanders to come along and show us your history by way of dance, song or other entertainment. We also like to assist in free shows to the community and everyone is welcome. Activities include singing, dancing, table tennis, English classes and much more. Anyone that lives in the area is welcome to attend. Sunnynook Community Centre, Cnr Sycamore and Sunnynook Drive, Sunnynook, 2-4pm Sundays. Phone Susan Forster 027 520 3042

This information has been updated until 5th February, please double check if there are changes prior.

Please look on our [Useful Links](#) section of our website for more services / organisations