

# Recreation Guide for Older Adults 2025–26





# Introduction

**Being active helps us maintain and improve wellbeing, and this is especially important as we age. Retirement offers an opportunity to reinvent ourselves and to pursue new activities and experiences.**

This guide highlights the many exciting opportunities for leisure and community activities available for older adults. We hope it helps you to discover a new hobby or rekindle an old interest, and make new friends.

It's a good idea to discuss any new exercise programme with your doctor, especially if you have a medical condition or any health worries.

## **Benefits of an active lifestyle can include:**

- feeling better about yourself
- meeting new people
- having fun
- stronger bones
- lower blood pressure
- better mental health
- lower levels of stress and anxiety
- better sleep
- weight maintenance and control
- increased mobility
- improved balance and a lower risk of falls
- better heart and lung function

# active CANTERBURY

Regular physical activity can improve your health,  
help you feel great, and make daily tasks easier.



**Staying active can add years to your life  
and life to your years.**

Visit the Active Canterbury website to find classes,  
groups, programmes and activity tips:

**WWW.activeCANTERBURY.ORG.NZ**

# Christchurch City Council Recreation and Sport Centres

**Inā noa atu te tangata, te mahi**

More people, more active, more often

We want to welcome you into our Recreation and Sports Centres around the city. These centres offer a fantastic range of recreation and fitness options for all ages and abilities.

Being active gives us more energy, reduces stress and makes us feel good. We offer a wide range of activities in the centres, from group fitness classes in the water and in our studios, pay to play pickleball, aqua jogging and swimming.

Go to our website to find out more:

[recandsport.ccc.govt.nz](https://recandsport.ccc.govt.nz)

## OUR CENTRES

Cowles Stadium	170 Pages Rd, Aranui
Graham Condon	3 Sisson Dr, Papanui
Jellie Park	205 Ilam Rd, Burnside
Matatiki	25 Smarts Rd, Hornby
Parakiore	26 St Asaph St, Christchurch Central
Pioneer	75 Lyttelton St, Somerfield
Taiora: QE11	193 Travis Rd, New Brighton
Te Pou Toetoe Linwood Pool	141 Smith St, Linwood

## OUTDOOR SUMMER POOLS

Norman Kirk Memorial Summer Pool	54 Oxford St, Lyttelton
Te Hāpua Halswell Centre	314 Halswell Rd, Halswell
Templeton Pool	62 Kirk Rd, Templeton
Waltham Pool	30 Waltham Rd, Sydenham





# Discover what's on at your library!



- ◆ **A wide selection** of books, magazines and audiobooks
- ◆ **Easy-to-use** public computers, free WiFi and printing services
- ◆ **Friendly staff** to help with technology and finding resources
- ◆ **Clubs & events** for social connection and lifelong learning

## Find your nearest library and see what's on!

**Call us:** 03 941 7923 (Mon to Fri 8am–6pm, Sat 9.30am–5pm)

**Email us:** [library@ccc.govt.nz](mailto:library@ccc.govt.nz)

**Or visit our website:**

[my.christchurchcitylibraries.com](http://my.christchurchcitylibraries.com)

# Index

Accessibility .....	8	Swimming, Aqua Classes and Swimming Lessons .....	29
Activity and Social Clubs .....	9	Table Tennis .....	30
Badminton .....	14	Tai Chi .....	30
Bowls (Indoors) .....	15	Tennis .....	31
Bowls (Outdoors) .....	17	Walking .....	32
Christchurch		Walking Sports .....	34
Community Gardens .....	18	Yoga .....	35
Croquet .....	18	Information Services .....	37
Dance .....	19		
Gentle Aerobics/Exercise .....	20		
Golf .....	22		
Gyms .....	23		
Ice Sports .....	23		
Pickleball .....	24		
Pilates .....	25		
Probus and Friendship Clubs.....	25		
Sit ‘n’ Be Fit Exercises .....	26		
Sports (Masters) .....	27		

To the best of our knowledge the information in this guide was correct at the time of writing, however all programme information is subject to change. We do not necessarily endorse organisations or facilities in this guide. We have not deliberately left out any organisation or facility.

If you’re a programme provider and would like to update or include programme information in future editions of this guide, please contact a Community Recreation Advisor on 03 941 8999.

# Accessibility

## Aspire Canterbury

### Disability information services

03 366 6189

[support@aspirecanterbury.org.nz](mailto:support@aspirecanterbury.org.nz)

[aspirecanterbury.org.nz](http://aspirecanterbury.org.nz)

## Beach Access

### Wheelchairs and beach access mat

[north.beach.accessibility@gmail.com](mailto:north.beach.accessibility@gmail.com)

## Christchurch City Council

### Recreation and Sport Centres

#### Information on accessibility

03 941 8999

[recandsport@ccc.govt.nz](mailto:recandsport@ccc.govt.nz)

[recandsport.ccc.govt.nz/centres/accessibility/](http://recandsport.ccc.govt.nz/centres/accessibility/)

## Hāpai Access Card

### Making access easy with accessible information and discounts for people with disabilities

03 595 0577

[cards@hapaiaaccesscard.org.nz](mailto:cards@hapaiaaccesscard.org.nz)

[hapaiaaccesscard.org.nz/](http://hapaiaaccesscard.org.nz/)

## Information on accessible parks

[ccc.govt.nz/parks-and-gardens/accessible-parks](http://ccc.govt.nz/parks-and-gardens/accessible-parks)





## Activity and Social Clubs

### Age Concern Canterbury

366 0903

[team@ageconcerncan.org.nz](mailto:team@ageconcerncan.org.nz)

### Ascot Petanque

021 848 753

### Avebury House Richmond

**Various activities, chit chat and exercise**

381 6615

[admin@aveburyhouse.co.nz](mailto:admin@aveburyhouse.co.nz)

[facebook.com/AveburyHouseTrust/](https://facebook.com/AveburyHouseTrust/)

### Avon Bonsai Society

[avonbonsai@hotmail.co.nz](mailto:avonbonsai@hotmail.co.nz)

### Avonside Holy Trinity Church

**Wednesday café and exercise group,**

**Thursday elder care**

389 6948

[office@holyltrinityavonside.co.nz](mailto:office@holyltrinityavonside.co.nz)

### Bishopdale Community Trust

359 1741

[office@bishopdalecommunity.org.nz](mailto:office@bishopdalecommunity.org.nz)

### Bromley Community Centre

**Various groups and activities**

389 1657

[bromleyccentre@gmail.com](mailto:bromleyccentre@gmail.com)

### Burwood All Saints

**Various groups and activities**

383 4656

### Canterbury Badminton

**Various options include women's only and para-badminton**

389 8534

[office@badmintoncanterbury.com](mailto:office@badmintoncanterbury.com)

### Canterbury Cake Decorators Guild

942 1705

### Canterbury Fiji Social Services Trust

**Elders group**

942 9498

[fiji.social.services@gmail.com](mailto:fiji.social.services@gmail.com)

### Canterbury Horticultural Society

366 6937

[office@chsgardens.co.nz](mailto:office@chsgardens.co.nz)

### Canterbury Workers Educational Association (CWEA)

**Various clubs, groups and classes**

366 0285

[programme@cwea.org.nz](mailto:programme@cwea.org.nz)

### Cashmere Club Inc

**Various activities**

332 0092

[enquiries@cashmereclub.co.nz](mailto:enquiries@cashmereclub.co.nz)

### Cashmere Garden Club

[cashmeregardenclub@gmail.com](mailto:cashmeregardenclub@gmail.com)

### Christchurch Bridge Club

3661516

[office@chchbridge.co.nz](mailto:office@chchbridge.co.nz)

### Christchurch Cathedral Handbell Group

385 9392

[andchris@xtra.co.nz](mailto:andchris@xtra.co.nz)

### Christchurch Multicultural Council

021 295 1089

[surindertandonz@gmail.com](mailto:surindertandonz@gmail.com)

[chchmc.org.nz](https://chchmc.org.nz)

## Activity and Social Clubs cont'd

### Christchurch Petanque Club

021 207 3957

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### Christchurch Red Hatters

021 0209 3598

[cinch.org.nz/entries/6759?keyword=red%20hatters](http://cinch.org.nz/entries/6759?keyword=red%20hatters)

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### Christchurch Senior Citizens

**Activity groups**

021 118 7360

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### Church Corner Leisure Club

**Handcrafts, painting, leather work, exercises**

348 9260

[family.hulston@gmail.com](mailto:family.hulston@gmail.com)

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### Crockfords Bridge Club

348 7478

[crockfordsbridge@gmail.com](mailto:crockfordsbridge@gmail.com)

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### Delta Community Trust

**Activities and services under the Friendship Link for persons with intellectual disabilities**

03 389 0212

[reception@deltatrust.org.nz](mailto:reception@deltatrust.org.nz)

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### Enliven Harakeke and Tōtara Clubs

**Day activity programme for people diagnosed with cognitive impairment/dementia (Linwood and Riccarton)**

0800 477 874

[ps@psusi.org.nz](mailto:ps@psusi.org.nz)

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### Euchre at Woolston Working Mens Club

**Cards**

027 233 0687

[sharonsmith.kiwi@gmail.com](mailto:sharonsmith.kiwi@gmail.com)

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### Evergreen Club

**Older persons activity programme**

960 3228

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### Facet Friendship Club

021 115 2746

[facetfriendshipclub@gmail.com](mailto:facetfriendshipclub@gmail.com)

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### Halswell Garden Club

322 7214

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### Heathcote Community Sports Club

**Lawn bowls, indoor bowls, petanque and table tennis**

021 521 707

[heathcotecommunitysportclub@gmail.com](mailto:heathcotecommunitysportclub@gmail.com)

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### Heathcote-Mt Pleasant Association of Anglican Women's Group

328 8182

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### Heathcote-Mt Pleasant Parish Mahjong Group

021 253 3200

[echapman@emailnz.com](mailto:echapman@emailnz.com)

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### Hoon Hay Presbyterian Church

**Craft group**

322 4437

[office@hoonhaychurch.co.nz](mailto:office@hoonhaychurch.co.nz)

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### Lincoln Area Senior Citizens Club

027 391 2483

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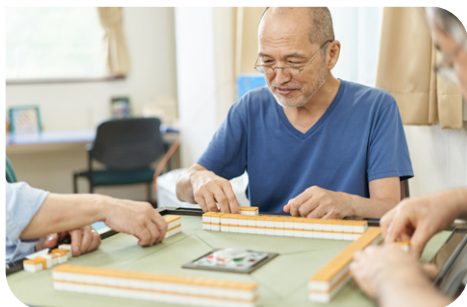
### Linwood Arts

**Classes, exhibitions and arts activities**

981 2881

[arts@tewhare.org](mailto:arts@tewhare.org)

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### **Linwood Resource Centre**

**Community garden, special interest groups, information and services**

981 5594 / 022 062 0733

[linwoodresourcecentre@gmail.com](mailto:linwoodresourcecentre@gmail.com)

### **Mary Potter Community Centre – St Albans**

**Various activities**

372 9224

[nzadmin@lcm.org.au](mailto:nzadmin@lcm.org.au)

### **Merivale Corner Community Hub**

021 222 7543

[thecorner@allsouls.org.nz](mailto:thecorner@allsouls.org.nz)

### **Multiple Sclerosis and Parkinson's Canterbury**

366 2857

[support@mspc.org.nz](mailto:support@mspc.org.nz)

### **Neighbourhood Trust Golden Connections**

**Social activities, etc**

027 956 9202 / 03 355 6522

[golden@nht.org.nz](mailto:golden@nht.org.nz)

### **New Brighton Friendship Club**

021 121 3950

### **New Horizons**

**Social group – South West Baptist Church**

027 274 1686

[lclarke@swbc.org.nz](mailto:lclarke@swbc.org.nz)

### **North Christchurch Sunshine Club**

**Social club, occasional bus trips and lunches**

03 351 6664

[redwood@villagechurch.nz](mailto:redwood@villagechurch.nz)

### **Northgate Community Services Trust**

**Electronic device support, community meals**

375 0850

[welcome@northgatetrust.co.nz](mailto:welcome@northgatetrust.co.nz)

### **Oak Development Trust – Riccarton**

**Nail care clinic and social gatherings**

960 6878

[admin@odt.org.nz](mailto:admin@odt.org.nz)

### **Opawa Community Church Women's Support Group**

337 0092

[admin.opawacommunity@methodist.co.nz](mailto:admin.opawacommunity@methodist.co.nz)

### **Papanui Club**

**Friendly club with a variety of activities**

359 9586

[reception@papanuiclub.co.nz](mailto:reception@papanuiclub.co.nz)

### **Papanui Welcome Club**

022 623 0945

### **Parklands Baptist Church**

**Various social clubs including crafts**

383 1356

## Activity and Social Clubs cont'd

### Phillipstown Leisure Club for Older Adults

**Social group with various outings and activities**

379 3256

[info@phillipstown.org.nz](mailto:info@phillipstown.org.nz)

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### Rewi Alley Chinese School

**Older adults cultural group**

[advisor@rewialley.ac.nz](mailto:advisor@rewialley.ac.nz)

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### Risingholme Learning

**Various locations**

332 7359

[info@risingholme.org.nz](mailto:info@risingholme.org.nz)

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### Rowley Community Centre

**Arts and crafts, stone carving, ESOL, and adult literacy and numeracy classes**

960 1776

[manager@rrc.net.nz](mailto:manager@rrc.net.nz)

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### Senior Citizens Clubs

**Contact Age Concern for local club details**

366 0903

[team@ageconcerncan.org.nz](mailto:team@ageconcerncan.org.nz)

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### Shirley Community Trust

**Various activities for people of all ages and abilities**

981 5521

[office@shirleycommunitytrust.org.nz](mailto:office@shirleycommunitytrust.org.nz)

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### St Albans Baptist Church

355 6522

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### St Albans Corner Community Hub

021 2641485

[Thecornerst.albans@allsouls.org.nz](mailto:Thecornerst.albans@allsouls.org.nz)

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### St Christophers Church

**Various groups**

358 8780

[admin@stchristophers.org.nz](mailto:admin@stchristophers.org.nz)

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### St Columbus Church 'Time for You'

349 7311

[office@hornbyanglican.org.nz](mailto:office@hornbyanglican.org.nz)

[hornbyanglican.org.nz](http://hornbyanglican.org.nz)

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### St Marks Art Group

03 361 1132

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### St Marks Choir

03 358 2218

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### St Marks Community English

03 358 5443

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### St Marks Foot Clinic

03 358 8911

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### St Marks Knitting Group

03 358 5172

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### St Marks Retired Peoples Fellowship

03 741 3966

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### St Marks Presbyterian Church

**Various activities**

03 358 5443

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### Stroke Club

**Social activities**

0800 787 653

[help@stroke.org.nz](mailto:help@stroke.org.nz)

[stroke.org.nz/affected-by-stroke/support-groups-and-networks/stroke-groups/](http://stroke.org.nz/affected-by-stroke/support-groups-and-networks/stroke-groups/)

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### Te Whare Roimata

**Weekly gold coin cafe**

379 5134

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### **Te Whare Roopu O Oterepo: Waltham Community Cottage**

942 2173

tewhare@walthamcottage.com

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### **The Christchurch Scrabble Club**

027 258 2629

pojopete@gmail.com

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### **The Muse**

**Singing groups (Rockers of Ages)**

0800 843 687

info@themuse.org.nz

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### **The Village Bryndwr**

**Foot clinic**

03 351 6664

bryndwr@villagechurch.nz

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### **The Village Community Centre at Redwood**

03 351 6664

redwood@villagechurch.nz

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### **The Village Papanui Creative Nest**

352 6197

papanui@villagechurch.nz

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### **U3A**

[www.u3a.nz](http://www.u3a.nz)

U3A Godley

[www.u3agodley.org](http://www.u3agodley.org)

U3A Avonhead

[u3aavonhead@gmail.com](mailto:u3aavonhead@gmail.com)

U3A Mountfort

[u3amountfort@gmail.com](mailto:u3amountfort@gmail.com)

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### **Ukulele – WACST@Burwood**

027 727 8277

wacst.burwood@gmail.com

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### **United Bridge Club**

027 557 6642

[unitedbridgeclub@gmail.com](mailto:unitedbridgeclub@gmail.com)

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### **Wainoni/Avonside Community Services Trust**

389 2285 / 027 727 8277

wacst.burwood@gmail.com

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### **Whareora House of Life**

**Various activities**

337 2731

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### **Women's Centre**

03 371 7414

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### **Women's Group – Woolston**

389 4448

women@wdp.org.nz

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### **Woolston Club**

**Various groups/clubs**

389 7039

[info@woolstonclub.co.nz](mailto:info@woolstonclub.co.nz)

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### **126 on the Corner, Hornby**

**Various groups**

022 017 6278

[fromthecorner126@hotmail.com](mailto:fromthecorner126@hotmail.com)

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# Badminton



## Ashgrove Club

022 023 0299

## Badminton Canterbury

**For all ages and abilities**

389 8534

[office@badmintoncanterbury.com](mailto:office@badmintoncanterbury.com)

## Bishopdale Recreation Centre – The Kind Foundation

03 359 8320

[bishopdale@thekindfoundation.org.nz](mailto:bishopdale@thekindfoundation.org.nz)

## Cashmere Club

021 356 331

## Diamond Harbour Indoor Sports Association

329 4521

## Knox – Te Kura Badminton Club

021 024 83148

[knoxtেকura@gmail.com](mailto:knoxtেকura@gmail.com)

## Masters Badminton Club

389 8534

[office@badmintoncanterbury.com](mailto:office@badmintoncanterbury.com)

## Christchurch City Council

### Badminton Pay to Play

**Held at various Recreation and Sport facilities – check the website for more information**

03 941 8999

[recandsport@ccc.govt.nz](mailto:recandsport@ccc.govt.nz)

[recandsport.ccc.govt.nz/pay-to-play-badminton](http://recandsport.ccc.govt.nz/pay-to-play-badminton)

## Christchurch City Council

### Badminton Court Hire

**Held at various Recreation and Sport facilities – check the website for more information**

03 941 6446

[rsebookings@ccc.govt.nz](mailto:rsebookings@ccc.govt.nz)

[recandsport.ccc.govt.nz/court-hire/](http://recandsport.ccc.govt.nz/court-hire/)

## St Marks Presbyterian Church Badminton

021 180 4384 or 359 4841

## St Silas' Anglican Church Badminton

**Social – all adults**

352 1366

[admin@northwestchchparish.org.nz](mailto:admin@northwestchchparish.org.nz)

## The Village Community Centre

**Social**

352 6197

[papanui@villagechurch.nz](mailto:papanui@villagechurch.nz)

## United Canterbury Badminton Club (UCBC)

021 161 0985

[play.at.ucbc@gmail.com](mailto:play.at.ucbc@gmail.com)

## Windsor Badminton Club

027 586 2766

[windsorbadmintonclub@gmail.com](mailto:windsorbadmintonclub@gmail.com)

## Bowls (Indoors)

### Avonhead Indoor Bowls Club

021 062 4707

### Celtic Indoor

ccibassociation@gmail.com

### Diamond Harbour Community Centre

027 220 1556

### Garden City Indoor Bowls Club – Linwood

022 088 4258

norme@outlook.co.nz

### Hornby Working Mens Club – Indoors Bowls

03 349 9026

### Indoor Bowls Association

389 9599

canterburyiba@gmail.com

### Irish Society Indoor Bowls

331 7011

### Morrison Avenue Bowling Club

352 6082

president@bowlsrus.co.nz

### North New Brighton

022 363 9060

### Opawa Community Church Indoor Bowls

03 322 4601

barry.anneweston@gmail.com

### Papanui Club

027 286 8221

papanui.ib@gmail.com

### Parklands Wednesday Club

**Recreational activities of indoor bowls only**

021 269 7230

alwin@inet.net.nz

### Riccarton Race Course Bowling Club

021 889 651

rrbc@xtra.co.nz

### Richmond Club

389 5778

### St Pauls Indoor Bowls

027 748 5048

### St Peters Indoor Bowls Club

745 9170 / 021 296 9427

### The Village Community Centre Bryndwr

351 6664

bryndwr@villagechurch.nz

### The Village Community Centre Papanui

352 6197

papanui@villagechurch.nz

### Tui Indoor Bowls Club

022 491 4432

### Woolston Club Indoor Bowls

389 7039

info@woolstonclub.co.nz





Pick  
theTick



# Improve your **Strength & Balance**

LIVE **STRONGER**  
FOR **LONGER**

PREVENT FALLS & FRACTURES

Join an accredited  
class near you

Visit [www.livestronger.org.nz](http://www.livestronger.org.nz) or phone Sport Canterbury on 022 495 8470



Te Kōwhiriwhiri  
Hanga Whānau  
prevention, care, recovery.



MANATU  
HAUORA  
MINISTRY OF HEALTH

Te Tāhū Hauora  
Health Quality & Safety  
Commission



## Bowls (Outdoors)

### Avon Park Bowling Club

389 5215  
apbc@xtra.co.nz

### Barrington United Bowling Club

332 3611  
barringtonunitedbowls@outlook.com

### Beckenham Bowling Club

332 9898  
beckenhambowls@xtra.co.nz

### Belfast Bowling Club

323 7205  
belfastbowls@xtra.co.nz

### Bowls Canterbury Inc

#### Information on all outdoor bowling clubs

03 351 2080  
admin@bowlscanterbury.co.nz

### Bowls Papanui

027 488 6469 / 03 352 9399  
bowlspapanui@xtra.co.nz

### Burnside Bowling Club

358 4617  
theClub@burnsidebowlingclub.com

### Cashmere Bowling Club

332 7310 / 021 899 806  
cashmerebowls@xtra.co.nz

### Club Redcliffs

384 3733  
info@clubredcliffs.co.nz

### Diamond Harbour Bowling Club

027 220 1556  
davehopkins82@gmail.com

### Elmwood Park Bowling Club

027 465 5548  
elmwoodparkbowls@gmail.com

### Fendalton Bowling Club

355 8545

### Halswell Bowling Club

322 7269

### Hornby Club Outdoor Bowls Section

349 9026  
reception@hornbywmc.co.nz

### Morrison Avenue Bowling Club

352 6082  
president@bowlsrus.co.nz

### New Brighton Bowling Club

388 9059  
newbrightonbowlingclub1914@gmail.com

### Parklands Bowling Club

383 3365  
parklandsbowls@xtra.co.nz

### Papanui Club Outdoor Bowls Section

021 207 7595  
s.e.w@xtra.co.nz

### Riccarton Racecourse Bowling Club

342 7029  
rrbc@xtra.co.nz

### St Martins Bowling Club

332 7216  
ppullan3@gmail.com

### Sumner Bowling Club

326 6247  
sumnerbowls@xtra.co.nz

### Woolston Park Bowling Club

389 7562  
woolstonparkbowls@xtra.co.nz

## Christchurch Community Gardens

### Christchurch South Community Gardens

[csccommunitygardens.net.nz](http://csccommunitygardens.net.nz)

#### Kaiapoi

327 2821

#### Linwood

[lrcgardens@gmail.com](mailto:lrcgardens@gmail.com)

#### Lyttelton

328 9243

[office@lyttelton.net.nz](mailto:office@lyttelton.net.nz)

### Mairehau Neighbourhood Garden

027 956 9202

[community@nht.org.nz](mailto:community@nht.org.nz)

### New Brighton Community Gardens

388 6506

[nbgardens@xtra.co.nz](mailto:nbgardens@xtra.co.nz)

[New Brighton Community Room and Gardens](#)  
- CINCH

### Richmond Community Garden

027 808 0693

[admin@richmondcommunitygarden.co.nz](mailto:admin@richmondcommunitygarden.co.nz)

## Croquet

### Akaroa Croquet Club

027 2342 454

[akaroacroquet@gmail.com](mailto:akaroacroquet@gmail.com)

### Barrington Park Croquet Club

022 309 2856

[dormer.karen@xtra.co.nz](mailto:dormer.karen@xtra.co.nz)

### Canterbury Croquet Assn

027 209 7767

### Cashmere Croquet Club

021 977 714

[secretarycashmerecroquet@gmail.com](mailto:secretarycashmerecroquet@gmail.com)

### Diamond Harbour and Districts Croquet Club

021 149 0814

### Edgware Croquet Club

021 303 843

[jancoone@gmail.com](mailto:jancoone@gmail.com)

### Elmwood Croquet Club

021 028 74452

[23jennymary@gmail.com](mailto:23jennymary@gmail.com)

### Fendalton Park Croquet Club

021 768 201

[fendaltonparkcroquet@gmail.com](mailto:fendaltonparkcroquet@gmail.com)

### Holmes Park Croquet Club

021 0714 439

[jeanbusch@xtra.co.nz](mailto:jeanbusch@xtra.co.nz)

### Hornby Croquet Club

027 689 8743

### Kaiapoi Croquet Club

021 0247 3267 / 027 389 0133

### St James Park Croquet Club

027 4310 143

### St Martins Croquet Club

021 958 357

[janwright.nz@outlook.com](mailto:janwright.nz@outlook.com)

### United Croquet Club

028 414 5730

[unitedcroquetclub@gmail.com](mailto:unitedcroquetclub@gmail.com)



# Dance

## Avon Sequence Dancers

021 217 6994

## Banks Peninsula Scottish Country Dance Club

027 204 7619

[mgcurrynz@gmail.com](mailto:mgcurrynz@gmail.com)

## Burnside Scottish Country Dance Club

021 1624 396

## Cathedral City Line Dancers

021 180 6794

[dtimbrell@yahoo.com.au](mailto:dtimbrell@yahoo.com.au)

## Christchurch Rock n Roll Club

021 210 5841

## Dance Fitness – Merivale Corner Community Hub

021 821 260

[dancefitnesschch@gmail.com](mailto:dancefitnesschch@gmail.com)

## Fevah Modern Jive

021 234 7064

[fevah.dance@gmail.com](mailto:fevah.dance@gmail.com)

## Garden City Sequence Dancers

027 417 8079

## Hoon Hay Scottish Country Dance Club

[hoonhayscdc@gmail.com](mailto:hoonhayscdc@gmail.com)

## JBC Dance

**Ballroom, Latin, new vogue**

[jbcdance.co.nz](http://jbcdance.co.nz)

## Katleen's Dance

349 6929

## Line Dance Christchurch

**Various locations**

329 4857 / 027 631 8589

[linedance.christchurch@gmail.com](mailto:linedance.christchurch@gmail.com)

## Line Dancing

**Various locations**

03 388 1990

[dawn.r@xtra.co.nz](mailto:dawn.r@xtra.co.nz)

## Mature Movers Dance Halswell

021 269 2391

[kareneade001@gmail.com](mailto:kareneade001@gmail.com)

## Scottish Society of New Zealand

**Scottish country dance club, Highland dance club, Celtic dance club, pipe band**

0274 792 894

[scottishsocietynz@gmail.com](mailto:scottishsocietynz@gmail.com)

## The Village Community Centre, Bryndwr

**Line dancing**

351 6664

[bryndwr@villagechurch.nz](mailto:bryndwr@villagechurch.nz)

## The Village Community Centre, Papanui

**Sequence, Latin and ballroom dancing**

352 6197

[papanui@villagechurch.nz](mailto:papanui@villagechurch.nz)

## Vicky Line Dance Club

027 388 8929

[gvhamilton@gmail.com](mailto:gvhamilton@gmail.com)

## Wainoni Avonside Community Services Trust

**Line dancing, Move 2 Groove**

389 2285 or 027 727 8277

# Gentle Aerobics/Exercise

## Active Health – Merivale Corner Community Hub

021 222 7543

[thecorner@allsouls.org.nz](mailto:thecorner@allsouls.org.nz)

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## Avebury House: Richmond

381 6615

[admin@aveburyhouse.co.nz](mailto:admin@aveburyhouse.co.nz)

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## Burnside Elim Church – Move it or Lose it 70+

027 326 3958

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## Cardiac Companions Association: Burwood Hospital and Avonhead

020 4012 3028

[cardiac.companions@gmail.com](mailto:cardiac.companions@gmail.com)

[cinch.org.nz/mobile/search/1894](http://cinch.org.nz/mobile/search/1894)

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## Christchurch City Council Gentle Exercise

**Held at various Recreation and Sport facilities – check the website for more information**

03 941 8999

[recandsport@ccc.govt.nz](mailto:recandsport@ccc.govt.nz)

[recandsport.ccc.govt.nz/gentle-exercise](http://recandsport.ccc.govt.nz/gentle-exercise)

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## CWEA: Movement and Music Classes

03 366 0285

[programme@cwea.org.nz](mailto:programme@cwea.org.nz)

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## Elevate Fitness Bishopdale – The Kind Foundation Lifefitness

963 2823

[elevate@thekindfoundation.org.nz](mailto:elevate@thekindfoundation.org.nz)

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## Elevate Fitness City – The Kind Foundation

963 2823

[elevate@thekindfoundation.org.nz](mailto:elevate@thekindfoundation.org.nz)

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## Exerdance

**Dance exercise for women only – various locations**

388 5681

[gerob@xtra.co.nz](mailto:gerob@xtra.co.nz)

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## Female Federation

962 0060

[info@femalefederation.co.nz](mailto:info@femalefederation.co.nz)

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## Gentle Circuits Class – Bromley

389 91657

[bromleyccentre@gmail.com](mailto:bromleyccentre@gmail.com)

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## Keep Active in Halswell

027 274 1686

[lclarke@swbc.org.nz](mailto:lclarke@swbc.org.nz)

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## Keep Active in Spreydon

027 274 1686

[lclarke@swbc.org.nz](mailto:lclarke@swbc.org.nz)

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## Linwood Ave Community Corner Trust

980 9827

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## Mary Potter Community Centre: St Albans

372 9224

[nzadmin@lcm.org.au](mailto:nzadmin@lcm.org.au)

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## Move It or Lose It – Burnside Elim Church

027 326 3958

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## Move It or Lose It – Fendalton Community Centre

027 326 3958

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**Move It or Lose It –  
Halswell St Marys Church**

027 326 3958

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**Move It or Lose It –  
Hornby 126 on the Corner**

027 326 3958

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**Move It or Lose It –  
Wainoni Avonside Community  
Services Trust**

027 326 3958

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**MoveEzy – Redcliffs**

021 262 8886

kris.tynan@xtra.co.nz

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**Multiple Sclerosis and Parkinson's  
Canterbury, Braintree**

366 2857

support@mspc.org.nz

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**Neighbourhood Trust Strength  
and Balance**

027 710 0042 / 03 355 6522

golden@nht.org.nz

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**Neurogym at Bishopdale**

**Exercise for stroke, Parkinson's Disease  
and other conditions**

027 262 8886

kris.tynan@xtra.co.nz

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**PEPSA Exercise**

**Various venues**

027 437 6417

pepsa@xtra.co.nz

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**Respiratory Relief Society**

**Gentle exercises**

03 332 4471

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**Somerfield Community Centre**

**Senior fitness class**

021 045 9721

paulaannbarrett@gmail.com

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**St Silas' Anglican Church**

**Gentle exercise group**

352 1366

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**Stroke Foundation**

**Exercises at various locations**

0800 787 653

help@stroke.org.nz

[www.stroke.org.nz/](http://www.stroke.org.nz/)

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**Sumner Community Centre**

**Keep fit classes**

027 496 6845

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**Active Corner Merivale Movers  
for 55+**

021 222 7543

thecorner@allsouls.org.nz

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**The Village Community Centre:  
Bryndwr**

**GoGrans**

03 351 6664

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**The Village Community Centre:  
Papanui**

**Steady as You Go Exercise classes**

03 352 6197

papanui@villagechurch.nz

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**The Village Community Centre:  
Redwood**

**Senior movement class**

351 6664

redwood@villagechurch.nz

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## Gentle Aerobics/Exercise cont'd

### **Te Whare Roopu o Oterepo Waltham Community Cottage**

942 2173

tewhare@walthamcottage.com

### **Use it or Lose it: BodyFix – Phillipstown**

021 262 8886

kris.tynan@xtra.co.nz

### **Use it or Lose it – Redcliffs**

021 262 8886

kris.tynan@xtra.co.nz

### **126 on the Corner: Hornby**

027 326 3958



## Golf

### **Avondale Golf Club**

388 8203

avondaleoffice@xtra.co.nz

### **Bottle Lake Golf Club**

383 1403

office@bottlelakegolf.co.nz

### **Canterbury Golf Association + Canterbury Women's Golf**

359 4000

info@canterburygolf.co.nz

### **Christchurch Golf Club**

385 9506

admin@christchurchgolf.co.nz

### **Clearwater Resort Golf Club**

360 2146

play@clearwatergolf.co.nz

### **Harewood Golf Club**

359 8843

play@harewoodgolf.co.nz

### **Kaiapoi Golf Club**

327 7320

info@kaiapoigolf.co.nz

### **McLeans Island Golf Club**

359 9768

mcleansislandgolf@xtra.co.nz

### **Templeton Golf Club**

349 7571

office@templetongc.co.nz

### **Waimairi Beach Golf Club**

383 0307

office@waimairibeach.co.nz

## Gyms

### **Christchurch City Council Gyms** **Located at various Recreation and Sport Facilities – check the website for more information**

03 941 8999

[recandsport@@ccc.govt.nz](mailto:recandsport@@ccc.govt.nz)

[recandsport.ccc.govt.nz/workout/gyms](http://recandsport.ccc.govt.nz/workout/gyms)

### **Elevate Fitness Bishopdale – The Kind Foundation**

359 8320

[bishopdale@thekindfoundation.org.nz](mailto:bishopdale@thekindfoundation.org.nz)

### **Elevate Fitness City – The Kind Foundation**

963 2823

[elevate@thekindfoundation.org.nz](mailto:elevate@thekindfoundation.org.nz)



### **Female Federation**

962 0060

[info@femalefederation.co.nz](mailto:info@femalefederation.co.nz)

### **Multiple Sclerosis and Parkinson's Canterbury, Braintree**

366 2857

[support@mspc.org.nz](mailto:support@mspc.org.nz)

### **Shoreline Fitness Centre**

03 388 3006

[shorelinefitness@xtra.co.nz](mailto:shorelinefitness@xtra.co.nz)

### **Tinana Community Gym**

0800 HE WAKA (0800 439 252)

[reception@hewakatapu.org.nz](mailto:reception@hewakatapu.org.nz)

[hewakatapu.org.nz/community/tinana-community-gym](http://hewakatapu.org.nz/community/tinana-community-gym)

### **Wharenui Sports Centre**

348 6488

[reception@wharenui.co.nz](mailto:reception@wharenui.co.nz)

## Ice Sports

### **Canterbury Masters Figure Skating Club**

385 2261 or 027 310 2505

[CMFSC1@gmail.com](mailto:CMFSC1@gmail.com)

[cmfsc.org](http://cmfsc.org)



# Pickleball



## **Burnside Park Pickleball**

022 387 8084

[admin@burnsideparktennis.com](mailto:admin@burnsideparktennis.com)

[www.burnsideparktennis.com](http://www.burnsideparktennis.com)

## **Bishopdale Recreation Centre – The Kind Foundation**

359 8320

[bishopdale@thekindfoundation.org.nz](mailto:bishopdale@thekindfoundation.org.nz)

## **Canterbury Pickleball**

[Canterburypickleball.org.nz](http://Canterburypickleball.org.nz)

[canterburypickleball@gmail.com](mailto:canterburypickleball@gmail.com)

## **Christchurch City Council Pickleball Court Hire**

**Held at various Recreation and Sport facilities – check the website for more information**

03 941 8999

[rsebookings@ccc.govt.nz](mailto:rsebookings@ccc.govt.nz)

[recandsport.ccc.govt.nz/court-hire/](http://recandsport.ccc.govt.nz/court-hire/)

## **Christchurch City Council PickleBall Pay to Play**

**Held at various Recreation and Sport facilities – check the website for more information**

03 941 8999

[recandsport@ccc.govt.nz](mailto:recandsport@ccc.govt.nz)

[recandsport.ccc.govt.nz/pay-to-play-pickleball](http://recandsport.ccc.govt.nz/pay-to-play-pickleball)

## **St Silas' Anglican Church – Pickleball**

352 1366

[admin@northwestchchparish.org.nz](mailto:admin@northwestchchparish.org.nz)

## **Eastern Community Sport and Recreation Inc**

027 728 3005

[pay2play.co.nz](http://pay2play.co.nz)

[easterncommunity.co.nz/pickleball/](http://easterncommunity.co.nz/pickleball/)

## Pilates

### **Avebury House: Richmond**

381 6615

[admin@aveburyhouse.co.nz](mailto:admin@aveburyhouse.co.nz)

### **Christchurch City Council Pilates**

**Held at various Recreation and Sport facilities – check the website for more information**

03 941 8999

[recandsport.ccc.govt.nz/pilates](http://recandsport.ccc.govt.nz/pilates)

[recandsport@ccc.govt.nz](mailto:recandsport@ccc.govt.nz)

### **Elevate Fitness Bishopdale – The Kind Foundation Lifefitness**

359 8320

[bishopdale@thekindfoundation.org.nz](mailto:bishopdale@thekindfoundation.org.nz)

### **Elevate Fitness City – The Kind Foundation Life Fit Programme**

963 2823

[elevate@thekindfoundation.org.nz](mailto:elevate@thekindfoundation.org.nz)

### **Female Federation**

962 0060

[info@femalefederation.co.nz](mailto:info@femalefederation.co.nz)

### **Pilates+Barre Boutique Studio**

021 330 623

[pilatesplusbarre@gmail.com](mailto:pilatesplusbarre@gmail.com)

[pilatesplusbarre.co.nz](http://pilatesplusbarre.co.nz)

## Probus and Friendship Clubs

### **Belfast Redwood Combined Friendship club**

385 9828

### **Bishopdale Ladies Friendship Club**

021 158 2704

### **Centaurus Combined Probus Club**

021 298 4657

### **Halswell Friendship Club**

03 322 8288

### **Mt Herbert/Te Ahu Patiki Friendship Club**

[mtherbertfrfc@gmail.com](mailto:mtherbertfrfc@gmail.com)

### **Parklands Ladies Friendship Club**

022 010 8650

### **Shirley Ladies Friendship Club**

021 185 6532 / 021 130 2161

### **St Martins/Opawa: Combined Club**

027 647 7443

# Sit and Be Fit Exercises

## **Avebury House: Richmond**

381 6615

[admin@aveburyhouse.co.nz](mailto:admin@aveburyhouse.co.nz)

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## **Bromley Sit n Be Fit**

389 1657

[bromleycentre@gmail.com](mailto:bromleycentre@gmail.com)

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## **Christchurch City Council**

### **Seated Gentle Exercise**

**Held at various Recreation and Sport facilities – check the website for more information**

03 941 8999

[recandsport@ccc.govt.nz](mailto:recandsport@ccc.govt.nz)

[recandsport.ccc.govt.nz/seated-gentle-exercise/](http://recandsport.ccc.govt.nz/seated-gentle-exercise/)

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## **Diabetes Christchurch Inc**

### **Armchair exercise group**

925 9972

[Info@diabeteschristchurch.co.nz](mailto:Info@diabeteschristchurch.co.nz)

[diabeteschristchurch.co.nz](http://diabeteschristchurch.co.nz)

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## **Elevate Fitness Bishopdale – The Kind Foundation Life Fit Programme**

359 8320

[bishopdale@thekindfoundation.org.nz](mailto:bishopdale@thekindfoundation.org.nz)

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## **Move It or Lose It – Burnside Elim Church**

027 326 3958

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## **Move It or Lose It – Fendalton Community Centre**

027 326 3958

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## **Move It or Lose It – Halswell St Marys Church**

027 326 3958

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## **Move It or Lose It – Hornby 126 on the Corner**

027 326 3958

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## **Phillipstown Hub**

379 3256

[info@phillipstown.org.nz](mailto:info@phillipstown.org.nz)

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## **Wainoni Avonside Community Services Trust**

### **Rocking chair dance**

389 2285 or 027 727 8277

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## Sports (Masters)

### Badminton Masters

03 389 8534

[office@badmintoncanterbury.com](mailto:office@badmintoncanterbury.com)

### Canterbury Hockey Association: Christchurch office

360 3010

[admin@hockeycanterbury.co.nz](mailto:admin@hockeycanterbury.co.nz)

### Canterbury Masters Athletics

338 0516

### Canterbury Tennis Seniors

027 427 4977

[canty10seniors@gmail.com](mailto:canty10seniors@gmail.com)

### JASI Masters Swimming

[secretary@jasimasters.org.nz](mailto:secretary@jasimasters.org.nz)

### QEII Masters swimming

[qe11masters@gmail.com](mailto:qe11masters@gmail.com)

### Touch Canterbury

323 6102

[shane@touchcanterbury.co.nz](mailto:shane@touchcanterbury.co.nz)





## HE PUNA TAIMOANA

Relax and enjoy the therapeutic benefits of five  
luxurious salt-water hot pools with stunning ocean views –  
only 15 minutes' drive from the central city.

Cool off and reduce inflammation in the  
plunge pool or unwind in the steam room  
and beachside sauna. Access the pools  
with ease – ramp or hoist entry is available  
for all pools and there are spacious  
accessible changing rooms.

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10am–7.30pm daily

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195 Marine Parade, New Brighton  
(03) 941 7818  
[info@hepunataimoana.co.nz](mailto:info@hepunataimoana.co.nz)

[hepunataimoana.co.nz](http://hepunataimoana.co.nz)

- Four sessions daily – bookings essential.
- Discounts are available on casual entries.
- 10 visit passes and memberships for Christchurch residents, Community Service and SuperGold card holders.
- Visit on site Saturdays Café for delicious coffees, drinks, al la carte and cabinet food.



# Swimming, Aqua Classes and Swimming Lessons

**Remember:** You don't have to be able to swim to enjoy aquacise!

## Aquagym

**Lessons, aqua jogging**

03 381 0299

[info@aquagym.co.nz](mailto:info@aquagym.co.nz)

## Canterbury Swim School

03 260 2220

[info@canterburyswimschool.co.nz](mailto:info@canterburyswimschool.co.nz)

## Christchurch City Council

**Various Recreation and Sport facilities –  
check out the website for more information  
on pools, swimming, aqua jogging,  
swimming lessons and aqua classes**

### Move and Mingle Aqua

Held at various indoor and outdoor pools around Christchurch – check the website for more information

### Aqua Gentle

Held at various indoor and outdoor pools around Christchurch – check the website for more information

03 941 8999

[recandsport@ccc.govt.nz](mailto:recandsport@ccc.govt.nz)

[recandsport.ccc.govt.nz/centres](http://recandsport.ccc.govt.nz/centres)

## He Puna Taimoana Hot Pools

**Check the website for more information**

03 941 7818

[info@hepunataimoana.co.nz](mailto:info@hepunataimoana.co.nz)

[hepunataimoana.co.nz/](http://hepunataimoana.co.nz/)

## Kings Swim School Lessons

03 341 7579

[info@swimkings.co.nz](mailto:info@swimkings.co.nz)

## Propeller Swim School

0272 776 735

[info@propellerswimschool.nz](mailto:info@propellerswimschool.nz)

## Wharenui Sports Centre and Swimming Club

**Adult Learn to Swim**

03 348 6488

[reception@wharenui.co.nz](mailto:reception@wharenui.co.nz)

## 126 on the Corner, Hei Hei

**Social swimming group**

022 017 6278



## Table Tennis

### **Diamond Harbour Indoor Sports Association**

329 4521

### **Harewood Table Tennis Club**

027 272 3132

dvddggn@gmail.com

### **Parklands Table Tennis**

027 279 5477

### **Redwood Table Tennis Club**

021 934 874

markhenshaw@hotmail.com

### **Table Tennis Canterbury**

341 5561

TTC@ttcanterbury.org.nz

## Tai Chi

### **Adapted Tai Chi**

027 294 0729

### **Avebury House: Richmond**

381 6615

admin@aveburyhouse.co.nz

### **Chan's Martial Art Tai Chi**

366 0791

chans@chansmartialarts.com

### **Linwood Avenue Community Corner Trust**

980 9827

### **St Marks Tai Chi (Intermediate)**

027 827 2791

### **Rewi Alley Tai Chi**

advisor@rewialley.ac.nz

### **Tai Chi at Goodfriends – Mt Pleasant**

021 262 8886

kris.tynan@xtra.co.nz

### **Tai Chi – Addington**

021 2628886

kris.tynan@xtra.co.nz

### **Tai Chi – Papanui and Rangiora**

027 438 8364

### **Thai Chi – Merivale Corner Community Hub**

021 227 543

thecorner@allsouls.org.nz

### **Te Whare Roopu o Otarepo Waltham Community Cottage**

**Tai Chi and Qi Gong**

942 2173

tewhare@walthamcottage.com

### **Wainoni Avonside Community Services**

389 2285 / 027 727 8277

wacst.burwood@gmail.com

### **Multiple Sclerosis and Parkinson's Canterbury, Braintree**

366 2857

support@mspc.org.nz

### **WEA**

**Tai Chi, Qigong and Hara Body Alignment**

03 366 0285

programme@cwea.org.nz

# Tennis

## Avonhead Tennis Club

027 474 9674

[info@nickcatontennis.co.nz](mailto:info@nickcatontennis.co.nz)

## Barrington Tennis Club

021 037 8115

[barringtontennis.christchurch@gmail.com](mailto:barringtontennis.christchurch@gmail.com)

## Beckenham Tennis Club

[beckenhamtennis@gmail.com](mailto:beckenhamtennis@gmail.com)

## Bishopdale Tennis Club

021 061 3254

[bishopdaletennis@gmail.com](mailto:bishopdaletennis@gmail.com)

## Burnside Park Tennis Club

022 387 8084

[admin@burnsideparktennis.com](mailto:admin@burnsideparktennis.com)

[burnsideparktennis.com](http://burnsideparktennis.com)

## Burwood Park Tennis Club

**Seniors welcome**

385 8844

[burwoodparktennisclub@gmail.com](mailto:burwoodparktennisclub@gmail.com)

## Cashmere Tennis Club

027 301 2388

[info@cashmeretennisclub.org.nz](mailto:info@cashmeretennisclub.org.nz)

## Canterbury Tennis Seniors

027 427 4977

[canty10seniors@gmail.com](mailto:canty10seniors@gmail.com)

## Diamond Harbour Tennis Club Icc

329 4521

## Edgware Tennis Club

[n.jenkins687@gmail.com](mailto:n.jenkins687@gmail.com)

[edgwaretennis@xtra.co.nz](mailto:edgwaretennis@xtra.co.nz)

## Elmwood Tennis Club

355 8377

[elmwoodtc@xtra.co.nz](mailto:elmwoodtc@xtra.co.nz)

## Halswell Tennis Club

027 539 8542

[halswelltennis@gmail.com](mailto:halswelltennis@gmail.com)

[halswelltennis.net](http://halswelltennis.net)

## Hornby Tennis Club

021 0293 5054 or 027 388 3294

[hornbytennisclub@gmail.com](mailto:hornbytennisclub@gmail.com)

## Marshland Tennis Club: Social

021 210 8346

[marshlandtennisclub@gmail.com](mailto:marshlandtennisclub@gmail.com)

## Mt Pleasant Tennis Club

[mptc.enquiry@gmail.com](mailto:mptc.enquiry@gmail.com)

## North Beach Tennis Club

021 031 2199

## Redcliffs Tennis Club

[redcliffstennis@gmail.com](mailto:redcliffstennis@gmail.com)

## Redwood Tennis Club

027 314 7744

[redwoodtennisclub@gmail.com](mailto:redwoodtennisclub@gmail.com)



## Tennis cont'd

### Riccarton Domain Tennis Club

021 208 1121

[riccartontennis@gmail.com](mailto:riccartontennis@gmail.com)

### Shirley Tennis Club

385 0145

[info@shirleytennis.co.nz](mailto:info@shirleytennis.co.nz)

### South Brighton Tennis Club

[southbrightontennis@gmail.com](mailto:southbrightontennis@gmail.com)

### St Albans Tennis Club

[info@stalbanstennis.org.nz](mailto:info@stalbanstennis.org.nz)

### St Martins Valley Tennis Club

021 335 880

[g.c.culling@xtra.co.nz](mailto:g.c.culling@xtra.co.nz)

### Sumner Tennis and Squash Club

021 635 041

[info@sumnertennisandsquash.co.nz](mailto:info@sumnertennisandsquash.co.nz)

### Yaldhurst Tennis Club

358 5259 / 022 466 0549

[yaldhursttennis@gmail.com](mailto:yaldhursttennis@gmail.com)

## Walking

### Beckenham Walk n Talk (CCC)

03 941 8999

### Bishopdale Ramblers

03 356 1819

### Bishopdale Trampers

[bookings@bishopdaletrampers.org.nz](mailto:bookings@bishopdaletrampers.org.nz)

[bishopdaletrampers.org.nz](http://bishopdaletrampers.org.nz)

### Broomfield Wanderers

03 349 3644

### Burnside Joggers and Walkers Club

021 2077 161

[facebook.com/profile.](https://facebook.com/profile.php?id=100054450400994)

[php?id=100054450400994](https://facebook.com/profile.php?id=100054450400994)

[geji.ellis@xtra.co.nz](mailto:geji.ellis@xtra.co.nz)

### City Ramblers

021 509 349

### Community Care Lincoln (CCL) Walking Groups

03 325 2007

[admin@lincolncomcare.co.nz](mailto:admin@lincolncomcare.co.nz)

### CWEA Field Club

03 355 2040

[programme@cwea.org.nz](mailto:programme@cwea.org.nz)

### Diamond Harbour Ramblers

03 329 4639

### Eastenders Social Walking Group

021 162 4396 / 021 101 7477

### Fendalton Walk n Talk (CCC)

03 941 8999

### Garden City Walkers

027 227 9283 / 03 338 8604

### **Halswell Walk n Talk (CCC)**

03 941 8999

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### **Happy Ramblers**

03 342 5608 / 03 358 5319

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### **Kaiapoi Walkers Group**

021 138 3013

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### **Kiwifit Northlands**

03352 6535

northlands@kp.co.nz

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### **Lambda Lattes**

021 232 2296

jwooles@xtra.co.nz

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### **Lambda Trampers**

022 162 1410

bryangilchrist4@msn.com

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### **Linwood Walk n Talk (CCC)**

03 941 8999

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### **Merivale Seniors Walking group**

03 356 0098

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### **Multiple Sclerosis and Parkinson's Canterbury, Braintree**

**Move with Intent program**

366 2857

support@mspc.org.nz

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### **Multiple Sclerosis and Parkinson's Canterbury, Braintree**

**Nordic Walking**

366 2857

support@mspc.org.nz

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### **Mt Pleasant Walking group**

376 4553

graemenwendy@xtra.co.nz

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### **MY Walking Group**

Wendy 027 7529766 or Bevan 021 1340059

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### **New Brighton Hill Walkers**

027 376 6128

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### **North West Hikers**

022 601 0391

---

### **Papanui Walk n Talk (CCC)**

03 941 8999

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### **Papanui Walkers**

03 323 6104

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### **Pioneer Trampers**

pioneertrampers@gmail.com

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### **Port Hills Walkers**

027 363 6302 / 03 348 6364

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### **Prebbleton Walking Group**

021 0225 3866

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### **Selwyn Walkers**

021 234 1870

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### **Shirley Recreational Walkers**

03 981 7071 / 027 775 4635

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### **Southbridge Walking Group**

03 324 2300

tpierson@xtra.co.nz

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### **Thursday Walkers**

027 337 6256

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### **Tower Tramping Club**

981 2831

gailrd58@gmail.com

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### **Tuesday Trekkers**

027 303 2706

[tuesdaytrekkers2024@gmail.com](mailto:tuesdaytrekkers2024@gmail.com)

### **WACST@Burwood**

027 727 8277

[wacst.burwood@gmail.com](mailto:wacst.burwood@gmail.com)

### **Walkie Talkies**

03 388 8687

### **Wayfarers**

021 399 546

[lillianchamberlain17@gmail.com](mailto:lillianchamberlain17@gmail.com)

### **Weekend Wanderers**

021 108 4249 / 027 214 0735

### **Westie Wanderers**

027 223 6017

### **Women's Social Walking Group**

03 359 1741

### **XY's Walkers**

03 332 7999 / 021 178 5103

## Walking Sports

### **Canterbury Basketball Association: Walking Basketball**

027 253 9683

[ty@canterbury.basketball](mailto:ty@canterbury.basketball)

[canterbury.basketball/walking-basketball-in-term-1-2025/](https://canterbury.basketball/walking-basketball-in-term-1-2025/)

### **Christchurch Netball Centre: Walking Netball**

[community@cnc.org.nz](mailto:community@cnc.org.nz)

[netballchristchurch.org.nz/play-netball/cnc-walking-netball-1](https://netballchristchurch.org.nz/play-netball/cnc-walking-netball-1)

### **Mainland Football: Walking Football**

[Josh.Dray@mff.nz](mailto:Josh.Dray@mff.nz)

[mainlandfootball.co.nz/lifestyle/walking-football](https://mainlandfootball.co.nz/lifestyle/walking-football)

# Yoga

## **Avebury House: Richmond**

381 6615

[admin@aveburyhouse.co.nz](mailto:admin@aveburyhouse.co.nz)

## **Christchurch City Council Yoga** **Held at various Recreation and Sport facilities – check the website for more information**

03 941 8999

[recandsport@ccc.govt.nz](mailto:recandsport@ccc.govt.nz)

[recandsport.ccc.govt.nz/yoga/](http://recandsport.ccc.govt.nz/yoga/)

## **CWEA – Christchurch** **Meditation and yoga evenings**

021 069 3697

[programme@cwea.org.nz](mailto:programme@cwea.org.nz)

## **Elevate Fitness Bishopdale –** **The Kind Foundation Yoga**

359 8320

[bishopdale@thekindfoundation.org.nz](mailto:bishopdale@thekindfoundation.org.nz)

## **Elevate Fitness City –** **The Kind Foundation Yoga**

963 2823

[elevate@thekindfoundation.org.nz](mailto:elevate@thekindfoundation.org.nz)

## **Multiple Sclerosis and Parkinson's** **Canterbury**

**Hatha yoga group**

359 9600 or 0274 708 273

[gailbaty@hotmail.com](mailto:gailbaty@hotmail.com)

## **Risingholme Learning**

332 7359

[info@risingholme.org.nz](mailto:info@risingholme.org.nz)

## **St Marks Presbyterian Church** **Flow Yoga/Pilates**

027 374 3033

[imnareflection@gmail.com](mailto:imnareflection@gmail.com)

## **The Village Community Centre:** **Bryndwr**

03 351 6664

[bryndwr@villagechurch.nz](mailto:bryndwr@villagechurch.nz)

## **Village Inn Bryndwr**

021 126 4917

[doreenlehmanntbma@yahoo.com](mailto:doreenlehmanntbma@yahoo.com)

## **WACST@Burwood**

**Chair Yoga**

027 727 8277

[wacst.burwood@gmail.com](mailto:wacst.burwood@gmail.com)

## **Yoga and Qigong School** **Beginners courses available**

03 326 5255

## **Yoga@Mary Potter Centre:** **St Albans**

027 211 8519

[yogawithkerry@xtra.co.nz](mailto:yogawithkerry@xtra.co.nz)





# Inspiring Independent Living



**Aspire Canterbury has been a valued part of the disabled & elderly community in Christchurch since 1982.**



## **Disability Information**

We provide free, unbiased disability and health related advice to individuals, whānau and professionals.



## **Shop and Hire**

Buy and hire products to keep you independent and thriving. Our staff provide expert advice and support.



## **Total Mobility**

A Total Mobility card entitles eligible people to a discount on taxi services. Aspire has qualified assessors on site.



## **Mobile Services**

A unique mobile van service to the Canterbury community. We make it easy to access information and products.

**View our disability and health services directory, with over 300 local providers. Available digitally on our website or in print.**



**[www.aspirecanterbury.org.nz](http://www.aspirecanterbury.org.nz)  
[info@aspirecanterbury.org.nz](mailto:info@aspirecanterbury.org.nz) | 0800 347 242  
Find us at the Braintree Wellness Centre  
70 Langdons Road, Papanui**

## Information Services

### Age Concern Canterbury

366 0903

[team@ageconcerncan.org.nz](mailto:team@ageconcerncan.org.nz)

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### Bishopdale Community Trust

03 359 1741

[office@bishopdalecommunity.org.nz](mailto:office@bishopdalecommunity.org.nz)

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### Bromley Community Centre

**Community Development Worker on site  
with advice and support**

027 716 8476 or 389 1657

[bromleycentre@gmail.com](mailto:bromleycentre@gmail.com)

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### Canterbury Fiji Social Services Trust

**Information and Cultural Group**

942 9498

[fiji.social.services@gmail.com](mailto:fiji.social.services@gmail.com)

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### Christchurch City Council

**Information, support and resources for  
all ages**

941 8999

[info@ccc.govt.nz](mailto:info@ccc.govt.nz)

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### Christchurch Resettlement Services

03 335 0311

[admin@crs.org.nz](mailto:admin@crs.org.nz)

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### Diabetes Christchurch Inc

925 9972

[Info@diabeteschristchurch.co.nz](mailto:Info@diabeteschristchurch.co.nz)

[www.diabeteschristchurch.co.nz](http://www.diabeteschristchurch.co.nz)

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### Gambling Harm

**Problem gambling**

0800 664 262

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### Greypower Christchurch

**Superannuitants Assn**

**Protects the welfare of the aged, offers  
advice and assistance**

0800 473 979

[fed-office@greypower.co.nz](mailto:fed-office@greypower.co.nz)

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### He Waka Tapu

0800 HE WAKA (0800 439 252)

[reception@hewakatapu.org.nz](mailto:reception@hewakatapu.org.nz)

[hewakatapu.org.nz](http://hewakatapu.org.nz)

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### Health New Zealand – Te Whatu Ora

**Canterbury District Health Board**

**Community Services for Older People**

03 337 7765

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### Multiple Sclerosis and Parkinson's

**Canterbury, Braintree**

**Exercise classes, support groups and  
education for people with MS and PD and  
their whānau**

366 2857

[support@mspc.org.nz](mailto:support@mspc.org.nz)

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### National Public Health Service –

**Waitaha**

03 364 1777

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### Neighbourhood Trust

03 355 6522 or 027 956 9202

[golden@nht.org.nz](mailto:golden@nht.org.nz)

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### Presbyterian Support Head Office

**Run various activities**

0800 477 874

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### Purapura Whetu

**Health and wellbeing service**

03 379 8001

[pw.maori.nz/](http://pw.maori.nz/)

[office@pw.maori.nz](mailto:office@pw.maori.nz)

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# Information Services cont'd

## Stroke Aotearoa NZ

### Stroke information

0800 787 653  
help@stroke.org.nz  
[stroke.org.nz](http://stroke.org.nz)

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## Tangata Atumotu Trust

### Delivers health and social services to the Pasifika community in Christchurch

03 377 2016  
tat@tat.org.nz  
[tat.org.nz/our-services](http://tat.org.nz/our-services)

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## Te Puawaitanga ki Ōtautahi Trust

### Delivers health, social and wellbeing services for tāngata māori based in Ōtautahi

0800 669 957  
reception@tepuawaitanga.maori.nz

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## Te Rūnanga o Ngā Maata Waka Inc

382 6628  
info@maatawaka.org.nz

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## Te Whare Awhero

967 4673  
admin@hpct.org.nz

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## Te Whare Roimata

### Support and information

379 5134

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## Whānau Whanake

### Health and wellbeing support

027 884 6663  
kiaora@whanauwhanake.org  
[whanauwhanake.org](http://whanauwhanake.org)

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## Women's Centre

371 7414  
support@womenscentre.co.nz

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