



# live to play

## ACTIVITIES CALENDAR

2nd October 2009 - 6th November 2009

SPONSORED BY  
**CooneyLeesMorgan**

### WHAT IS LIVE TO PLAY?

Every year Tauranga City Council invites you to discover our fantastic parks, reserves and facilities with Live to Play, a month jam-packed with fun things to do. Since 2006 the Council's Live to Play Month has been getting hundreds of people out into new places and trying new activities.

From glow worm tours at McLaren Falls Park to 'aquababes' lessons at BayWave, there's something for everyone. Your council, local clubs and organisations have pitched in to offer fun activities for all ages and abilities.

### AND THE BEST PART IS MOST OF IT IS FREE!

So try something new and go somewhere you've never been.

Live to Play is proudly brought to you by Tauranga City Council, Sport Bay of Plenty, YMCA and Tauranga Leisure.

### LIVE TO PLAY PHYSICAL ACTIVITY GUIDE

But wait, there's more! You can pick up a Live to Play physical activity guide from Tauranga City Council, Sport Bay of Plenty or your local library.

And check out [www.sportbop.co.nz](http://www.sportbop.co.nz) to find out about physical activity options across the whole Western Bay.

**PUSH PLAY**

**Green Prescription**

Activities with a green tick are for people who are new to exercise

DISCOVER THE PLAYGROUND ON YOUR DOORSTEP WITH LIVE TO PLAY!



## Get fit for free with ActiveSmart

**ACC ActiveSmart**  
RUNNING, WALKING AND CYCLING PLANS

ActiveSmart is a website aimed at people who want to get back into physical activity, whether you want to take up a new sport or run a half marathon.

The website assesses your current level of fitness and then designs a tailored fitness and nutritional programme to help you reach your goals.

Over 38,000 people have signed on to ActiveSmart since its launch in 2007.

Selected Live to Play events can be incorporated into your ActiveSmart fitness programme.

They are identified with a **AS** symbol.

### OPTIONAL FEATURES INCLUDE:

- Email reminders
- Regional event information
- Weather updates
- Video footage of correct training techniques

To create your own free tailored fitness programme go to [www.activesmart.co.nz](http://www.activesmart.co.nz)

Specific sports programmes are also available on the following sites:

[www.netballsmart.co.nz](http://www.netballsmart.co.nz)  
[www.soccersmart.co.nz](http://www.soccersmart.co.nz)  
[www.snowsart.co.nz](http://www.snowsart.co.nz)



DATE	TIME	EVENT	LOCATION	BOOKING REQUIRED	CONTACT	COST	FITNESS LEVEL	AGE	WHAT TO BRING
Thursday 1st October	10:30am	International Day of the older Person Global Embrace Walk, Smooth Movers Exercise Group and lots more. Refreshments available.	Meet at Age Concern Office, Historic Village, 17th Ave	No	Tanya Smith 578 2631	FREE	Low	All	Footwear and warm clothing. Friends and family
Thursday 1st October	1:30pm-4:00pm	Kidz Holiday Sports Multi sport - includes uni-hockey, basketball, soccer, relays, dodgeball.	Mount Action Centre	☎	Robyn King 574 9862	\$5	Mod	5-13 years	Drink bottle
Friday 2nd October	10.00am-2.00pm	Fulton Hogan Corporate Challenge Team building activities on the Strand. Come down to watch the teams battle it out. Limited spaces.	The Strand	☎	Tauranga City Council 577 7000	FREE	Low	Adults	Costume / Corporate clothing
Friday 2nd October	10.00am-12:30pm	Kidz Holiday Sports Multi Sport - includes uni-hockey, basketball, soccer, relays and dodgeball.	Mount Action Centre, Triton Avenue	☎	Robyn King 574 9862	\$5	Mod	5-13 years	Suitable sports attire, a drink bottle
Friday 2nd October - Friday 11 December	4.00pm-7.00pm	Skating & Action Mania at MAC. Inline Hockey and Sports. Every Friday from 2 October to 11 December. Please phone to book skates.	Mount Action Centre	☎	Robyn King 574 9862	\$5	Mod	8-13 years	Bring your own skates or call to book a pair
Every Friday From 2nd October	6:30pm-9:00pm	Social Badminton Evenings New rules badminton, all levels, fun for all.	Aquinas Action Centre	No	Colin 021 139 2598	FREE	Low	16+ years	Desire for exercise and fun
Saturday 3rd October	2.00pm	Te Puna Fun Walk Celebrate the new walkway at Te Puna. A great chance to see the area. Spot prizes and mobile coffee cart.	Waitiu Reserve, Te Puna	No	Jenny Grose 552 6615	FREE	Low	All	Comfortable clothing and \$ for coffee
Saturday 3rd & 10th October	9:30am	Dads N Lads Surfing Days Bookings essential. 2 hour session with quality instruction. Be in quick - numbers are limited. Surfboards are supplied.	Meet at the Mt Surf Shop Downtown the Mount	☎	Penny, Sport BOP 578 0016 Ext 829	2 for 1 price \$50	Mod	10+ years - Adult	Basic swimming skills - togs and towel
Sunday 4th October	9:30am-1:30pm	BoPDHB Mauao Family Fun Day Historic Walk & Scavenger Hunt. Family picnic, sports activities. Make a day of it and bring your own picnic.	Mt Maunganui Beachside Holiday Park - Pilot Bay	No	Mark Ray Park Ranger 027 281 0876	FREE	Low	All	Suitable footwear and comfortable clothes
Sunday 4th October	4:30pm	Birds on the Rimu/Totara Track McLaren Falls An interpretative walk through the bush highlighting birds, plants and trees on the way. <b>AS</b>	McLaren Falls Park Café inside the park	No	Paul Cuming 027 465 8710	FREE	Low	5+ years	Drink, strong shoes or boots, warm clothes, jacket
Sunday 4th October	6:30pm-8:30pm	Glow Worm Walk Discover the beauty of McLaren Falls glow worm walk.	McLaren Falls Park Café inside the park	No	Gary 021 376 202	FREE	Mod	All	Walking shoes
Every Monday from 5th October	7.00pm-9.00pm	Scottish Country Dance Have a go at Scottish Country Dancing (social dancing - partner not required).	St Johns Church Hall, Bureta Road, Otumoetai	☎	Heather 578 3906	FREE	Low	7+ years	
Monday 5th October	8:45am-9:45am	Smooth Movers Active Lifestyle for Seniors Programme. Exercise for the 50+ done at your own pace in a friendly and safe environment. <b>AS</b>	Matua Hall, Levers Road	No	Lynda Hitchfield 029 230 0162	FREE	Mod	50+ years	Water, towel
Monday 5th October	10.00am-2.00pm	Combat Laser Tag Grab a team and hide if you can or be on attack. Played in 2 acres of eucalyptus trees. Team of 8 people needed to play.	Blokart Heaven meeting point, 176 Parton Road	☎	Karlene Brown 542 4033	\$10	Mod	8+ years	Team of 8 people
Various days from Monday 5th October	Varies	Give 'Tennis a Go' Series Bookings essential. <b>AS</b> A fantastic course for people wanting to get back into tennis or are new to it. This is a 6 week series with quality instructors.	Various tennis clubs in Tauranga	☎	Penny, Sport BOP 578 0016 Ext 829	\$50 for 6 weeks	Mod	Adults	Tennis racquet, soft heeled shoes
Monday 5th, 12th, 19th October & 2nd November	1.00pm-2.00pm	Experience Taoist Tai Chi Enjoy better health and wellbeing through the graceful art of Taoist Tai Chi. <b>AS</b>	Clubrooms at 15 Koromiko Street	No	Dennis Marsh 578 9116	FREE	Low	All	Comfortable clothing
Monday 5th October	7.00pm	Le Bop Modern Jive Dance Learn to dance modern jive, have fun, good exercise, meet great people. You can dance le bop to any type of music anywhere. First class free then \$13 casual rate.	Tauranga Baptist Church	No	Ken Rowe 578 3972 021 0491 882	First class FREE	Low	15+ years	Comfy footwear, drink bottle. Try to arrive 10 minutes early
Tuesdays & Thursdays 6th October - 26th November	9:30am	The Mount Challenge Beginners Walking Group Over 8 weeks work towards walking up the Mount. All levels and abilities. <b>AS</b>	Grass bank outside Mt Surf Club	☎	Nicki, Sport BOP 578 0016 Ext 816	FREE	Low	18+ years	Good walking shoes and a drink bottle
Tuesday 6th October	2.00pm-5.00pm	Laser Claybird Shooting Bookings essential. Players use a modified shotgun to fire an infra-red at clay launched. Must have 5 players per game.	Blokart Heaven meeting point - 176 Parton Road	☎	Karlene Brown 542 4033	\$25 for a team of 5	Low	12+ years	

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Tuesdays 6th October & 13th October	5:30pm-7:00pm	BMX Introductory Night for Beginners Bookings required. Need the confidence to get into BMX riding? These 2 sessions will help you learn to ride a BMX track. Be into win a BMX Goodie Bag.	Keith Allen Drive, Sulphur Point	☎	Penny, Sport BOP 578 0016 Ext 829	Gold Coin	Mod	8+ years	Bring covered shoes, long sleeves, helmet, gloves and a bike
Tuesday 6th October	10.30am-2:30pm	Te Ra Whakararanga Olympic style activities for Kaumatua. Includes banner march and entertainment. Postpone date: 13 October. <b>AS</b>	Paparoa Marae, Paparoa Road, Te Puna	☎	Moana Rayner 552 4573	FREE	Low	60+ years	Lunch, water bottle, comfortable clothes
Wednesday 7th October	12.00pm-3.00pm	Blokart Sailing Bookings essential. 30 minute Blokart Sail. Experience the thrill of Blokart sailing. No experience needed. Phone on the day to check weather.	Blokart Heaven meeting point - 176 Parton Road	☎	Karlene Brown 542 4033	\$20 per person for a half hour sail	Low	8+ years	Closed shoes
Wednesday 7th October	10.00am-11.30am	Books in Parks The mobile library will be located in Rotary Park and will provide opportunity to sit back, relax and enjoy a good book in a tranquil and enjoyable environment.	Rotary Park, Maungatapu	No	Josh Trafford 021 241 6136	FREE	Low	All	A perfect location to have a picnic lunch
Wednesday 7th October	10.00am-12:30pm	Kidz Holiday Sports Multi Sport - includes uni-hockey, basketball, soccer, relays and dodgeball.	Queen Elizabeth Youth Centre	☎	Robyn King 574 9862	\$5	Mod	5-13 years	Suitable sports attire, drink bottle
Thursday 8th October	11:45am-4:00pm	Archery - Give it a Go Try something different and try your hand at Archery. Phone to book your time slot. Limited spaces.	Graham Park, Takitimu Drive	☎	Terry Wyatt 544 1616 Call 5:30-8pm only	\$5	Low	7+ years	Drink, covered shoes and a hat
Thursdays 8th, 15th, 22nd, 29th October	12:30pm-2.00pm	BINGO Tea and coffee available. Sports café will be open - prizes up for grabs. <b>AS</b>	Papamoia Sport & Recreation Centre	☎	Allan Wainwright 0274 677 062	\$1	Low	Adults	
Thursday 8th & Friday 9th October	8:30am-5:30pm	Soccer coaching clinic Soccer Coaching - includes skills and games CYFs approved.	Mount Action Centre	☎	Robyn King 574 9862	\$35 per day	Mod	5-11 years	Drink bottle, lunch and suitable sports attire
Thursday 8th October	7:30pm	Square Dance Fun Night Fun night of modern square dancing.	Legion of Frontiersmen Hall, Elizabeth Street West	No	Noel Swanton 543 1063	FREE	Low	11+ years	Flat shoes
Friday 9th October	10.00am-2.00pm	Traditional Maori Kite Making Spaces limited to 20 people. Participants in teams of two will build and fly a traditional Maori Kite. BBQ provided.	Fergusson Park, Front entrance by playground	☎	Penny, Sport BOP 578 0016 Ext 829	\$4	Low	10+ years	
Friday 9th October	9:30am-2:30pm	What Recession An expo celebrating all things which help to enhance and improve our general wellbeing.	Historic Village, 17th Ave	No	Terry Heath 578 6934	FREE	Low	All	
Friday 9th October	12.00pm-4.00pm	Kidz Disco in the Dark Dancing, fluoro-lighting, fun games, music.	Queen Elizabeth Youth Centre	☎	Robyn King 578 6090	\$6	Low	8-12 years	Wear something white
Saturday 10th October	1:30pm-3.00pm	Books in Parks The mobile library will be located in Kulim Park and will provide opportunity to sit back, relax and enjoy a good book in a tranquil and enjoyable environment.	Kulim Park, Otumoetai	No	Josh Trafford 021 241 6136	FREE	Low	All	A perfect location to have a picnic lunch
Saturday 10th October	1.00pm-3.00pm	Kite Flying Day Bring your kites down to Fergusson Park and have a go.	Fergusson Park	No	Johnnie Barrie 027 257 4058	FREE	Low	All	A kite
Saturday 10th October	11.00am-3.00pm	Baywave Family Fun Day Search and retrieve, bombing competition, inflatable noodle races, pin drop challenge and prizes to be won.	Baywave TECT & Aquatic Centre, Bayfair	No	Shaun Walker 575 0276	FREE	Low	Under 8 + over 8 divisions	Togs and towel
Sunday 11th & 14th October	11.00am-1.00pm	Ofunuefai Pa Sife open Day Two open days where representatives of the New Zealand Historic Places Trust will be on site to discuss the rich history of this very significant pa site.	29 Levers Road, Matua	No	Peter Mouldley 021 277 7927	FREE	Low	All	No dogs on site
Monday 12th October	10.00am	Mums Morning Netball Social indoor netball for mums. <b>AS</b>	Queen Elizabeth Youth Centre	☎	Robyn King 574 9862	\$2	Mod	Adults	Children supervised while mums play
Monday 12th October	1.00pm-2.00pm	Sit & Be Fit Gentle seated exercise to music. Perfect for less agile 50+ who still believe in the benefits of exercise. <b>AS</b>	Matua Hall, Levers Road	No	Chris Johnstone 576 5835	FREE	Low	50+ years	Water and towel
Monday 12th October	4.00pm-5.00pm	Youth Active in Martial Arts Local program focused on the development of youth within community. Confidence, discipline, independence and self esteem. Qualified instructor.	Action Potential Centre Cnr Cameron Rd, 3rd Ave	☎	Rob 571 0441	Ring for more details	Low	8+ years	Comfortable clothes
Tuesday 13th October	10.00am	Mums Morning Netball Social indoor netball for mums.	Mount Action Centre	☎	Robyn King 574 9862	\$2	Mod	Adults	Children supervised while mums play

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Tuesday 13th October	12.00pm	<b>Historic City Walk</b> A walkabout viewing the Strand, Monmouth Redoubt, Courthouse, Domain, Cameron Road, Durham Street, Spring Street and dispersing in 'Red Square'.	Harbour end of Wharf street	No	Ned Nicely 577 7205	FREE	Low	11+ years	Water bottle, sun hat and a smile
Tuesday 13th October	9:15am-10:15am	<b>Smooth Movers</b> Active Lifestyle for Seniors Programme. Exercise for the 50+ done at your own pace in a friendly and safe environment.	Papamoa Community Centre, Gravatt Road	No	Lynda Hitchfield 029 230 0162	FREE	Mod	50+ years	Water and towel
Tuesday 13th October	1.00pm-2.00pm	<b>Sit &amp; Be Fit</b> Gentle seated exercise to music. Perfect for the less agile 50+ who still believe in the benefits of exercise.	Papamoa Community Centre, Gravatt Road	No	Lynda Hitchfield 029 230 0162	FREE	Low	50+ years	Water and towel
Wednesday 14th October	9:30am & 5:30pm	<b>Women's Tennis Series (4 weeks)</b> Enjoy quality instruction from tennis pro. Learn the tennis basics in 4 weeks.	Mt Maunganui Tennis Club	Phone	Penny, Sport BOP 578 0016 Ext 829	\$50	Low	18+ years	Tennis racquet and good shoes
Wednesday 14th October	3 Classes (see next column)	<b>Rhythm Kids Dance Classes</b> Bookings essential. Fun, creative dance and movement classes. Hip Hop dance class for 8-12 year olds. Suitable for boys and girls. 3 Classes: 2-5 yrs: 3:30 - 4:10pm, 5-8 yrs: 4:15 - 4:55pm, 8-12 yrs: 5-5:45pm	St Georges Church, 1 Church St, Gate Pa. Close to the Mitre 10 Mega store.	Phone	Carla 021 838 829 angle@rhythmkids.co.nz	FREE	Low	2-12 years	Comfortable clothes and a drink bottle
Wednesday 14th October	10:30am	<b>Gordon Carmichael Development Discovery Walk</b> AS Guided walk through the G.C. Reserve pointed out aspects of interest, plantings, nature and developments. (Rain date: Wed 21 October).	End of Westmoreland Rise, Bethlehem.	No	Dianne 027 2292612	FREE	Mod	All	Water bottle
Thursday 15th October	9.00am	<b>City on its Feet Walking Group</b> AS Discover the hidden trails of Bethlehem.	Décor Garden Centre	No	Cam 07 552 4513	FREE	Mod	Adults	Water bottle
Friday 16th October	10.00am-12.00pm	<b>Pre School Have a Go Sports Activity Day</b> Fundamental ball skills for 4-5 year olds.	Queen Elizabeth Youth Centre	No	Kelly Ngawhare 578 6090	\$2	Low	4-5 years	Children need to be accompanied by an adult
Saturday 17th October	Session 1: 9.30am-11am Session 2: 11.30am-1pm	<b>Women on Waves - Ladies Learn to Surf Day</b> Learn the basics of surfing while having a fun few hours in the waves. 3rd session (if required, times TBA). Please phone to book - 10 places only for each session.	Tay Street Reserve	Phone	Penny, Sport BOP 578 0016 Ext 829	\$10 a lesson \$5 wetsuit hire \$5 surfboard hire	Mod	Adults 18+ years	Togs, towel, sunscreen, water
Saturday 17th October	1.00pm-4.00pm	<b>Croquet Golf</b> A game that can be played for fun and relaxation or competitively.	Tauranga Domain, Cameron Road	No	Stan Nash 576 1512	FREE	Low	12+ years	Flat soled footwear
Saturday 17th October	9:30am-11:30am	<b>Become a Tennis Star!</b> Open morning for young people interested in tennis.	Tauranga Lawn Tennis Club, Domain, Cameron Road	Phone	Neil Tyson 570 0569	FREE	Mod	8-19 years	Some racquets available at club but BYO if possible - non marking shoes
Sunday 18th October	10.00am-12.00pm	<b>Tree Climbing Day</b> Fun free climbing activities for children - bring bike helmets.	Yatton Park	No	Richard Conning 021 846 068	Gold coin for BBQ	Mod	2-16 years	Bring picnic, warm clothing, bike helmets
Sunday 18th October	8:30am	<b>Tauranga Tramping Club</b> Phone for more info. AS 3 ½ hour easy tramp, with stream crossings, from Whakamarama to Cookhouse Clearing and return to Whakamarama.	11th Ave, outside Harrisons Gallery - opposite the Mad Butcher	No	Dallas Winch 575 5909	FREE	Mod	11+ years	Lunch, drinks, warm clothing and boots or heavy trainers
Sunday 18th October	2.00pm-4.00pm	<b>Sunday Funday</b> Games and activities at the Greerton Pool.	Greerton Aquatic & Leisure Centre	No	541 0319	FREE	Low	5-12 years	Togs and towel
Sunday 18th October	10.00am-12.00pm	<b>Pre School Have a Go Sports Activity Day</b> Fundamental ball skills for 4-5 year olds.	Queen Elizabeth Youth Centre	No	Kelly Ngawhare 578 6090	\$2	Low	4-5 years	Children need to be accompanied by an adult
Monday 19th October	9.00am	<b>Wai Fitness - 'Give it a Go' Aqua Jogging</b> Bring your Live to Play calendar and get the class half price.	Bay of Plenty Polytechnic, Aquatic Centre	No	Chrissie Culpitt 027 630 8444	\$6 (See 'What to Bring')	Mod	Adults	Bring LTP calendar get ½ price for 1st class. Swimwear and a towel
Monday 19th October	5:30pm	<b>City on its Feet Walking After-work Group</b> Fantastic new walking opportunity in The Lakes area.	Pumice Glade, The Lakes	No	Charlie 578 9031	FREE	Mod	Adults	Bottle of water
Tuesday 20th October	9:15am-10:15am	<b>Body &amp; Soul</b> Fun fitness for over 50's - low impact exercise.	Wesley Church Hall, 13th Ave	No	Dianne 576 5031 027 4314326	FREE	Mod	50+ years	Exercise shoes, water bottle
Tuesday 20th October	9:30am	<b>Mt Joggers &amp; Walkers</b> A run and walk led by running and walking club captains. AS	Sea Scouts Hall, May Street Reserve	No	Judith 570 1177	FREE	Low	All	Suitable walking or running shoes
Tuesday 20th October	5:30pm	<b>Cycle Your Local Reserves Tour</b> On-road and off-road tracks around the city and outskirts. Small breaks in between. AS	Carpark at rear of Tauranga City Council	No	Bruce Galloway 577 7000	FREE	Mod	13+ years	Mountain bike, helmet, drink and snack food
Wednesday 21st October	6.00pm-7.30pm	<b>Breast Cancer Awareness Walk</b>	Masonic Park (opposite Tauranga City Council)	No	Iris 578 7025	\$5	Low	All	Comfortable shoes
Wednesday 21st October	1:30pm-2:30pm	<b>Sit &amp; Be Fit - Greenwood Park</b> Gentle seated exercise to music. Perfect for less agile 50+ who still believe in the benefits of exercise.	Greenwood Park Village, Welcome Bay	No	Val Camille-Dawson 027 495 2724	FREE	Mod	50+ years	Water and a towel
Wednesday 21st October	9:15am	<b>Smooth Movers</b> Active Lifestyle for Seniors Programme. Exercise for the 50+ done at your own pace in a friendly, safe environment.	Welcome Bay Community Hall, Welcome Bay Road	No	Val Camille-Dawson 027 4952724	FREE	Mod	50+ years	Water and a towel
Wednesday 21st October	7.00pm-9.00pm	<b>A Taste of Dance</b> A taster session of a variety of folkloric dances from Europe, the Middle East and more.	The Club Rooms, 45 Cliff Road, Tauranga	Phone	Andria 570 2445 021 0225 5898	\$5 for 2 hours	Mod	All	Comfortable clothing, flexible shoes
Wednesday 21st October	9.00am	<b>Aqua Aerobics at the Mount</b> Low to high impact using the resistance of water and aqua equipment	Mount Hot Salt Water Pools	Phone	Mike Page 575 0868	FREE	Mod	16+ years	Togs and a towel
Wednesday 21st October	6.00pm-7:30pm	<b>Fitness &amp; Self Defense through Taekwondo (WTF)</b> Potential students will do a light warm-up with existing students and then will have the opportunity to observe Taekwondo activities.	Gym 2, Tauranga Boys College	No	Lee Miller 543 2149	FREE	Low	9+ years	Loose fitting clothing and a water bottle
Wednesday 21st October	11:30am-1.00pm	<b>YMCA Pre School Gymnastics Big Day out</b> A fun and educational opportunity for parents to get involved and explore their child's physical capabilities, motor skills and coordination.	Mt Sports Centre, Cnr Hull & Maunganui Roads	No	Tracey Olivier 021 871 126	FREE	Low	18 months - 5 years	Drink bottles, exercise clothes
Thursday 22nd October	6.00pm-7:30pm	<b>Judo - Tauranga Judo Club</b> Judo is a Japanese martial art combining self-defence with sport. Ideal for all ages and abilities.	Morland Fox Soccer Grounds, Greerton	No	Katrina Thomas 544 7123	FREE	Mod	5+ years	Tracksuit pants and an old sweatshirt
Thursday 22nd October	8:45am	<b>Smooth Movers</b> Active Lifestyle for Seniors Programme. Exercise for the 50+ done at your own pace in a friendly and safe environment.	Otumoetai Action Centre, Windsor Road	No	Val Camille-Dawson 027 495 2724	FREE	Mod	50+ years	Water and a towel
Thursday 22nd October	5:30pm	<b>Introduction to Biking in the Kōpurererua</b> AS Casual 1 hour bike ride to explore the Kōpurererua Valley and promote its future development.	Cul-de-sac end of 17th Ave, beside Historic Village	No	Craig Fea Park Ranger 577 7000	FREE	Mod	10+ years	Bikes, helmets

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Thursdays 22nd October	9.00am	<b>City on its Feet Walkie Talkies</b> Discover the walkways around Papamoa. Enjoy a coffee afterwards.	Papamoa Community Centre, Gravatt Rd	No	Pam Doe 577 7362	FREE	Low	Adults	Walking shoes
Thursday 22nd October	9:30am	<b>Tauranga Heart Support Group</b> Easy exercise.	City Church Hall, Otumoetai Road	Phone	Dianne 576 5031	FREE	Low	Adults	Shoes / water bottle
Weekend 23rd - 25th October	Friday night - Sunday night	<b>Bay Salsa Festival</b> A jam packed weekend full of dance workshops, and shows. NZ's finest will be teaching and performing at this event.	Otumoetai Action Centre Bureta Park	No	Karen Saunders 021 037 9685	From \$10	Low	8+ years	Comfortable shoes / clothing. A willingness to have fun
Friday 23rd October	4.00pm-6.00pm	<b>Go Kayaking!</b> Half price recreational kayaking at Waimarino.	Waimarino Adventure Park, 36 Taniwha Place, Bethlehem	No	576 4233	\$8 1hr or \$10 2hrs (per person)	Mod	All	Togs, towel, thermal top or wind breaker (change of clothes)
Saturday 24th October	12.00pm-3.00pm	<b>Memorial Pool open Day</b> Inflatables, Bombing competitions, Races and games, Treasure hunt, free swim assessments. Prizes and giveaways. A fun day for all the family!	Memorial Pool, Memorial Park	No	Rebecca Boyce 029 541 0319	FREE	Low	Kids	Togs, towel, sunscreen, adult supervision for children 0-8 years
LABOUR WEEKEND Sunday 25th October	9.00am-3.00pm	<b>TECT ALL TERRAIN PARK DISCOVERY DAY: Logging Demo - Helicopter Demo - Wood Chopping - Wood Carving - Tree Climbing - Equipment Demo</b> Family oriented open day to discover all the activities and clubs in the park. Lots of demos and activities to try. Make a day of it and come and play in our very own future multi-sport park! For the full programme check out: <a href="http://www.westernbay.govt.nz/Major-Projects/TECT-All-Terrain-Park">www.westernbay.govt.nz/Major-Projects/TECT-All-Terrain-Park</a>	TECT All Terrain Park Ranger Station - Whataroa Road / Pyes Pa Road	No	Ric Balfour 579 6600 before 23rd October	Gold coin BBQ	Low	All	Covered shoes, bring picnic
Tuesday 27th October	5:30pm-7.00pm	<b>Give it a Go Yoga Series</b> 4 weeks intro course. New to yoga come and join this 4 week intro series to build strength, flexibility to enhance your general wellbeing. Bookings essential.	Wellness Lifestyle Centre 316 Cameron Road, Down from Johns Pharmacy	Phone	For more info call 574 6556	\$30 for 4 weeks	Low	All	Comfortable clothes
Wednesday 28th October	7.00pm-9:30pm	<b>Glow Worm Kayak Tour at Lake McLaren</b> A guided dusk and dark kayak tour on Lake McLaren, in comfortable stable sea kayaks (double and single kayaks). All equipment provided. Book and payment prior to the event.	In McLaren Falls Park, off McLaren Falls Rd. By lakeside in the park, drive past the cafe and take the first (hard) right turn.	Phone	Waimarino 576 4233 or on the day Drew Copestake 027 520 2547	\$70 per person Places limited.	Mod	10+ years	Light warm clothing, fleece or light jacket
Wednesday 28th October	6.00pm-9.00pm	<b>Cooney Lees Morgan Corporate Sports Night</b> An invite only corporate event where participants swap their suits and ties for shorts and tee shirts as they are pitted against each other in a variety of sports, including Netball, Touch, Soccer and Volleyball.	Mount Action Centre	Phone	Yvonne Robinson 578 2099	FREE	Mod	Adults	
Thursday 29th October	6.00pm	<b>'Slog it out' for Foodbank obstacle Relay</b> Teams of 4 'slog it out' to finish first in the army style relay. Loads of fun and laughs to be had. Prizes for the zaniest dressed up team. Limited spaces be in quick!	Tauranga Domain, Cameron Road	Phone	Penny, Sport BOP 578 0016 Ext 829	Entry fee - a can per person for Foodbank	Mod	Adults	Extra clothes
Thursday 29th October	9:30am	<b>The Fitness League NZ Inc</b> Low impact exercise and movement to music using the bagot stack system of exercise.	City Baptist Church Hall, Cnr 13th Ave & Cameron Road	No	Pam Carpenter 549 4799 or 021 117 7170	First class FREE	Mod	40+ years	Water and a smile
Thursday 29th October	10:30am	<b>Smooth Movers</b> Exercise for the 50+.	Bethlehem Hall, Bethlehem Road	No	Val Camille-Dawson 0274 952 724	FREE	Low	50+ years	Water and a towel
Friday 30th October	9.00am	<b>PorSE / City on its Feet Mass Pram Walk</b> Enjoy a walk with other parents at one of Tauranga's great parks.	Kulim Park, Matua	No	Hilary Fraser 021 409 231	FREE	Low	All	
Friday 30th October	10.00am	<b>Aquababes Lesson</b> Free trial swim lesson for 6-24 month olds.	Baywave TECT & Aquatic Centre, Bayfair	Phone	Leanne Brown 575 0276 Ext 714	FREE	Low	6-36 months	Togs and a towel
Saturday 31st October	9.00am-1.00pm	<b>Equestrian Ribbon Day &amp; Gala</b> Lead rein / beginners ribbon day. Ribbon classes for RDA riders and members. Gala fun for everyone. Refreshments available.	Tauranga RDA Equestrian Therapy Centre, 44 Ngapeke Rd, Welcome Bay	Phone	Kat MacMillan 544 1899	\$5 per rider per class Free entry for gala	Mod	6+ years	Long pants / track style suit, stout heeled boot or shoe
Saturday 31st October	11.00am-1.00pm	<b>Tauranga Synchro Fun Day</b> Synchro Fun Day and Displays. Come and give it a go to see what synchro is all about. Bookings required.	Baywave Aquatic Centre, Bayfair	Phone	Nola Younger 578 6299 021 517 374	Normal entry for Baywave	Mod	8+ years	Togs, goggles and a cap
Saturday 31st October	9.00am-2:30pm	<b>Kaituna Wetland Family Fun Day</b> Jump on the bus for a day of family fun at Kaituna wetland. Try kayaking, wander the wetland and check out our treasure trail. Bus pick ups by arrangement from Greerton, Downtown Tauranga, Bayfair and Te Puke.	Meet at the entrance of the lower Kaituna Wildlife Management Reserve, Pah Rd, Te Puke 10.00am	Phone	Peter Huggins 027 491 0706	\$10 pp includes bus and kayak use	Low	5+ years	Food, drink, hat, sunblock, warm clothes, shoes, towel, change of clothes
Sunday 1st November	12:30pm registrations	<b>Papamoa Lifeguards off-road Duathlon Papamoa</b> For all ages and abilities. Short course and long course options. For more information email info@papamoaifiguards.co.nz Phone to book or turn up on day for registrations. AS	Summerhill Farm is at the top of Reid Road 3km up from the intersection with Welcome Bay Road	Phone	Phone 542 2122	Various costs	Mod	10+ years	Proper sports gear and mountain bike
Sunday 1st November	10.00am-1.00pm	<b>MEMORIAL PARK FAMILY ACTIVITY DAY: GIVE IT A GO!</b> Give it a Go Basketball, Table Tennis and Volley Ball.	Queen Elizabeth Youth Centre	No	Robyn King 578 6090	FREE	Low	All	Picnic, family, friends
Sunday 1st November	10.00am-2.00pm	<b>Memorial Swimming Pool Family Fun Day</b> Races, relays, prizes and giveaways.	Memorial Pool, Memorial Park	No	Rebecca 029 541 0319	FREE	Low	All	Togs, towel, sunscreen. Normal supervision rules apply
Sunday 1st November	12.00pm	<b>YMCA Treasure Hunt</b>	Memorial Park in front of fountain	No	Keeley & Carl 578 9272 Ext 708	FREE	Low	All	
Sunday 1st November	11.00am-1.00pm	<b>Tauranga Samba Drumming &amp; Percussion Group</b> Be in quick, limited spaces. Creative Tauranga. Give drumming a go and book for a ½ hr workshop with Tauranga Samba Group.	Jordan Field	Phone	Penny, Sport BOP 578 0016 Ext 829	\$2 per person	Low	8-16 years	
Sunday 1st November	10.00am-1.00pm	<b>Give it a Go Golf</b> Led by Coachforce Golf.	Jordan Field	No	Penny, Sport BOP 578 0016 Ext 829	FREE	Low	All	Picnic, family and friends
Sunday 1st November	10.00am-4.00pm	<b>Matua Bowls: Give it a Go</b> Drop in throughout the day and try your hand at bowls. The club will provide a light lunch.	Matua Bowling Club, Matua Park, Levers Road	No	Graham Hayes 576 5296	FREE	Low	8+ years	Flat soled shoes / jandals, sun hat, sun block
Sunday 1st November	9.00am-6.00pm	<b>All Nations Indoor Soccer Tournament</b> Ethnic Indoor Soccer Tournament. Limited to 24 teams. AS Choose a country and enter a team.	Mount Action Centre	Phone	Robyn King 574 9862	TBA	High	13+ years	Lunch, running shoes. Dress up in your country's colour
Friday 6th November	Starts 11:30am-1.00pm (prize draw)	<b>LIVE TO PLAY WALKING PASSPORT CHALLENGE</b> Families, businesses and schools get their passports stamped at different walking stations around the CBD. Prizes, fresh air and a fun way to finish Live to Play Month.		Phone	Penny, Sport BOP 578 0016 Ext 829				<b>NATIONAL PUSH PLAY DAY</b> Pick up your passports at Sport BOP, Smiths Sports Shoes and Pluto Juice Bar or download from <a href="http://www.sportbop.co.nz">www.sportbop.co.nz</a> (available October).

