

PROJECT InterACTIVE



“Inspiring and enabling
Harbour people to enjoy
regular sport and physical
activity”

For more information please visit our website www.harboursport.co.nz

**DIRECTORY OF ACTIVITES IN THE
BIRKDALE/BEACHHAVEN COMMUNITY**

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What is Project InterACTIVE?

Project interACTIVE is a project to ensure children in the Birkdale/Beachhaven community receive consistent messages about physical activity and sport from early childhood through to secondary school. The goal is to engage and retain young people from Birkdale/Beachhaven in physical activity and sport throughout their schooling lives.

This booklet contains details about sports clubs and other activities available in your community. We have also included some information about activities running in Birkenhead. Refer to the key below for gender and age groups.

Please note that dates, times and costs may change. If you are interested in getting involved please get in touch with the contact person for up to date information.

 All Ages	 Junior	 Youth	 Senior
 Male Only	 Female Only		

FREE Activities!



You don't always have to pay to get active. Simple things such as going to the park, playground, taking the dog for a walk, walking to work (if its nearby), doing the gardening etc are all great and effective ways of getting out and being active.

In your area there are some great walking tracks and also some walking groups that you may wish to join.

Birkenhead Men's Probus Walking Group

They meet every Tuesday at 10am. Please contact Colin Todd for more information on 09 419 0859.

Beachhaven and Shepherds Park Walking Track

Shepherds Park has a number of easy tracks to explore plus an easy to moderate coastal walk round the headland. The first section of this walk is from the soccer club right out to the headland. It is very suitable for pushchairs and wheelchairs.

Use the Melba St entrance to Shepherds Park and park up to the left of the soccer club - toilets and ample parking available.

Allow about an hour for the walk and if you wish to do the extended walk add on another 15 – 20 minutes.

Birkenhead Point and Le Roys Bush Walk

A strenuous walk with some rather steep segments but these are well compensated for by the stunning views and unexpected reserves.

Start at Little Shoal Bay and allow about 1-1 1/2 hours.

For maps and directions of the above walking tracks please go to our website www.harbourport.co.nz click on 'getting active' and then click on 'walking groups/tracks'.

Also on our Harbour Sport Website is information regarding the Project interACTIVE 5-12 year old activity cards and parents brochures which contain information and ideas regarding free activities to participate in—either at home or at various parks, reserves and beaches in your community.



Freedom Fitness



33-35 Rawene Road, Birkenhead Ph: 09 480 7717

Web: www.freedomfitness.co.nz







Freedom Fitness is open 24hr/7 days a week. It offers a fully equipped private gym, boxing and kickboxing fitness classes and personal training.

Boxing and Kickboxing Classes - These classes are suitable for any age and fitness level. Classes are an hour long and are held every Monday at 6.30pm and every Tuesday and Wednesday at 6.00pm. These classes are inclusive of membership. If you are not a member then classes are \$15 or a 10 class concession card is \$130.

Gym membership - The following membership is available:

Membership	Cost
No Contract	\$75 per month
6 months	\$72.50 per month
12 months	\$70 per month
24 months	\$65 per month

For more information get in touch with Freedom Fitness on the number above or at becs@freedomfitness.co.nz.

 All Ages
  Junior
  Youth
  Senior
 Male Only
  Female Only

Sports Clubs

BOWLS



Beachhaven Bowling Club

Where: 33 Cresta Avenue, Beachhaven

Season: All year

Registration: No registration dates

Registration Costs: Annual Full \$140; 1st Years \$85; Student \$25; Social and Associate Members \$50; Casual \$5

Contact: Carole Simmonds, Secretary

Ph: 09 482 0338

Email: csimmonds@clear.net.nz

Birkenhead Bowling Club

Where: 93 Mokoia Road, Birkenhead

Season: All year

Registration: 1st September

Registration Costs: \$120 if register by 1st Sept, otherwise it is \$150

Contact: Colin Austin, Secretary

Ph: 09 480 7493

Email: birkenheadbowling@xtra.co.nz

Northcote-Birkenhead Womens Bowling Club

Where: Little Shoal Bay, Northcote Point

Season: Oct-May (Approx. 7 months)

Registration: 1st October

Registration Costs: Annual Fee \$135

Contact: Phyl Pilkington, Secretary

Ph: 09 480 8610

Email: phyllispilkington@msn.com

CRICKET



Birkenhead City Cricket Club ■

Where: Birkenhead Memorial Grounds, Mahara Avenue

Season Dates: October-March

Registration: September/October

Registration Costs: Dependent on level

Contact: Denise Montgomery, Club Manager

Ph: 09 483 3445 Email: info@birkenheadcricket.co.nz

FOOTBALL



Birkenhead United Football Club ■

Where: Shepherds Park, Melba Street, Beachhaven

Season Dates: April-August

Registration: Mid Feb (juniors), Seniors is more flexible

Registration Costs: Midnets (5-8) \$130; Juniors (9-12) \$160; Youth (13-17) \$185; Seniors \$290

Contact: Heather Ward, Secretary

Ph: 09 482 2494 Email: birkenheadunited@free.net.nz

INDOOR BOWLS



Birkenhead RSA Indoor Bowls Club ■

Where: Recreation Drive, Birkenhead

Season Dates: Mid Jan-End Nov

Registration: No registration dates

Registration Costs: Indoor bowls is \$5-\$10

Contact: Ann Hornbuckle, Secretary

Ph: 09 418 2424 Email: secman@birkenheadrsa.com

■ All Ages ■ Junior ■ Youth ■ Senior
■ Male Only ■ Female Only

Club Physical ■



35 Mokoia Road, Birkenhead Ph: 09 419 2500

Web: www.clubphysical.co.nz/index.cfm/Locations/Birkenhead

Club Physical has a resistance and free weights gym, Life Fitness Cardio Equipment and a Swedish Sauna. Club Physical also offers the following classes:

- **Awesome Abs:** This is a 15 minute class available Monday to Friday at either 6.30am, 9.00am or 6.15pm. It is also available on Saturday and Sunday at 9am.
- **Fusion:** The latest craze in cross training. Combines different styles of classes in one. Suitable for all levels. Available every Monday from 9.30am. Classes are approximately 55 minutes.
- **Yoga:** These 55 minute classes are offered on Mondays at 6.00pm and on Fridays at 9.30am.
- **Everyone Spin:** Beginners classes are held 6.00pm every Tuesday; intermediate classes are held every Thursday at 6.00pm and every Saturday at 9.00am; and advanced classes are held every Wednesday at 7.00pm. These classes are approximately 45 minutes long.
- **Pilates:** To improve your flexibility, strength, joint mobility, co-ordination, balance and alignment go to the 55 minutes Pilates classes held every Wednesday at either 9.30am or at 6.00pm. This class is suitable for all levels.
- **Everyone Step 1:** Available every Saturday from 9.30am.
- **Everyone Flex:** This class involves using barbells and hand weights to tone up your body. Available every Saturday from 9.30am.
- **Knockout:** Available every Saturday from 9.30am.

Prices and promotions change every month at Club Physical, however if you are a member the classes are free. For further information contact them on 09 419 2500 or at birkenhead@clubphysical.co.nz.



Stepz Dance Studio ■ ■



Birkdale Intermediate School Ph: 09 575 3993

Web: www.stepz.co.nz

Stepz Dance Studio has several venues throughout the Auckland region. One of their venues is at Birkdale Intermediate School Hall (200 Birkdale Road, Birkdale) which offers children's classes only.

You can get in touch with them on 09 575 3993 or at stepzdance@xtra.co.nz.



Harbour Fitness ■



61a Mokoia Road, Birkenhead Ph: 09 480 1222

Web: www.harbourfitness.co.nz

At Harbour Fitness you will find a cardio theatre, a women's private gym, group fitness classes, personal trainers, physiotherapist and nutritionists.

The following weekly classes are available at Harbour Fitness:

Monday: At 9.15am a Circuit class is held and then at 5.45pm there is a pump class available.

Tuesday: Spin class is available on Tuesdays at 9.15am or at 6.45pm and a ABT (abs, bums and thighs) class is held at 5.45pm.

Wednesday: There is BoxFit at 9.15am and Pilates at 5.45pm.

Thursday: A Step class is held at 9.15am and a Spin class is held at 5.45pm.

Friday: Pilates at 9.15am.

Saturday: Pilates available at 9.00am.

Sunday: A Yoga class is held at 9.00am.

For information on membership and costs of classes please get in touch with Harbour Fitness on 09 480 1222.

■ All Ages	■ Junior	■ Youth	■ Senior
■ Male Only	■ Female Only		

Birkenhead Social Indoor Bowls Club ■

Where: Birkdale Intermediate School, 200 Birkdale Rd, Birkenhead

Season Dates: Early Feb-End Nov (Every Monday 7.30pm-9.30pm)

Registration: Can register up to 7.15pm every Monday

Registration Costs: Subs \$18 per year plus \$3 nightly fee

Contact: Denys Orr, Secretary

Ph: 09 482 3431

Email: ken.orr@vodafone.co.nz

NETBALL



Tasman Netball Club ■

Where: 15 Verbena Road, Birkdale

Season Dates: March-September

Registration: March

Registration Costs: \$155

Contact: Alix Macartney, Secretary

Ph: 0212 345 126

Email: tasman.netball@gmail.com

RUGBY LEAGUE



Northcote & Birkenhead Tigers RLFC ■

Where: 12-14 Birkenhead Avenue, Birkenhead

Season Dates: March(seniors)/April(children)-End August/Early Sept

Registration: March/April

Registration Costs: Junior \$60; Senior (edu) \$60; Other \$90; Social \$20

Contact: Sally Wallace, Administrator

Ph: 09 480 7966

Email: northcote.tigers@xtra.co.nz

RUGBY UNION



Northcote RFC

Where: Recreation Drive, Birkenhead

Season Dates: April-August

Registration: March/April

Registration Costs: Junior \$60-90; Senior \$110; Social \$ 40

Contact: Pete Sangster, Club Manager

Ph: 09 480 9810 Email: northbirkrfc@xtra.co.nz

Web: www.northcoterugby.co.nz

SOFTBALL



Birkdale Falcons

Where: 14 Lancaster Road, Birkdale

Season Dates: Oct/Nov-Mid March

Registration: Contact the club around August for more information

Registration Costs: 08/09 Season \$120

Contact: Pat Shepherd, President

Ph: 09 483 6610 NO EMAIL

Tigers League Softball Club

Where: 12-14 Birkenhead Avenue, Birkenhead







Season Dates: Oct-March

Registration: September/October

Registration Costs: T ballers \$45; Softballers \$60; Senior men - costs vary

Contact: Sally Wallace, Administrator

Ph: 09 480 7966 Email: northcote.tigers@xtra.co.nz

 All Ages  Junior  Youth  Senior
 Male Only  Female Only

Shore Dance



31 Rawene Avenue, Birkenhead Ph: 027 424 2444

Web: <http://danceresources.org/shoredancehome.html>

Shore Dance is a recently established dance school offering a range of weekly ballet and jazz classes to children of all ages (classes are based at Tempo Dance Studio).

At Shore Dance there is a variety of classes available:

Pre-School Dance Classes: These classes are based on the Royal Academy of Dance Pre-school Curriculum and they are separated into 3 yr old classes and 4 yr olds classes to ensure that the content is specific to their level of development.

Royal Academy of Dance Ballet Classes:

- Pre-Primary and Primary classes are available for 5-6yr olds and each class is 45 minutes long.

- Grade 1-5 classes are 1 hour long and are available to 7+yr olds. These classes have three components to them; classical, free movement and character dance.

Jazz Classes: For 5+yr olds and the classes are based on the New Zealand Association of Modern Dance.

Adult Dance Classes: These classes are available to anyone who would like to have a 'go' and they are great for improving fitness and flexibility, as well as learning a variety of dance styles.

The class timetable changes each term so visit their website above or contact Whitney at whitney@danceresources.org for updated class details and information.



Tempo Dance Studio



31 Rawene Avenue, Birkenhead Ph: 09 480 2100

Web: www.tempodancestudio.co.nz

Adult Social Classes (all 8 week courses):

- Adult Beginners: Learn basic Waltz, Rhythm Foxtrot, Cha Cha, Rock and Roll, Samba, Salsa, Merengue, etc. Classes are held morning and evening every Tuesday/Wednesday.

- Adult Improvers: Classes are held every Tuesday/Wednesday evening from 7.30pm-8.30pm. Two courses are available:

Course 1 - Rumba, Cha Cha, Waltz and the Quickstep

Course 2 - Jive, Samba, Social Foxtrot and the Tango

- Adult Intermediate: Two courses as per the 'Improvers' but with the introduction of the Slow Foxtrot. Classes are held every Tuesday from 7.30pm-8.30pm.

- Adult Advanced: Classes are held every Tuesday from 8.30pm-9.30pm.

Youth (Over 13) and Children (up to 13) Classes:

Classes are held every Friday during the school terms with children's classes running from 4.30pm-5.30pm and youth classes running from 5.30pm-6.30pm. Courses are either 9 or 10 weeks in length.

Medal Classes:

Bronze and Silver classes are held every Tuesday during the school terms. Gold and above classes are held weekly (ballroom every Monday & Latin American every Thursday). Adult Medalist classes are every Wednesday.

Other Classes:

Tempo Dance Studio also offers other weekly classes including Latin Only, Rock N Roll, Social, Competition/Technique and more!

Costs	
Adults	\$15 per class or \$120 for a 10 class concession card
Students (up to yr 13)	\$12 per class or \$100 for a 10 class concession card

Private lessons are also available. For further information and commencement dates visit their website www.tempodancestudio.co.nz.

- All Ages
- Junior
- Youth
- Senior
- Male Only
- Female Only

TENNIS



Beachhaven Tennis Club

Where: 29 Cresta Avenue, Beachhaven

Season Dates: September-August

Registration: End August/Early September

Registration Costs: Junior Social \$100; Junior Interclub \$155; Senior Social \$185; Senior Interclub \$235; Adult Student \$155; Midweek Only \$125

Contact: Flora MacDonald, Secretary

Ph: 09 483 9902

Email: flora.macdonald@aut.ac.nz

Birkenhead Tennis Club

Where: John G Kay Park, Verran Road, Verrans Corner

Season Dates: Club day/nights continue all year

Registration: 1st September

Registration Costs: Seniors \$210; Midweek Only \$155; Juniors \$135

Contact: Rae Dumbleton, Secretary

Ph: 09 483 5511

Email: birkenheadtennisclub@hotmail.com

Web: www.birkenheadtennis.co.nz

WAKA AMA



Aratika Water Sports Club

Where: Hinemoa Reserve, Hinemoa Street, Birkenhead

Season Dates: October-September

Registration: Contact the club regarding registration or visit their website

Registration Costs: Full Season \$175; Summer \$105; Winter \$105; Junior (Summer) \$67; Intermediates and Nippers (Summer) \$57

Contact: Marcia Fraser, Treasurer or Louise Henderson, Secretary

Email: aratika.wsc@gmail.com

Web: www.aratika.info





Beachhaven Sports Centre



Cresta Avenue, Beachhaven Ph: 09 444 6340

Web: www.northshorecity.govt.nz/NorthShoreLeisure/Beach_Haven/Default.asp

The Beachhaven Sports Centre has four indoor Squash courts and four floodlit astrograss tennis courts.

Squash - For use of the squash courts, prices start from \$8 per court for adults and \$3 per court for juniors and students. A concession card is available for 30 minute sessions per court.

Tennis - For use of the tennis courts prices for adults start from \$2 per person and \$2 for juniors and students.

Table Tennis - To play table tennis it is \$8 per table/per hour or you can get a 10 sessions concession card for \$65.

Racquets and balls are also available for hire.

For more information contact them on 09 444 6340 or email them at NSL.info@northshorecity.govt.nz.

Birkenhead Leisure Centre









Mahara Avenue, Birkenhead Ph: 09 444 6340

Web: www.northshorecity.govt.nz/NorthShoreLeisure/Birkenhead/default.asp

At the Birkenhead Leisure Centre there is the opportunity to do indoor rock climbing. Climbing equipment can be hired and free instruction is provided for beginners.

Indoor Rock Climbing - Entry prices are from \$10 with additional costs for harness hire, shoe hire and chalk bag.

The centre is also situated next to Osborne Pool (a 33m outdoor heated pool) and a popular skateboard park.

 All Ages	 Junior	 Youth	 Senior
 Male Only	 Female Only		

OTHER ACTIVITIES



Birkdale Community House



134 Birkdale Road, Birkdale Ph: 09 483 9149

Web: www.birkdalebeachhaven.org

Activities available at Birkdale Community House include:

-  **HATHA Yoga** - Every Wednesday, 7.00pm-8.15pm. Costs are \$50 for 9 weeks or \$6 per session
-  **Renaissance Dance Class** – Held fortnightly on Thursday evenings from 7.30pm-10.00pm. Dances from Italy, France, England and Spain. No need for costume, partner or any experience. A gold coin donation is required to go to the classes. For further information contact Katherine on 09 482 4399
-  **Yoga** - Every Sunday from 7.00pm-7.45pm. \$5 per session. For more information contact Jaimini on 09 483 9673



Beachhaven Community House

130 Beachhaven Road, Beachhaven Ph: 09 483 9942

Web: www.birkdalebeachhaven.org

Go along to the Beachhaven Community House for a stroll around the park every Monday and Friday at no cost (options of morning or afternoon strolls). Get in touch with Edna Hamel on 09 483 7409 for further information.





Beachhaven Ratepayers Hall



336 Rangitira Road, Beachhaven Ph: 09 482 1595

Web: www.beachhaven.org.nz

-  Oruamo Line Dancers - Every Wednesday from 10.00am-12.00pm
-  Indoor Bowls - Every Thursday from 1.00pm-4.00pm