

INDIVIDUAL PURSUITS

Lily Fong dance school

Classes:

Ballet, Jazz, Hip Hop, Contemporary, Character and Tap syllabus classes in Grade and Vocational (Majors) levels offered.

We teach the syllabus of The Royal Academy of Dance (ballet), Ballet Australasia (ballet, jazz, character, tap), and the NZ Association of Modern Dance (jazz, hip hop, contemporary).

Level 1

407 Great South Rd, Greenlane, Auckland

ENROLMENT & ENQUIRIES

Phone (09) 525 1578

Fax (09) 525 1598

Email office@lilyfongballetacademy.co.nz



Rose McRae Dance Academy

Ballet

- Beginners for girls & boys aged 3 1/2 to 5 years
- A fun class for basic Technique, Rhythm & Co-ordination
- Royal Academy of Dance Graded Examinations Pre Primary to Grade 4 (student from Grade 2 upwards are required to attend 2 classes per week)
- Royal Academy of Dance Vocationally Graded Examinations Intermediate Foundation & Intermediate (Students are required to attend 2 syllabus classes & an open class per week)
- New Zealand Association of Modern Dance Ballet Elementary to Solo Seal
- Open Class Ballet for students of Intermediate Foundation level and up as a casual class (pay per class)

Jazz

- New Zealand Association of Modern Dance Jazz Grade 1 to Grade 5 plus Medal Awards
- New Zealand Association of Modern Dance Jazz Pre Elementary to Solo Seal For girls and boys aged 11 years upwards (some dance training is required)

Tap

- Beginners Classes only at this stage

Hip Hop

A funky class based on MTV & music videos

- Junior Hip Hop For girls & boys aged 6—9 years
- Intermediate Hip Hop For girls & boys aged 10—13 years
- Senior Hip Hop For anyone aged 13 years Plus

Location:

226 Marua Rd

Contact Us : Monday 12.30 – 2.00pm,

Wednesday and Friday 9.00 – 11.00am, Thursday 7.00— 8.30pm.

OFFICE NUMBER 09 272 3409

Natasha Hodson Dance Academy

Classes are held in Remuera at the following locations:

Somervell Church Hall - 497 Remuera Road

St Pauls Church Hall - 12 St Vincents Avenue

St Aidens Church Hall - 5 Ascot Avenue

JAZZ The academy follows the Jazz Dance New Zealand Syllabus, of which I am a Registered Teacher and Choreographer as well as a JDNZ Adjudicator. The children are taught good technical skills as well as jazz style. The JDNZ jazz syllabus is designed to teach students to become versatile dancers. It does this by including a section of Jazz Funk, Modern and Cabaret styles within each level. There is the opportunity for pupils to sit an Exam in August each year. This is not compulsory but is encouraged.

HIP HOP is designed for students to learn the current popular styles of movement and is a lot of fun. Students will learn a Warm Up, Arm Routine, Centre Routine & Dances. Hip Hop encourages flow of movement, appreciation of music and rhythm in particular and stresses presentation and performance skills. There is the opportunity for pupils to sit a Medal Test in August each year. This is not compulsory but is encouraged.

LIMBERING involves stretching to improve flexibility and focuses on challenging movements such as Leaps, Kicks and Cossacks, as well as conditioning exercises. This class would be very beneficial to improve technical ability and flexibility.

PRESCHOOL classes are jazz based and include co-ordination building steps, creative dances, mimes and exercises encouraging musicality and rhythm. They are an ideal introduction to dance and lots of fun

Natasha's email address is:

natasha@nhda.co.nz

Phone: 027 293 9228

Fax: (09) 411 8245

Cheerleading

www.allstarscheerleading.co.nz

Extreme Trampoline

Jump for fun classes (recreational classes) are aimed at children aged 5-14 years old.

These lessons are fun and challenging and they focus on skill development, fun, fitness, spatial awareness and co-ordination. Children are grouped according to both their age and their ability.

Class Duration: 1 hour

Class Times: Monday 4pm and 5pm, Tuesday 4pm, Wednesday 4pm

Thursday 4pm and 5pm, Friday 4pm, Sunday 2pm (also KinderBounce at this time)

Cost: \$90.00 per person per term.

No casual spaces available. All children must be registered through the office please

Ph: (09) 845 0016



Tristar Gymnastics

<http://www.tristar.org.nz/>

Keith Hay Park

Arundel Street

Mt Roskill

Auckland 1440

T: +64 (9) 625 4354

E: team@tristar.org.nz



Eastern Suburbs Gymnastics

www.esgc.co.nz

Website: www.esgc.co.nz

Email: easternsuburbsgymclub@xtra.co.nz

Ph: 5280941

Term by term enrolments. All ages.

Ellerslie Athletics

www.ellerslie-athletics.co.nz

Season September to March.

Monday nights 6 – 7.30pm for 1 to 14 year olds.

Web site: www.ellerslie-athletics.co.nz

Email: chairman@ellerslie-athletics.co.nz



Ellerslie Aikido Club Auckland

Greg.mayo@vodafone.net.nz

Aikikai Michaels Avenue Reserve, Ellerslie Auckland

09 527 1758 / 021 353 073

Greg Mayo 4th dan, Hugh Gribben 4th dan

greg.mayo@vodafone.net.nz



Campbell Park Tennis Club Inc

www.campbellparktennis.org.nz

Ph: (09) 520 2191

Swimtastic

www.swimtastic.co.nz

77 Morrin Rd, St Johns

Ph 527 0010

www.swimtastic.co.nz/programme.asp

Beginner--- From the frightened-of-water to the swimmer that is reluctant to put their heads under.

Introduction to floating, breath-control and arm and leg movement. Reinforcement of water safety and survival. Emphasis will first be on getting used to being in the water and water being on the face. We teach skills leading up to the crawl stroke, elementary backstroke, treading water and more. Enjoyable activities including picking up rings, kickboard races and more. Each child is treated with age and skill appropriate activities. No child is forced underwater and has the option to pass (though strongly encouraged) on skills they feel not ready to do. Most children at this stage learn very quickly.

Advanced Beginner--- For children who can swim a little but are not confident in breathing. We review basic strokes and teach crawl stroke, elementary backstroke, diving off side, survival float and more. A strong emphasis will be on stroke efficiency and correct technique. Children learn fast and are proud of what they can now perform.

Improver--Stroke and technique refinement in freestyle, backstroke plus an introduction to breaststroke and butterfly.

Advanced Improver--Refinement of technique in all strokes, and stamina building.

The Y Lagoon Panmure

www.nzymca.com

Swimming

Indoor Soccer

Basketball

Gymnastics

Web Site: www.nzymca.com

Remuera Intermediate Music

Details to follow

Performance.net

www.theperformance.net.nz

Dance and Drama Classes

Helen O'Grady Drama

Principal: Debbie Napier
Contact: 12 Seibel Roa, Henderson, AUCKLAND

Phone: 09 836 0233
Fax: 09 836 0234

Locations:
Epsom, Kohimarama, Mt Eden, One Tree Hill, Pakuranga, Papakura, Papatoetoe, Pukekohe, Remuera

Age Groups:
Lower Primary 5-8 years
Upper Primary 9-12 years
*Youth 12-17 years (year 8+)

Skateland rink

Public skating sessions Friday 7.30 to 10pm, Saturdays and Sundays, 2pm to 4pm.

Saturday morning lessons for beginners 10.15 – 11am, advanced 9.30 – 10.15am. cost \$7 per lesson or \$35 for six. Skate hire included. 66 mountain road Panmure.

Phone 5704811

Panmure Yacht Club

www.nybc.org.nz

Phone: 570-2318 extn 0 Fax: 527-6397
Address: 104 Kings Road, PO Box 14-067, Panmure, Auckland

Pippins

Contact Janet Findlay: 525 8131

Pippins is for girls aged 5-6. Pippins is about learning to get on with others, trying new activities and having fun. To find out more about Pippins visit the [Pippin page](#) at our National Guiding site. There are also [activities](#) for Pippin aged children to try

Brownies

Girls can be Brownies from age 7 to 10 ½. Brownies work together in groups called "Sixes", take part in choosing what activities they want to do and learn new things while having fun.

If you want to know more about Brownies you can visit a page about [Brownies](#) at Guides New Zealand site. They also have [activities](#) for girls to try.

Guides

www.girlfrenz.co.nz

Guides covers girls aged 9 ½ to 14 ½. Guides often take part in camps and other adventurous outdoor activities. By working together in patrols of five or six girls with one girl in charge they learn about teamwork and develop leadership skills.

Girls and parents wanting to know more about Guides can check out the [Guide page](#) on the Guides New Zealand site. They also have some [activities](#) girls might like to try.

Scouts

www.scouts.org.nz

0800 Scouts

If you are a Scout you belong to one of our five sections: [Keas](#) [ages 6-8], [Cubs](#) [ages 8-10], [Scouts](#) [ages 10-14], [Venturers](#) [ages 14-18], [Rovers](#) [ages 18-26]. All our [Leaders](#) are trained volunteers aged 18+. To be a Scout Leader you need to have successfully completed SCOUTS New Zealand's Leader Training Courses, and have been issued with a Warrant.

St John's

www.stjohn.org.nz

TEAM PURSUITS

Ellerslie Soccer club

Season April to September

Jnr: 579 7851

admin@ellersliesoccer.org.nz

Snr: 571 0407

ritchieclan@xtra.co.nz

Age 5 years and up.



Cornwall Cricket Club

Season September to March

Web site: www.cornwallcricket.co.nz

Email: cornwall@xtra.co.nz

Cost approx\$115 including team photo. Also requires purchase of club cap and shirt. White shorts and white sports shoes also to be provided

Age 5 years and up

Ellerslie Cricket club

www.ellersliecricket.co.nz

Parnell Cricket club

www.parnellcricket.co.nz

College Rifles Rugby

www.allteams.co.nz

Rugby for all ages, under fives and up

Marist Rugby

www.aucklandmarist.co.nz

101 Michaels Avenue, Ellerslie, Auckland 1051

(09) 579 6419

Rugby for ages 3 years and above

Auckland Netball

www.aucklandnetball.co.nz

For more information and registration please email development@aucklandnetball.co.nz

After school programme: Monday at Auckland Netball Centre, Allison Ferguson Drive St Johns:

4.00pm - 4.45pm Years 1-3

4.45pm - 5.30pm Years 4-6 and Yr 7 - Yr 9

Phone 570 0030 Ext 204

Holiday Programme

Netball and Dance Holiday Camp for Years 3-6:

Allison Ferguson Dr, St Johns - Netball 9:00am - 12:30pm OR Dance 1:00pm - 4:00pm

Hockey

www.akhockey.org.nz

Lloyd Elsmore Hockey Stadium, Lady Marie Drive, Pakuranga

Phone: 09 576 0683

Fax: 09 576 0886

email: info@akhockey.org.nz

Competition commences on the 1st Saturday of School Term Two.

Auckland Hockeys Junior Competition caters for players from 5 to 13 years or attending Primary/Intermediate School.

Primary to Intermediate School Age. The competition is run over 4 Divisions.

All matches are played on Saturday Mornings

11 Division - School Year 7 & 8 - Competition starts at 8.00am

8 Division - School Year 5 & 6 - Competition starts at approximately 9.30am

6 Division - School Year 3 & 4 - Competition starts at approximately 9.30am

Mini Division School Year 1 & 2 - Competition starts at 12.00noon

Kid Active

www.kidactive

An activities link