

SKATE SESSIONS

If you're looking for a fast paced, exciting and unique activity for yourself or family during the weekends, come along and join in the fun at North Shore Leisure - ActivZone's skate sessions.

Taking place every weekend between 2pm and 4pm on Saturday's and between 12noon and 2pm on Sunday's, skate sessions come to life with music blasting and disco lights shining.

Skate hire is available on site so the only thing you need to coordinate is socks for anyone wishing to skate the afternoon away. Don't delay the chance to take part in some classic fun at North Shore Leisure - ActivZone's skate sessions - you won't be disappointed.

ROCKCLIMBING

North Shore Leisure Birkenhead is North Shore City's ultimate premier outdoor recreation facility, offering a range of activities that cater for all ages, abilities and occasions.

Indoor rock climbing is the most popular attraction of the facility - providing a range of slabs, feature walls and over hangs perfect for 'top rope' and 'lead' climbing that will challenge an experienced climber yet provide a safe learning environment for a novice or casual climber.

North Shore Leisure - Birkenhead offers price discounts for special occasions such as; birthdays (minimum of 6 people) and large

groups (minimum of 10). Bookings can be made over the phone or on site at the facility's reception.

The Challenge Ropes Course is another highlight of the facility. Boasting a large range of high and low activity ideas for individuals trying to challenge themselves both mentally and physically or for those solely focused on thrill seeking.

Perfect for corporate functions, team building, birthdays or simply for pushing yourself outside of your normal comfort zone. The Challenge Ropes Course does require pte booking - for more information phone 09 444 6340..



HIGHFIVE

BRUCE SMYTH

Enormous congratulations to Bruce Smyth who has been a member at North Shore Leisure since 2006. In just 3 years, he has gone from a starting weight of 126kg to 95kg - that's a loss of an incredible 32kgs! Bruce puts his success down to combining cardio and weight training and a well maintained food programme.

ANGELA GRAY

A big welcome to North Shore Leisure's new Group Fitness Assistant - Angela Gray. Angela will be working closely with Sue Smith North Shore Leisure's Group Fitness Coordinator to ensure quality group fitness programmes continue to take place across the five North Shore Leisure facilities.

DANI MILLER-DAVIS

The North Shore Leisure group fitness family has a new addition! Body Balance and Body Step instructor Dani Miller-Davis gave birth to a beautiful baby girl, Tiana Aroha Davis on the 16th of April.

KURT TE AMO

Another impressive weight loss mention must go to Kurt Te Amo. After joining North Shore Leisure at a starting weight of 115kg, six months ago Kurt had a goal of regaining fitness. He has absolutely achieved this goal through loosing 25kgs.

NORTH SHORE LEISURE STAFF

Congratulations to the numerous North Shore Leisure staff members who have been successful in securing promotions through the recent restructure process. Members will no doubt become familiar with the new roles and responsibilities of these valued North Shore Leisure staff throughout July.

The team at North Shore Leisure would love to know about your health and fitness achievements so we can highlight them in our next edition of The Leisure Times. In order to pass this information on you could either inform one of our facility based staff members or if you prefer, insert details into one of the comment boxes conveniently located throughout all five of the North Shore Leisure facilities

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THE LEISURE TIMES

:: NORTH SHORE LEISURE NEWSLETTER

JULY 2009

WELCOME TO NORTH SHORE LEISURE

It gives me great pleasure to unveil the debut edition of The Leisure Times. This quarterly publication will be mailed direct to our valued members and we hope it will provide a range of news items, complimentary vouchers and an insight into the vast range of programmes available to members at our 5 multi-purpose North Shore Leisure facilities.

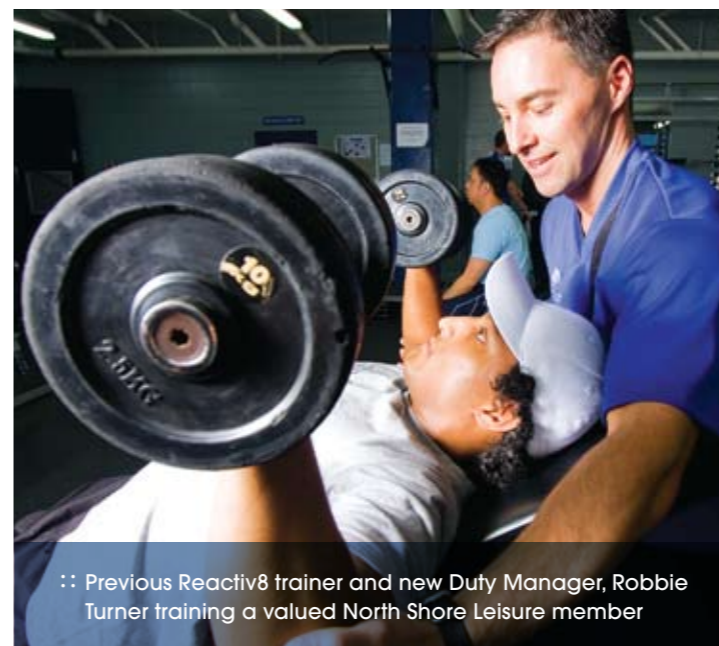
Over the past twelve months, our long standing members would have seen quite a transformation with both our image overhaul and the introduction of the state of the art Technogym cardio equipment particularly in our Glenfield and East Coast Bays facilities. These two major changes should provide an insight into the increased level of service that our management and staff are now committed to providing our members with on a continued basis.

I'm sure many of you will be familiar with the Comment Boxes that are placed throughout our facilities. These provide an excellent opportunity for members to provide us with their feedback and suggestions whether specific or general about our programmes, facilities or staff. Whether the comments are complimentary or constructively negative they are crucial in enabling us to offer levels of service and programmes that meet our members ongoing expectations. So if you have any suggestions, comments or feedback I urge you to utilise these Comment Boxes as much as possible.

Many of our members would have noticed the new Cozy Café at North Shore Leisure - Glenfield. It is great to once again be providing a facility where our members can enjoy a healthy drink, meal or snack after utilising one of our extensive range of programmes. The team at Cozy Café have kindly agreed to extend their '2 for 1 deal' which has proved extremely popular since opening in April. All you need to do is purchase one hot drink and you'll receive a second for the same or lesser value completely free. And to top it off, during the school holidays children can receive complimentary fluffys.

Finally, I'd like to thank you for choosing North Shore Leisure as your preferred leisure provider. We pride ourselves on helping our community to obtain and maintain healthy and active lifestyles and given you're taking the time to read through our publication I believe we're making good progress.

Kay Lawry Manager - North Shore Leisure



:: Previous Reactiv8 trainer and new Duty Manager, Robbie Turner training a valued North Shore Leisure member

GYM ASSESSMENTS

At North Shore Leisure we are passionate about helping you achieve your health and fitness goals. Whether you are looking to create a beach body, run a marathon or simply just shape up and feel better, our highly qualified trainers are on hand to help.

As part of our total commitment to you we offer you the fantastic FREE service of gym assessments. These assessments are OUR way of ensuring YOU are looked after. Book in with a trainer to discuss your goals and establish the optimum training plan to help you achieve them. Our gym staff will assess your needs and design your training week and your training sessions to ensure you are making the best use of all the fantastic services and facilities North Shore Leisure has to offer. Of course starting on a new gym program is only the first step - success is built on commitment and motivation and that is where the FREE assessment appointments offer you the real opportunity to make your dreams a reality. You can re book in to see your trainer each time you finish a program, letting them track your progress and stay the distance with you - updating and progressing your training, keeping you inspired, challenged and on the road to success. Give us your commitment and we will help you turn your fitness into fun, focus and fantastic rewards. Book at reception now and don't forget to keep coming back!



:: Kay Lawry, Manager - North Shore Leisure at the launch of the new Technogym cardio equipment

North Shore City Council is committed to operating in the most sustainable way possible. We therefore specify the use of CoC certified paper sourced from a responsibly managed forest for all our printing.



DANCECLASSES

North Shore Leisure Dance is proud to offer classes especially for children. Our classes cater to children aged between 5 years and up to 13 years of age.

Students will have the opportunity to showcase their skills and hard work to family and friends at the end of year dance concert. Not to be missed!

BEGINNER CHEERLEADING

6-10 YEARS

Our basic Cheerleading class is the perfect introduction to Cheerleading. Participants will learn arm lines, jump techniques, safe stunting, cheers, chants, tumblers and dance sequences. Cheerleaders work together as a team learning different skills and creating routines with the aid of pom poms.

Duration: 55-minutes

Tuesday 4.15pm at NSL - Glenfield

B BOP

5-7 YEARS

This class concentrates on rhythm, song, sound and movement with the purpose of encouraging creative artistic dance expression. B Bop incorporates a number of genres including basic ballet, jazz and hip hop. With numbers kept to a minimum this creative, relaxed environment will bring your child's love of dance to life!

Duration: 45-minutes

Tuesday 3.30pm at NSL - Glenfield & Friday 3.30pm NSL - East Coast Bays

CHEERLEADING

8-13 YEARS

The form of dance with chants and pom poms! Cheerleading incorporates much more than what most people naturally think. Uniformity, physical techniques, optical illusions, tricks, stunts is what Cheerleading is all about!

Duration: 45-minutes

Thursday 3.30pm at NSL - Glenfield

HIP HOP

8-11 YEARS

This class is a distinct step up from B Bop and allows dancers to develop base skills into actual hip hop routines. The syllabus incorporates complex rhythms and smooth moves that are showcased on the most up to date street / dance music videos that 'everyone' in the dance world is talking about.

Duration: 55-minutes

Thursday 4.15pm at NSL - Glenfield & Friday 4.15pm NSL - East Coast Bays

SPORTSLEAGUES

North Shore Leisure - East Coast Bays provides a whole host of fun, exciting and energetic sports leagues for all ages.

Youth leagues cater for ages between 6 and 10 with miniball and basketball being the main focus. The aim is to provide a fun learning competition that will develop future basketball superstars.

Miniball is a minimised version of basketball played on a half size court. The rules are modified so all players can be involved and fundamental skills can be practiced while still having the benefits of playing against an opposing team. Miniball also provides players with a chance to compete against other schools.

Adult leagues include indoor netball and soccer and cater for all ages over 14. The aim is to provide a semi competitive/social competition that will bring people of the community together in a recreational environment.

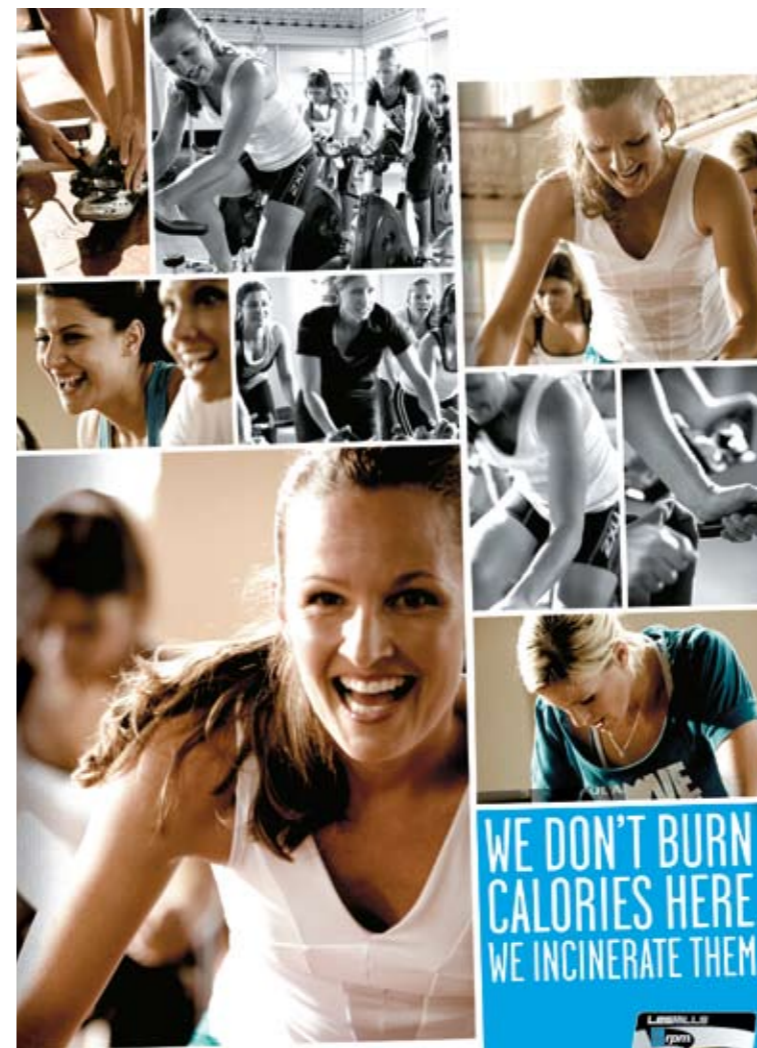
Netball is a 7-a-side game played on a full sized outdoor court. The rules follow New Zealand Netball rules to ensure the game is for teams of a variety of abilities.

Soccer is a 5-a-side game played on a full court. The rules have been slightly modified to suit the North Shore Leisure - East Coast Bays arena and to ensure rules are fair for all players.

Both of these leagues provide an opportunity for individuals to participate in a social environment and to compete with others. Referees are provided.

If you or your children are looking for a fun way to spend time with friends or colleagues while keeping fit at the same time, North Shore Leisure's Youth and Adult Sport Leagues are the way to go.

For more information please see our website www.northshoreleisure.co.nz or phone North Shore Leisure - East Coast Bays on 09 444 6340



MEMBER MEET

RPM



Take the ultimate ride with your motivating instructor who leads the pack for a 50 or 60 minute interval training indoor cycle - the equivalent of a 20km ride through hills, flats, mountain peaks - all set to the addictive rhythm of powerful music. You choose your personal aerobic intensity as you burn up to 900 calories per hour.

During the months of July and August utilise the attached voucher to trial the below classes with a friend. The times listed are the full class start time however for beginners we suggest coming in 15 minutes prior for the induction session with the instructor to ensure you're fully up to speed and comfortable prior to the main class.

**Monday @ 9.15am, Monday @ 6.00pm
Wednesday @ 9.15am, Thursday @ 6.00pm**

Bookings are essential - see reception for details.

WE DON'T BURN CALORIES HERE. WE INCINERATE THEM.

AQUATICSGALORE

Swimming is a great sport for relaxation, health, fitness and general well being. Current members may not be aware that North Shore Leisure, is one of the rare facilities that is accredited for police testing within the Auckland region. In recent months a large increase of recruits have been taking advantage of this specialised service.

For individuals who don't automatically pass the police testing and need to develop their swimming technique or treading water skills, North Shore Leisure has fully qualified and experienced swim instructors available to assist in the development and training that is required to successfully reach the required standard.

This service is available for any individual - young or old - regardless of ability, not just those training to join the police. North Shore Leisure can provide this assistance through adult group lessons or private one on one sessions. Also available is a high performance squad that runs between 5.30am -7.00am which is ideal for the more serious swimmer and Keep Fit Classes for those individuals wishing to gain aquatic fitness in a group environment.



:: North Shore Leisure - Aquatic Coordinator, Penny De Vries sneaking in some training of her own

Keep Fit Classes run in the mornings at North Shore Leisure - Takapuna and Glenfield between 9.00am -10.00am on Mondays, Wednesdays and Fridays and North Shore Leisure - Glenfield hosts additional sessions in the evenings on Mondays and Wednesdays between 6.00pm -7.00pm.