

TERM 1 PROGRAMMES

MONDAY 5 JANUARY – SUNDAY 19 APRIL



Paetara Aspiring Central Programmes



External bookings - please contact the providers before the session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HATHA FLOW YOGA 8.00am – 9.00am \$13.00 per person or \$117.00 for 10 sessions		HATHA FLOW YOGA 8.00am – 9.00am \$13.00 per person or \$117.00 for 10 sessions	PRO DANCE LEGENDS 60+ 9.30am - 10.15am	THE FRIDAY BURN (SPIN) 9.00am – 10.00am \$15.00 per person or \$135.00 for 10 sessions	
YIN YOGA 9.15am – 10.15am \$13.00 per person or \$117.00 for 10 sessions	PRO DANCE ADULTS FLOW 9.30am - 10.30am	SENIOR YOGA 9.15am – 10.15am \$13.00 per person or \$117.00 for 10 sessions	PRO DANCE ADULTS LYRICAL 10.15am - 11.15am		
	SENIOR STRENGTH 11.00am - 12.00pm	PRO DANCE LEGENDS 60+ 10.30am - 11.15am	KIDDY KICKERS 10.30am - 11.30am \$6 per session or \$54 for 10 sessions	SENIOR STRENGTH 10.30am – 11.30am	
	LUNCH YOGA (NEW) 12.30pm – 1.00pm \$9.00 per person			COMMUNITY YOGA 1.00pm – 2.00pm \$13.00 per person or \$117.00 for 10 sessions	PICKLEBALL 1.30pm – 3.00pm \$6 per session or \$54 for 10 sessions
PRO DANCE MUSICAL THEATRE 7 - 10 year olds 3.30pm-4.30pm	MINT DANCE 3.30pm – 5.00pm		SAMURAI KARATE Little Kids 3.30pm - 4.30pm Kids 4.30pm - 6.00pm		CLOSED 3.00pm
PRO DANCE MUSICAL THEATRE 10+ year olds 4.30pm-5.30pm	TABLE TENNIS AND BADMINTON 6.00pm – 8.00pm \$6 per session or \$54 for 10 sessions	SAMURAI KARATE Kids 3.30pm - 4.30pm 4.30pm - 5.30pm			
		SAMURAI KARATE Adults 5.30pm - 6.45pm	PICKLEBALL (NEW) 6.00pm – 8.00pm \$6 per session or \$54 for 10 sessions		
PICKLEBALL WITH TAMZIN 6.00pm – 8.00pm \$6 per session or \$54 for 10 sessions		PRO DANCE ADULT FUNK JAZZ 7.00pm - 8.00pm			

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THE QR CODE
TO CONTACT
EXTERNAL
PROGRAMMES



Paetara Aspiring Central
QUEENSTOWN LAKES DISTRICT COUNCIL

35 Plantation Road, Wānaka | T 03 450 1721
E pac@qldc.govt.nz | W qldc.govt.nz/recreation

@QLDCSportRec

@qldcwanakareccentre