

Kapura Have-A-Go Sessions at Trustpower Arena 29/30 APRIL Contact: suzanne@parafedbop.co.nz



HEALTHVISION

Saturday - Youth and Whanau Sessions - Court 3

Start Time	End Time	Adapted Activity
9am	9.30am	Cross Fit with Next Step Gym
9.45am	10.15am	Surfing Drills with Hibiscus Surf School
10.30am	11am	Boccia with Rose from Boccia NZ
11.15am	11.45am	Basketball Drills with BV from Basketball NZ
12.30pm	1pm	Volleyball Drills with Tymara from Volleyball Bay of Plenty
1.15pm	1.45pm	Snag Golf with Sam from Bay of Plenty Golf/Golf NZ
2pm	2.30pm	Badminton with Bay of Plenty Badminton for life
2.45pm	3.15pm	Football with Nat at WAIBOP Football
3.30pm	4pm	Pickle Ball with Bob from The Mount Pickleball Club
4.15pm	5pm	Achilles running/walking group with Achilles NZ

Sunday - Blind & Low Vision Sessions- All welcome - Court 3

Start Time	End Time	Adapted Activity
9am	9.30am	Guide Running with Achilles Tauranga
9.45am	10.15am	Cross Fit with Next Step Gym
10.30am	11.30am	Goalball with Jemma from Blind Sport NZ
11.45am	12.15pm	Badminton with Tarryn from Bay of Plenty Badminton for life
1pm	1.30pm	Surfing Drills with Hibiscus Surf School
1.45pm	2.30pm	Yin Yoga with Amie from Body Fusion



Court 7 and 8 - Have-A-Go Sessions - SAT and SUN

SAT	Badminton with Bay of Plenty (Court 7)	Boccia Drills with Boccia NZ (Court 7)	Cricket Drills with Northern District Cricket (Court 8)	Table Tennis (Court 8)
	9am-12pm	12pm-2.30pm	12-2pm	1-3pm
SUN	Boccia Tournament with Boccia NZ (Court 7)	Powerchair Football with Waikato Powerchair Football Club (Court 8)	Badminton with Bay of Plenty (Court 7)	Cricket Drills with Northern District Cricket (Court 8)
	9-2.30pm	9.30am -12pm	FAM (Functional Adaptive Movement) (Court 7)	12-2pm
			12-2 pm	