



Have-A-Go Sessions

Saturday 27th April 10-2pm

Court 7

10am -12pm - Badminton and PLAY with Jo from Parafed BOP

12-2pm - Northern District Cricket and Boccia

Court 8

10am - 12pm Hockey without Limits and Next Step Gym

12-2pm Flag Football and Next Step Gym

Sunday 28th April 10-2pm

Court 7

10am -12pm Badminton and PLAY with Jo from Parafed BOP

****11am Badminton Showdown Game****

12-2pm - Northern District Cricket and Boccia

1-2pm - Yoga with Aimee from Body Fusion. Meet in Court 7 to head to a quiet upper level.

Court 8

10-11am Table Tennis

11am-12pm Surfing Drills with Hibiscus Surf School

12-2pm Flag Football

10-2pm Next Step Gym

The team from Stargroup, Halberg Foundation and Blind Sport NZ will be there to have fun with you and adapt activities. All Welcome to join in!

