



Try something new



Whanau fun



Explore & get active



Step up!



Pedal power



Hey, let's play!



**EASTERN Bay of Plenty**  
22 Commerce Street Whakatane  
Phone: (07) 308 8304 Email: info@sportbop.co.nz

**Sport Bay of Plenty**  
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Try something new



<b>Day</b>	Mondays and Wednesdays, from October 16	<b>Outdoor fitness class with Jane Miskell</b> Struggling to fit exercise into your week? Join Jane in town for a 25-minute lunchtime circuit and help increase productivity for the rest of your day. Suitable for all fitness levels. Please bring water and wear comfortable clothing. <b>Cost: \$5 per session per person</b>
<b>Time</b>	12.15pm – 12.40pm	
<b>Contact</b>	Jane on 027 4124 396 or Facebook (ohopefitnessandwellbeing)	<b>Location</b> Mitchell Park Reserve (next to the RSA), Whakatane

<b>Day</b>	Fridays, October 6 to November 10	<b>Tai chi for health (Kawerau)</b> <b>FREE</b> Come along and join Guy Monika for tai chi. Tai chi is a gentle form of exercise that can help maintain strength, flexibility and balance and could be the best form of exercise for the rest of your life. Suitable for all ages and fitness levels. Wear comfortable clothing suitable for the conditions.
<b>Time</b>	9am	
<b>Contact</b>	Guy Monika on 021 916 621	<b>Location</b> Stoneham Park (Meet at Maurie Kjar Swimming Pool, Kawerau at 8.50am)

<b>Day</b>	Wednesdays, October 18 to November 22.	<b>Renegade Hockey</b> Six weeks of six-a-side social games. Gain an introduction to hockey, have fun and stay active this spring with your work colleagues. All you need is yourself, sports shoes, an awesome attitude and a drink bottle (all equipment provided). Register online at www.bophockey.co.nz/renegade-hockey/business <b>Cost: \$50 per team per night (\$300 for six weeks)</b>
<b>Time</b>	6pm	
<b>Contact</b>	Contact: Jamie Carroll on jamie@bophockey.co.nz or 027 519 4449	<b>Location</b> Horizon Stadium, (Brabant Street, Whakatane)



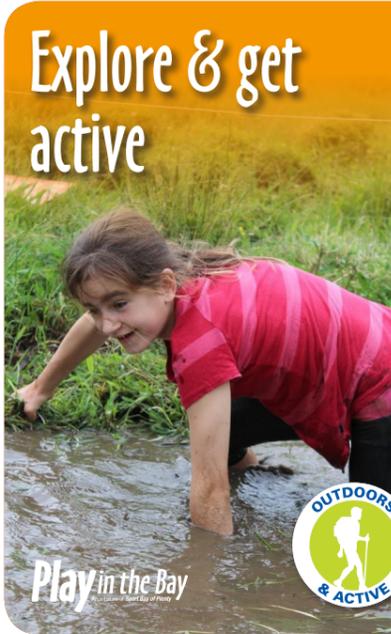
Try something new

<b>Day</b>	Saturday, November 4	<b>Family Open Day at Aquatic Centre</b> <b>FREE</b> Bring your family and friends to have a go at existing and some exciting new aqua classes in the outdoor pool at the Whakatane Aquatic Centre. Classes include 9am aqua jogging; 9.30am aqua aerobics; 10am aqua HIT; 10.30am aqua combat; 11am aqua Zumba; 11.30am aqua bootcamp, plus discounts for the hydroslide and free trial to use the fitness centre (passes available at the centre). Please wear swimwear in the pool, and bring a water bottle and towel for the classes.
<b>Time</b>	From 9am	
<b>Contact</b>	Whakatane Aquatic Centre on 07 308 4192	<b>Location</b> Whakatane Aquatic Centre, Short Street, Whakatane



Whanau fun

<b>Day</b>	Saturday, September 30 to Sunday, October 15	<b>Goosechase</b> <b>FREE</b> This fun, interactive app-based Amazing Race is back for the term three school holidays. Get your family and friends together, start checking off missions and exploring our beautiful Ohope Beach and surrounding areas.  Head to www.virtuallyontrack.co.nz for more information. All you need is your smart phone, with the goosechase app downloaded and a user profile created.
<b>Contact</b>	Cathy Bell on cathyb@sportbop.co.nz or 027 702 2148.	



Explore & get active



<b>Day</b>	Saturday, October 1	<b>Kawerau's Amazing Race</b> Grab your map and clue sheet and make your way around the streets of Kawerau collecting points. You have two hours to answer as many clues as possible. Get your teams of up to four people together to enjoy this fun activity! Categories include families, students and adults. Entries can be taken on the day. Please bring water and a sun hat. <b>Cost: \$20 adults and \$5 children</b>
<b>Time</b>	8.30am registrations, 9.45am race briefing and 10am start	
<b>Contact</b>	Enter online at www.soakedinadventure.co.nz or on the day. For more information, contact Fiona Cleghorn on 027 626 7910	<b>Location</b> Prideaux Park, Kawerau

<b>Day</b>	Sunday, November 19	<b>Edgecumbe Tough Buzzer Challenge</b> We've survived the earthquake, we've survived the flood, but can we survive the Mudder Taki Outdoor Challenge? Get your teams of two to 15 people together to conquer this challenge of mud and obstacles. There will be three categories to choose from: Beginner 2-3 km, intermediate 5-6 km and advanced approximately 10 km. A great way to work together as a team; an event not to be missed. Suitable for anyone who doesn't mind getting dirty. Great for families, corporates and any other groups who are up for a fun challenge. Bring a change of clothes, water bottle, running shoes and spare change for food. <b>Cost: \$20 adult, \$10 children or \$50 family (Two adults and up to three children)</b>
<b>Time</b>	8.30am registrations, 9.45am race briefing, 10am start	
<b>Contact</b>	Enter online at www.soakedinadventure.co.nz or on the day. For more information, contact Fiona Cleghorn on 027 626 7910	<b>Location</b> 376 Manawahe Road, Manawahe (it will be signposted on the day)



Step up!

<b>Day</b>	Mondays (Kawerau), commencing October 2, and Wednesdays (Whakatane), commencing October 4	<b>Kawerau &amp; Whakatane walking groups</b> <b>FREE</b> New walking groups based in Kawerau and Whakatane – come and join likeminded people, as a way to see the area and also get active. Suitable for all ages and fitness levels. Please bring water and a sun hat.
<b>Time</b>	9am (Kawerau) and 9.30am (Whakatane)	
<b>Contact</b>	Jenny Williams on 027 487 7561 (Kawerau) or Cushla Carroll 027 827 4012. Cathy Bell on 027 702 2148 or email cathyb@sportbop.co.nz (Whakatane).	<b>Location</b> Meet at Maurie Kjar Swimming Pool, Kawerau, and/or bottom of the rockpit stairs, Whakatane.

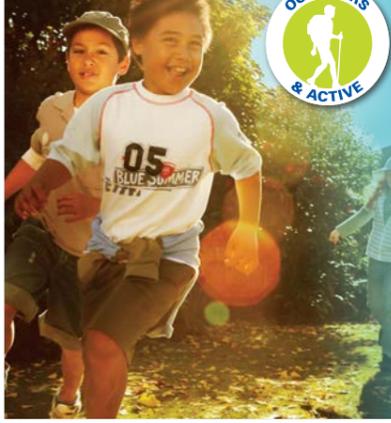


Pedal power

<b>Day</b>	Monday, October 16 – Friday, October 27	<b>Try A Bike</b> <b>FREE</b> If you would like to hire a bike and log a ride as part of NZTA's Mini Aotearoa Bike Challenge please email the Whakatane Information Centre to book a bike. Short rides only and ID is required.
<b>Time</b>	10am – 4.30pm	
<b>Contact</b>	David Martin on 07 306 2030 or email david.martin@whakatane.govt.nz	<b>Location</b> Pick up from the Whakatane Information Centre, Quay Street, Whakatane



# Get back to backyard play



with Sport BOP's top ideas to get you playing the way we used to.

1. Build a bivouac
2. Build a sandcastle
3. Camp overnight in your backyard
4. Create a telescope and stargaze
5. Play a game of hopscotch
6. Play jump rope
7. Play a game of stuck in the mud
8. Head to your local park and play hide and seek
9. Pack a homemade picnic and head to the park
10. Climb a tree
11. Find four different critters in your garden (but be careful not to hurt them).
12. Grab your wheels and go for a bike ride or skate
13. Wait until it's dark and play spotlight
14. Shoot some hoops
15. Build a hut
16. Make a car, plane, or submarine out of boxes
17. Use recyclable materials to make a bird bath
18. Dress up and act out a scene from your favourite book
19. Jump in a puddle
20. Have a game of Marco Polo at the local swimming pool
21. Play Blind Man's Bluff
22. Create an obstacle course outside and see who can get through it the fastest
23. Have a water balloon fight
24. Draw a Frisbee
25. Throw your favourite tree or flower
26. Head in to your backyard and draw a picture of your favourite tree or flower
27. Help someone wash a car
28. Mix some dirt with some water and paint a masterpiece with mud
29. Run through a sprinkler
30. Stack and balance rocks

Complete as many or as few as you like, and if you'd like to share your adventures with us, please email your photos to lauraw@sportbop.co.nz; Subject line: 'Hey, Let's Play'.