



SPORTS TRAINING 2016

Athletics

Saturday, Lloyd Elsmore Park Track 2.30-4:00pm. Fees \$2 per session.
Contact: Manager – Sandra Vandenberg Ph: 09 535 9241 or 021 1656113

Basketball

Wednesday, Howick Rec Centre 6.15-7.45pm. Fees \$2 per session.
Contact: Manager – Claire Lingman Ph: 09 279 2055 or 021657663

Snowsports

Contact Helen Ferguson, Upper North Island Regional Sports Coordinator Ph 027 2314351

Swimming

Sunday, Lloyd Elsmore Pool 6.45-7.45pm. Fees \$2 per session.
Contact: Manager – Adele Adams Ph: 021 025 97493

Table Tennis

Sunday, Pakuranga Community Hall 4.00-5.00pm. Fees \$2 per session.
Contact: Manager – Tim Chan Ph: 09 273 2588

Tenpin Bowling

Sunday, Manukau Superstrike 10.00am-12.30pm approx. Fees \$12.00 (3 x games) per session or \$5 per session when funding allows.
Contact: Manager – Denise Milicich Ph: 09 528 8542 or 0211805760

Indoor Bowls

TBA
Contact: Manager – Sandra Vandenberg Ph: 09 535 9241 or 021 1656113

Powerlifting

Sunday, Crossfit East Auckland, Unit B, 161-163 Marua Road, Ellerslie 1.00 - 2.30pm. Fees \$5 per session.
Contact: Manager – Steve Wilson Ph: 021 173 9239

Football

Tuesday, Lloyd Elsmore Park athletics track 4.30-5.30pm. Fees \$2 per session.
Contact: Manager – Roslyn Monaghan Ph: 09 534 0009 or 021549897

General Enquiries:

Laurinne Laing, Club Chairperson
Email: howick-pakuranga@specialolympics.org.nz
Ph: 09 533 5997 / Mobile: 0211 501 034

"Let me win, but if I cannot win, let me be brave in the attempt" 勇敢嘗試 爭取勝利