

Christchurch recreation and leisure

A guide for health coaches and
community workers



Introduction

We want people to be physically active for their health and wellbeing.

We support this by providing a variety of ways to keep moving, whether this is through using the cycle pathways to get to work, walking in parks or the Port Hills, or doing an exercise class in one of our gyms.

By giving you as much up-to-date information about the services and activities that the whole of Council provides, we can support you with your mahi.

The most up to date copy of this guide can be found on the Recreation and Sport website recandsport.ccc.govt.nz/accessibility

If you think we have missed anything that would benefit others or you have any feedback, please contact activecommunities@ccc.govt.nz

Developed by the
Active Communities Team
Recreation, Sport, and Events Unit
Christchurch City Council
September 2023

We want people
to be physically active
for their health and
wellbeing.

Contents

Gyms

Graham Condon	4
Jellie Park	4
Pioneer	4
Taiora QEII	4
Personal training	4

Group fitness	5
----------------------------	---

Aqua classes	7
---------------------------	---

Indoor pools

Graham Condon	8
Jellie Park	8
Te Pou Toetoe Linwood Pool	8
Pioneer	8
Taiora QEII	8

Outdoor pools

Jellie Park	9
Norman Kirk Pool	9
Templeton Pool	9
Waltham Pool	9
Te Hāpua Halswell Pool	9
He Puna Taimoana	9

Swimming lessons

Bubbletimes and Sleepytimes	10
Learn to swim for tamariki	10
Swimsafe	10
Adult swimming lessons	10

Gymnastic programmes

Tumbletimes	11
Pre-school gymnastics	11

Pay to Play

Pay to Play Badminton	11
Pay to Play Basketball	11
Pay to Play Pickleball	11

Accessibility

Outdoor wheelchair hire	12
Accessible playgrounds	12
Accessible parks	12
Accessible recreation and sport facilities	12
Accessible walks	12
Beach access	12

Sensory

Sensory scented gardens	13
Sensory craft for pēpi	13
Sensory hour	13
The Southern Centre	13
Sensory swimming	13

Walking in Ōtautahi

Walking track map	14
Walking guide	14
Free Sunday walks	14
Walk 'n' Talks	14

Cycling

Cycle Pathways	14
----------------------	----

Parks

Fitness equipment in parks	15
Volunteer in a park	15
Discover and protect Nature	15
SmartView	15

Venues for hire

Community venues	15
Community facilities map	15
Recreation and sport facility bookings	15
Courts map	15

Libraries

Health resources	16
Mobile Library	16
CINCH	17

Discounts

Hāpai Access Card	17
SuperGold Card	17
Community Service Card	17
Cando Card	17

Community information

What's On Christchurch	18
Older adults recreation guide	18
Give Gear Get Great	18

Funding for individuals

Mayors Welfare Fund	18
Youth Development Fund	18

Gyms

Our gyms offer a range of cardio, strength building and functional equipment to improve fitness and wellbeing.

Facilities include

- Treadmills
- Exercycles
- Rowing machines
- Cross trainers
- Weight resistance machines
- Free weights
- Stretching area

All gyms have a fitness instructor present during open hours (Monday to Friday). During the weekends the fitness centre is unsupervised from 1pm. Quieter times in the gym are between 9.30am and 3pm.

A free personal programme can be created for you by one of our fitness instructors when you sign up. These are basic programmes designed to get people started. They use basic gym movements and are kept simple. More advanced programming can be completed by a Personal Trainer (PT).

If you have accessibility needs, phone us or check out the accessibility page on our website and visit the gym you'd like to use.

Graham Condon
3 Sisson Drive, Papanui (opposite Northlands Mall)

Jellie Park
295 Ilam Road, Burnside

Pioneer
75 Lyttleton Street, Somerfield

Taiora QEII
193 Travis Road, New Brighton

Contact us **03 941 8999** or **recandsport@ccc.govt.nz**
Find out more **recandsport.ccc.govt.nz/gyms**

Personal training

All our gyms have personal trainers who can help you achieve your health and fitness goals faster by providing one-on-one motivation, support and expertise.

There is a cost for personal trainers, and it varies from trainer to trainer.

A personal trainer will give you:

- Extra motivation, more personal attention and hold you accountable, to keep you on track.
- Faster and safer results by ensuring you exercise with the correct technique and with the safe use of equipment to maximise results.
- More effective workouts custom designed to ensure you meet your goals quickly.
- Expert knowledge and a variety of skills, teaching you exercises, techniques and knowledge to sustain a healthy and active lifestyle.

Find out more
recandsport.ccc.govt.nz/personal-training



Group fitness

We offer a range of group fitness classes at Christchurch Recreation and Sport Centres. Our group fitness classes are led by experienced instructors who are passionate about helping the community achieve their fitness goals. Group fitness classes are a supportive environment.

All timetables are online and bookings are essential.

If you have accessibility needs, you can phone us, or you can look on the Accessibility page on the website for the facility you wish to visit.

Contact us **03 941 8999**

Find out more recandsport.ccc.govt.nz/group-fitness or email recandsport@ccc.govt.nz

Virtual group fitness

We provide a variety of virtual classes that are quality versions of live classes. This allows flexibility to do a workout when it suits you.

Seated Gentle Exercise

Focuses on seated exercises that will help to improve strength, flexibility and balance.

Fitness Level: Older adults, beginners or those with limited mobility

Gentle Exercise

A low-impact exercise class to that helps people stay active, mobile and healthy.

Fitness level: Older adults, beginners or those with limited mobility



Pilates

This class helps you to learn the principles of Pilates, including breathing, concentrating, centring, control, precision, movement, isolation, and routine.

Fitness level: All

Yoga

Ranges from gentle, slow-moving to dynamic movements that helps you to relax, strengthen, and improve your flexibility.

Fitness level: All

Spin

Spin classes are done on a stationary bike. This class is great to improve endurance and strength. If you're new to spin, please turn up 10 to 15 minutes before the class and our instructor can show you how to set up your bike.

Fitness level: All



Burn Zone

Varied class which includes multiple movements and equipment in a circuit styled format.

Fitness level: All

HIIT Zone

HIIT is high intensity interval training. This class is fast-paced and involves high output with short recovery.

Fitness level: Intermediate to advanced

Strong Nation

Combines body weight, muscle conditioning, and cardio moves synced to original music specifically designed to match every move.

Fitness level: Intermediate

Zumba

This class is all about moving to the music that will get your heart pumping. This class welcomes all levels of dancers.

Fitness level: All

Pump

This class is focused on using low weights with high repetitions that helps to build and tone muscle.

Fitness level: Intermediate to advanced

Revl Everest

Licensed class that offers high intensity group training. This class will take you through a range of full body movements.

Fitness level: All



Butt, Abs and Thighs

This class focuses on targeting specific areas and includes doing squats, lunges, abdominal crunches and more.

Fitness level: All

Core Zone

This class goes through a series of exercises to strengthen and build your core. Helps to increase mobility and flexibility.

Fitness level: All

Strength Zone

Full-body workout using low repetitions and high weights.

Fitness level: Intermediate to advanced.

FUNKy Movements

This class is targeted towards people with intellectual disabilities. No two classes are the same. This class is for disabled people wanting gentle mind and body exercises in a fun environment.

Fitness level: Beginners or those with limited mobility



Aqua classes

Aqua classes take place in all of the indoor Recreation and Sports pools. All classes have a fitness instructor demonstrating the moves from the side of the pool. Aqua classes are non-weight bearing, this means there is minimum stress on the joints, making exercise more enjoyable.

There are aqua jogging lanes set up at each indoor Recreation and Sport pool. On the side of the pool there are flotation belts that are free to use.

Find out more
recandsport.ccc.govt.nz/aqua-classes

Aqua HIIT

High-intensity class that includes drills, intervals, and circuits.

Fitness level: All

Aqua Fit

Medium to high-intensity class that helps to improve core, stability, balance, muscular endurance, and flexibility.

Fitness level: All

Aqua Gentle

Perfect for people who suffer with arthritis, joint and circulation problems, limited mobility, or rehabilitating from an injury.

Fitness level: All

Aqua Deep

Exercises in the water performed while wearing a flotation belt.

Fitness level: All

Move & Mingle Aqua

Instructor led water-based exercise class. Mingle afterwards with a cup of tea in the community room. This class is held at Te Pou Toetoe: Linwood Pool.

Fitness level: All

Aqua Zumba

Aqua Zumba is a cardio condition and body toning class that focuses on dancing and having fun.

Fitness level: All

Aqua Natal

Is a programme designed for expectant mothers to keep active during their pregnancy journey in a safe and social environment.

Prerequisites: You can participate in this class at any stage of your pregnancy including pre- and post-natal. Before attending a class, please speak to your midwife or doctor.

Fitness level: All



Indoor pools

To plan your visit, view lane availability online recandsport.ccc.govt.nz/lane-availability

If you have accessibility needs, you can phone us, or you can look on the accessibility page on our website for the facility you wish to visit to see the quiet times.

All pre-schoolers can swim for free during school hours (9am to 3pm) at any of our pools (with a parent or caregiver).

Contact us **03 941 8999** or recandsport@ccc.govt.nz

Graham Condon

Has an eight-lane pool, teach pool, toddlers pool, and spa pool.

 3 Sisson Drive, Papanui (opposite Northlands Mall)

Find out more

recandsport.ccc.govt.nz/graham-condon

Jellie Park

Has an eight-lane recreational pool, an eight-lane sports pool, teach pool, toddlers pool, spa pool, sauna, steam room and a hydroslide.

 295 Ilam Road, Burnside

Find out more recandsport.ccc.govt.nz/jellie-park

Te Pou Toetoe Linwood Pool

Has a six-lane pool, teach pool, toddlers pool, family spa pool and a manu pool. 'Women's Wednesdays' is a women-only session each Wednesday from 3pm.

 141 Smith Street, Linwood

Find out more recandsport.ccc.govt.nz/te-pou-toetoe

Pioneer

Has a five-lane pool, teach pool, leisure pool, lazy river, wave pool, spa pool, sauna and steam room.

 75 Lyttleton Street, Somerfield

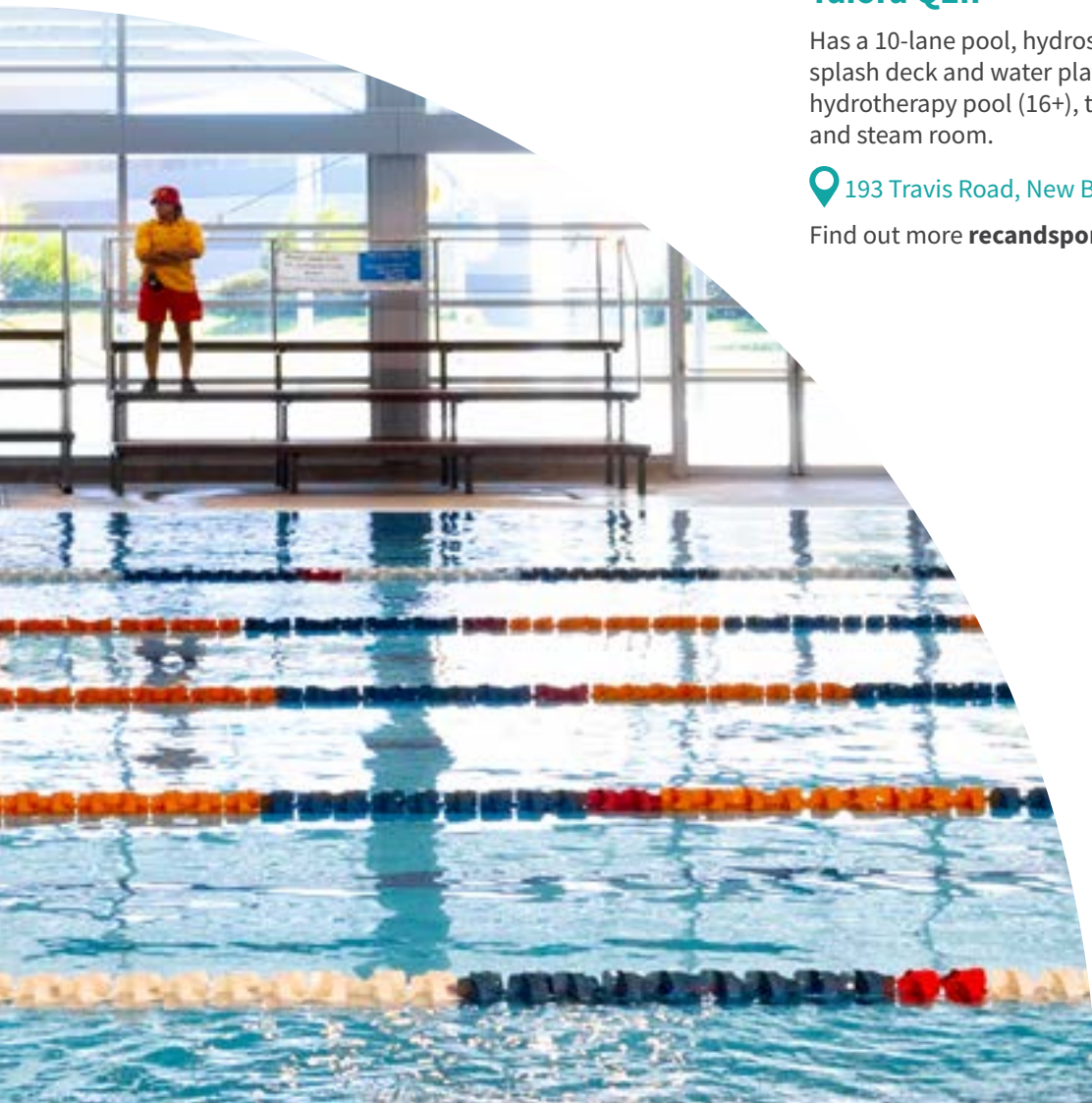
Find out more recandsport.ccc.govt.nz/pioneer

Taiora QEII

Has a 10-lane pool, hydroslide, leisure pool, lazy river, splash deck and water playground, toddlers pool, hydrotherapy pool (16+), teach pool, spa pool, sauna and steam room.

 193 Travis Road, New Brighton

Find out more recandsport.ccc.govt.nz/taiora-qeii



Outdoor pools

Outdoor pools provide a space for individuals and whānau to enjoy the outdoors. Each outdoor pool is unique.

If you have accessibility needs, you can phone us, or you can look on the Accessibility page on the website.

Contact us **03 941 8999** or recandsport@ccc.govt.nz

Jellie Park

Has a seven-lane outdoor pool, hydroslide, and 3 metre deep dive well.

 295 Ilam Road, Burnside

Find out more recandsport.ccc.govt.nz/jellie-park

Norman Kirk Pool

Has a six-lane outdoor pool and toddlers paddling pool, with ramp entry into the pool.

 54 Oxford Street, Lyttelton

Find out more recandsport.ccc.govt.nz/norman-kirk

Templeton Pool

Has a four-lane outdoor pool and a toddler's pool. This pool is not accessible for wheelchair users. Key card access only.

 62 Kirk Road, Templeton

Find out more recandsport.ccc.govt.nz/templeton

Waltham Pool

Has a nine-lane outdoor pool, toddlers pool, hydroslide and BBQ for hire.

 30 Waltham Road, Sydenham

Find out more recandsport.ccc.govt.nz/waltham

Te Hāpua Halswell Pool

Has a seven-lane outdoor pool, toddler pool and hydroslide.


 341 Halswell Road, Halswell

Find out more recandsport.ccc.govt.nz/te-hapua



He Puna Taimoana

Has five hot water pools, a plunge pool, sauna and steam room.

 195 Marine Parade, New Brighton

Find out more hepunataimoana.co.nz

Bookings:

He Puna Taimoana is open all year round. All bookings need to be made online.

Contact **03 941 7818** or info@hepunataimoana.co.nz



Swimming lessons

Learning to swim can save your life. Swimming helps to develop motor skills, increase confidence, and develop eye and hand coordination. We have a range of Learn to Swim classes for all levels.

Find out more
recandsport.ccc.govt.nz/learn-to-swim

Contact us **03 941 8999** or swimsmart@ccc.govt.nz

Bubbletimes and Sleepytimes

Bubbletimes and Sleepytimes are held in our Teach pools. Bubbletimes focuses on play activities for pre-school children from six months to under five years. This class helps to build water confidence. Sleepytimes is designed to build on mental and physical development through play.

Find out more
recandsport.ccc.govt.nz/bubbletimes
recandsport.ccc.govt.nz/sleepytimes

Learn to swim for tamariki

Learning to swim equips children with life-saving skills that can protect them in aquatic environments. There are a range of lessons for baby and toddlers, pre-schoolers, school age children as well as holiday lessons and mini squad lessons.

Swimsafe

This is a water education programme for schools. Children learn how to enter and exit the water in any environment, float on the water, go under the water, move, roll, and turn in the water, water safety and what to do in an emergency.

Find out more recandsport.ccc.govt.nz/schools

Adult swimming lessons

Adult swimming lessons are included at no extra charge for Pool or Gym & Pool members, otherwise a casual charge applies. We offer a range of classes for different levels of abilities such as

- Beginners – Learn kicking and arm techniques.
- Breathers – Learning freestyle breathing, backstroke, and distance.
- Stroke correction – For intermediate swimmers to improve swimming distance.

Find out more
recandsport.ccc.govt.nz/adult-swimming-lessons



Gymnastic programmes

Tumbletimes and pre-school gymnastics are designed to help develop your little one's fundamental movement skills in a fun, safe and social environment.

Find out more recandsport.ccc.govt.nz/play-sport

Bookings, please contact us **03 941 8999** or recandsport@ccc.govt.nz

Tumbletimes

A play session designed for babies and pre-schoolers to explore and play at their own pace. Tamariki will develop fundamental movement skills.

Pre-school gymnastics

This class builds on fundamental movement skills to support body and brain development and enable confidence. The 45-minute lessons will teach basic gymnastic skills throughout the school term.



Pay to Play

Drop in to our court Play to Play sessions to try some Badminton, Pickleball or Basketball.

Enjoy socialising while improving your skills and fitness. You're welcome to come along as an individual or bring whānau and friends along.

If you have accessibility needs, you can phone us, or you can look on the Accessibility page on the website for the facility you wish to visit.

If you would like to book an entire court for exclusive use, please get in touch.

Contact us **03 941 8999**

Find out more recandsport.ccc.govt.nz/play-sport

Pay to Play Badminton

Pay to Play Badminton is currently offered at Pioneer Recreation and Sport Centre.

Find out more

recandsport.ccc.govt.nz/pay-to-play-badminton

Pay to Play Basketball

Pay to Play Basketball is offered periodically at Cowles Stadium, Pioneer Recreation and Sport Centre and Graham Condon Recreation and Sport Centre.

Find out more

recandsport.ccc.govt.nz/pay-to-play-basketball

Pay to Play Pickleball

Pay to Play Pickleball is currently offered at Pioneer Recreation and Sport Centre on Wednesday and Friday mornings.

Find out more

recandsport.ccc.govt.nz/pay-to-play-pickleball

Accessibility

Outdoor wheelchair hire

The chair is for those aged 5 to 21 years, with a physical impairment. The chair can be taken anywhere in the Canterbury region. The wheelchair is picked up and dropped off at Pioneer Recreation and Sport Centre To book the wheelchair, please email Mitchell from Halberg Foundation.

Contact: Mitchell@halberg.co.nz

Cost: Free for hire.

Find out more ccc.govt.nz/accessible-parks

Accessible playgrounds

There are a number of playgrounds in Ōtautahi-Christchurch that have accessible play equipment. Some favourites are:

- Margaret Mahy Family Playground
- Barrington Park Playground
- Scarborough Playground
- Botanic Gardens playground

Find out more ccc.govt.nz/accessible-parks

Accessible Parks

A number of heritage gardens and parks are suitable for wheelchairs, these include:

- Christchurch Botanic Gardens
- North and South Hagley Park
- Mona Vale Gardens
- Abberley Park

Find out more ccc.govt.nz/accessible-parks

Accessible recreation and sport facilities

Christchurch Recreation and Sport facilities provide accessibility features to ensure you can enjoy our spaces, including ramps, hoists, water chairs, changing rooms and toilets.

Find out more recandsport.ccc.govt.nz/accessibility

Accessible walks

There are a number of walking tracks that are suitable for wheelchairs, these include:

- Sumner Promenade, Sumner Beach
- Travis Wetland Walk, Parklands
- Lamar Track, Hillsborough
- Tāwhairanui Trail, Victoria Park

For more information about the accessible walks visit accessibel.co.nz

Find out more ccc.govt.nz/accessible-parks



Beach access

Two beach wheelchairs are available for hire (one adult and one child wheelchair).

North Beach Association has two beach wheelchairs, plus there is a mobility hoist, which are free to hire.

Contact: northbeachra@gmail.com

Find out more ccc.govt.nz/accessible-parks



Sensory

Who is it for: Individuals who would most benefit are adults and children who have learning differences, cerebral palsy, autism, multiple disabilities, anxiety and stress.

Sensory and scented gardens

Provides a place for individuals, whānau and communities who may have different abilities and needs to feel welcome. In each garden there are a range of plants, smells and more.

Find out more ccc.govt.nz/accessible-parks

Sensory craft for pēpi

Sensory Craft is where you can bring your pēpi (baby) along to make sensory toys, arts and crafts. No craft experience needed, and all materials are provided.

Cost: Free, no booking required

 Shirley Library, 36 Marshlands Road

When: Every Wednesday during term time, 11–11.30am

Find out more christchurch.bibliocommons.com/events

Sensory hour

Sensory hour provides an opportunity for people living with sensory sensitivities to relax and enjoy the library. The hour includes turning down the artificial lighting and having sensory texture toys out.

Cost: Free, no booking required

 Tūranga Library level 1

When: Mondays from 6–7pm and Tuesdays from 3.30–5pm

Find out more christchurch.bibliocommons.com/events

The Southern Centre

A multi-sensory environment for people of all ages and abilities. Sessions have a variety of different experiences that can be interactive, stimulating and calming. Sessions run for 30-minutes.

Bookings: Bookings are essential

Contact us **03 941 7016** or **03 941 8999** or Email southern.centre@ccc.govt.nz

 75 Lyttelton Street, Somerfield

When:

- Monday to Friday: 9am–4.15pm
- Saturday: 10am–1.45pm
- Sunday: 11.15am–3.15pm

Find out more recandsport.ccc.govt.nz/southern-centre

Sensory swimming

Sensory swimming is a leisure swim in a dedicated pool area. This is quiet, calming, encourages water confidence and water play. These sessions are for people of all ages and abilities.

Bookings: Online

 75 Lyttelton Street, Somerfield

When: 2–4pm Saturdays

Find out more recandsport.ccc.govt.nz/sensory-swimming



Walking in Ōtautahi

Walking helps to keep you active and healthy. Joining a walking group can help you to connect with new people and feel great.

Walk 'n' Talk: Walks of about 40 minutes led by a programme coordinator. Please wear comfortable clothing and shoes and bring a water bottle if needed. For more information, please contact a community recreation advisor by calling the number below.

Contact us **03 941 8999**
Find out more ccc.govt.nz/walk-n-talk

Walking track map

The walking track map provides a visual representation of where walking tracks are located, whether the walks are accessible and transport options to get there. This is a great tool when planning your walks.

Find out more ccc.govt.nz/walking-track-map

Walking guide

Provides information on all walking groups in Ōtautahi-Christchurch, with contact details, cost, ability/fitness level needed and times.

Find out more ccc.govt.nz/activities-for-older-adults

Free Sunday Walks

Learn something new about your city, its people and the environment. Free Sunday Walks is a regular walking programme for everyone.

Duration: About 60 minutes


Meeting Time: 10.30am

Contact us **03 941 8999**

Find out more ccc.govt.nz/sunday-walks




Papanui Walk 'n' Talk

 Papanui Library, Corner Langdon's and Restell Street, Papanui.


When: 10am Wednesdays

New Brighton Walk 'n' Talk

 New Brighton Library, Marine Parade.


When: 10am Mondays

Linwood Walk 'n' Talk

 Linwood Union Church, corner of Tilford Street and Linwood Ave.


When: 10am Wednesdays

Halswell Walk 'n' Talk

 Te Hāpua: Halswell Centre – Halswell Library, 341 Halswell Road.


When: 10am Mondays

Fendalton Walk 'n' Talk

 Fendalton Library, corner of Jeffery's and Clyde Road.

When: 10am Thursdays

Beckenham Walk 'n' Talk

 Christchurch South Library, corner of Colombo Street and Hunter Terrace.

When: 1pm Thursdays

Cycling

Cycle Pathways

Cycling is a great way of transport. Check out the bike map, mountain bike track status and bike events.

Find out more ccc.govt.nz/cycling

Cycle Map: ccc.govt.nz/cycling-maps

Parks

Fitness equipment in parks

There are 15 different parks around Ōtautahi-Christchurch that contain fitness equipment for you to use as part of an outdoor workout. Not all the parks have the same fitness equipment.

Find out more ccc.govt.nz/fitness-trails

Volunteer in a park

Join a community group to plant trees and/or weed in one of the city's beautiful parks. This can be gentle or intense exercise depending on preference.

Groups meet regularly in a range of parks and also offer community planting days at particular times. Spades are provided.

All ages and ability levels are welcome.

Find out more ccc.govt.nz/volunteer-events

Discover and protect Nature

Take action to help protect the special environment of Ōtautahi-Christchurch.

Find out about environmental and sustainable activities for the whole whānau.

Find out more ccc.govt.nz/call-to-action



SmartView

SmartView pulls together real-time data from a range of public and private organisations. This makes information easily accessible for communities and locals around Ōtautahi-Christchurch. There's a range of insightful information about parks, community facilities, urban play, walking tracks and more.

Find out more smartview.ccc.govt.nz

Venues for hire

Community venues

Our venues are available for hire throughout Ōtautahi-Christchurch for a variety of social, educational and recreational activities. Each venue is unique, offering a range of spaces and equipment to cater for different community needs.

Contact us **03 941 8999**

Find out more ccc.govt.nz/venues-for-hire

Community facilities map

We have an interactive Community facilities map that allows you to see the community owned venues across the city.

Find out more smartview.ccc.govt.nz

Recreation and sport facility bookings

There are spaces that can be booked at our facilities. These include lanes for swimming, the hydrotherapy pools as well as courts and multipurpose rooms.

Contact us RSEBookings@ccc.govt.nz

Find out more recandsport.ccc.govt.nz/hire

Courts map

We have basketball courts, tennis courts, pétanque terrain, BMX tracks, and skateparks around Ōtautahi-Christchurch for public use.

Find out more ccc.govt.nz/basketball



Libraries

Libraries are safe and welcoming spaces to connect with others. You are welcome to use the free internet, read eBooks, access eResources and more.

We have programmes and drop-in sessions at our different libraries, such as:

- Knit and yarn
- Craft groups
- Book discussion
- Mahjong and scrabble
- Family history
- Justices of the Peace (JPs)

Join the library today – it's free!

Contact us **03 941 7923** or **library@ccc.govt.nz**
Find out more **christchurchcitylibraries.com**

Health resources

We have a variety of health resources for information about chronic diseases, nutrition, mental health, medical conditions, treatments and more.

Find out more **christchurchcitylibraries.com/health**

Mobile Library

The mobile library provides services to areas that do not have local libraries. Use the link below to learn more about it and where it stops.

Contact us **03 941 7923** or **library@ccc.govt.nz**
Find out more
christchurchcitylibraries.com/locations/mobile

Aranui Library
109 Aldershot Street, Aranui

Akaroa Library
2 Selwyn Avenue, Akaroa

Diamond Harbour Library
Waipapa Avenue, Diamond Harbour

Fendalton Library
4 Jeffreys Road, Burnside

Lyttelton Library
18 Canterbury Street, Lyttelton

Linwood Library
1st floor Eastgate Shopping Centre,
Buckleys Road, Linwood

Little River Library
State Highway 75, Little River

Matuku Takotako Sumner Centre
14-16 Wakefield Avenue, Sumner

New Brighton Library
213 Marine Parade, New Brighton

**Ōrauhata: Bishopdale Library and
Community Centre**
13 Bishopdale Court, Farrington Avenue, Bishopdale

Papanui Library
35 Langdon's Road, Papanui

Parklands Library
46 Queenspark Drive, Parklands

Redwood Library
339 Main North Road, Redwood





- Shirley Library**
36 Marshlands Road, Shirley
- South Library**
66 Colombo Street, Central City
- Spreydon Library**
266 Barrington Street, Spreydon
- Te Hāpua Halswell Centre**
341 Halswell Road, Halswell
- Tūranga Library**
60 Cathedral Square, Central City
- Upper Riccarton Library**
71 Main South Road, Sockburn

CINCH website

Use this directory to find out about clubs and organisations in your community. Every listing in CINCH is under at least one of the 12 main categories listed on the homepage.

Health and welfare and Sports and recreation are both main categories.

Contact us **03 941 7923** or **cinch@ccc.govt.nz**
Find out more **cinch.org.nz**

Discounts

The Hāpai Card, Community Service Card, SuperGold Card and Cando Card are the four cards that the council recognises and will give discounts to.

Hāpai Access Card

Hapai Access Card is for those living with a disability. It provides information about accessibility within businesses and allows you to easily communicate your accessibility needs. The Hāpai Card costs \$30 for three years and provides discounts at a range of businesses across Ōtautahi-Christchurch.

Find out more hapaiaccesscard.org.nz

SuperGold Card

SuperGold Card people aged 65 years and older access to a wide range of discounts around New Zealand.

Find out more supergold.govt.nz

Community Services Card

Provides you and your family discounts on doctor visits and prescriptions as well as a wide range of other services. You may be able to get the card if you are on a low-to-middle income.

Find out more workandincome.govt.nz/csc

Cando Card

This card provides discounts to students who are currently in High School in the Canterbury region and are under the age of 18 years.

Find out more candocard.co.nz

Community information

What's On Christchurch

To keep up to date with community events, workshops, sports, recreation activities and arts, check out the 'What's On' App.

This is frequently updated and will tell you about the range of events that go on in Christchurch.

Find out more ccc.govt.nz/whats-on

Older adults recreation guide

Highlights existing opportunities for recreation and community activities for older adults. It lists a broad range of walks, social clubs and exercise classes across Ōtautahi-Christchurch.

Find out more

ccc.govt.nz/rec-and-sport/activities-for-older-adults

Give Gear Get Great

Donate sports equipment including shoes, balls, racquets, bats and more to enable children and youth to participate in physical activity.

Contact us **03 941 5333** or
communityrecreation@ccc.govt.nz

Facebook: facebook.com/Givegeargetgreat

Find out more ccc.govt.nz/give-gear-get-great

Funding for individuals

Mayors Welfare Fund

Assists individuals and whānau in Ōtautahi-Christchurch who are in extreme financial distress.

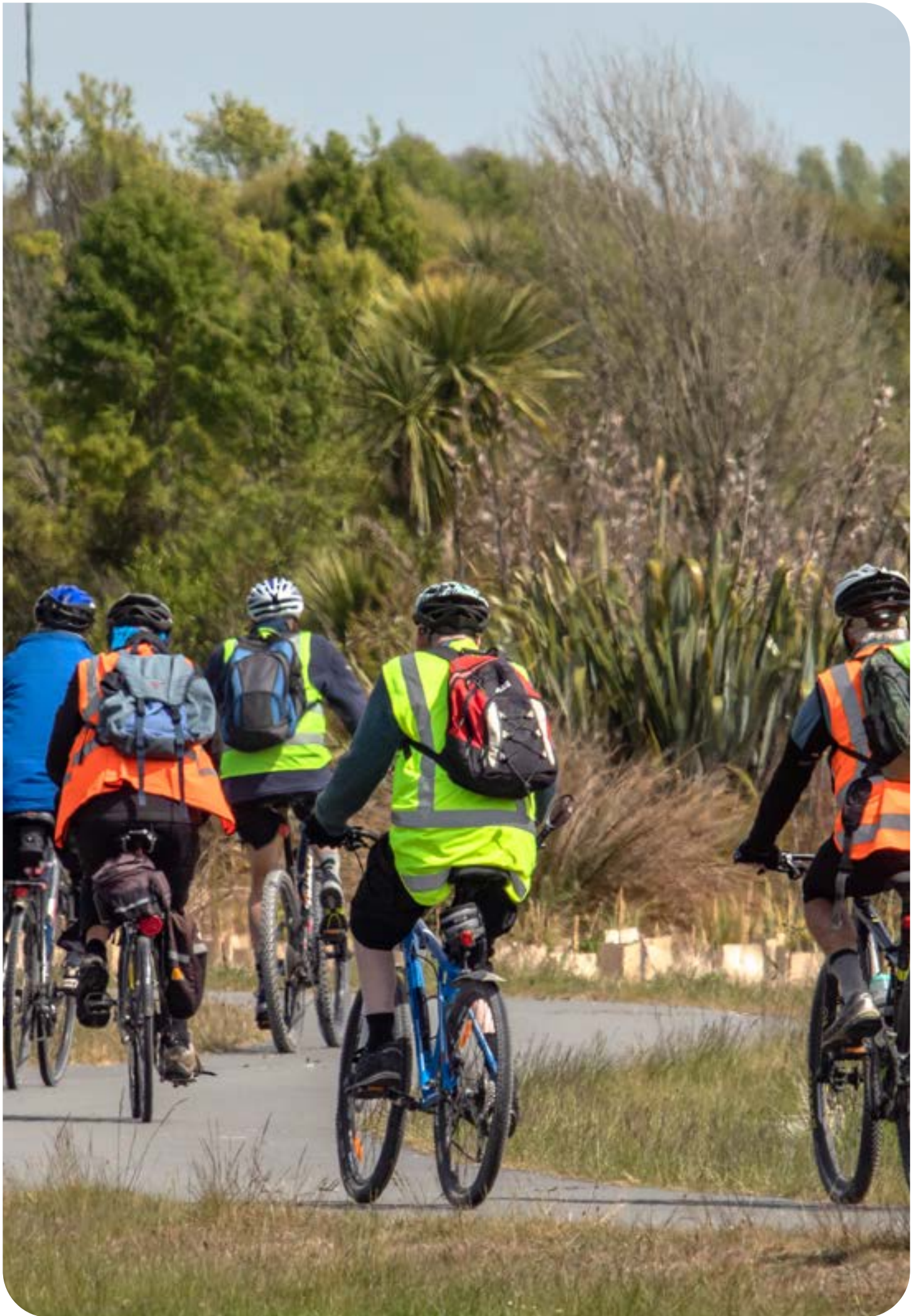
Find out more ccc.govt.nz/mayors-welfare-fund

Youth Development Fund

This fund supports and encourages young people in their local community with a contribution towards an activity they're pursuing. The local community board considers applications for a variety of activities such as cultural studies, representation at sport events and recreation development.

Contact us communitygrants@ccc.govt.nz

Find out more ccc.govt.nz/youth-development-fund



Christchurch recreation and leisure

—
A guide for health coaches
and community workers

recandsport.ccc.govt.nz