

➤ A week at the Park

Take a look at what a week at the Park might include.

		 GYMSPORTS	 FOOTBALL	 ATHLETICS
MONDAY	8am - 10am	Conditioning and training for gymsports (from 6.30am)	Women's social competition	Fitness trainers
	10am - 12pm	PlayGym Special needs sessions	Early childhood ball skills	School training
	12pm - 3pm	PlayGym • Schools Foundation Skills programme		School athletic sports
	3pm - 5pm	General Gymsports • Soccer – rotation, locomotion & speed	Junior club training • Player development centres	School athletic sports
	5pm - 10pm	Adult session - Skate and snowboard aerial skills	Marae 6-a-side comp • Official training and coach development	Junior • adult and senior fitness training
TUESDAY	8am - 10am	Tai chi for over 65s • PlayGym	School visits	Fitness trainers
	10am - 12pm	Schools Foundation Skills Programme • PlayGym		Club officials training
	12pm - 3pm	Movement programme for Homeschool groups	Ball skills for >65s	
	3pm - 5pm	General gymsports • Rugby training for speed and agility - children	Player Development Centres	Junior club night
	5pm - 10pm	Netball training for aerial awareness - adults	Senior Club training • Official training and coach development	Senior club night
WEDNESDAY	8am - 10am	Conditioning and training for gymsports • PlayGym		Fitness trainers
	10am - 12pm	Schools Foundation Skills Programme	Ball skills for >65s	Skills training and development, junior
	12pm - 3pm	Special Needs groups - Adults • Pilates for adults Netball training for aerial awareness	Womens social comp	Skills training and development, elite
	3pm - 5pm	Hockey training for rotation, locomotion and speed	Junior club training • High school leagues	Rugby – fitness, speed, endurance
	5pm - 10pm	Adult session – Circus Arts	Senior club training • Business House comp	Rugby – fitness, speed, endurance
THURSDAY	8am - 10am	Early Childhood centre visits	School visits	Fitness trainers
	10am - 12pm	Schools Foundation Skills Programme		Parent fitness
	12pm - 3pm	Early childhood centre visit • Schools – Team building		Junior skill and competition training
	3pm - 5pm	Rugby – speed and agility training	Junior club training • Player Development centres	Adult skill and competition training
	5pm - 10pm	Training for coaches on fundamental movement skills	Senior club training	Senior skill and competition training
FRIDAY	8am - 10am	Adult self defence	Early childhood ball skills	Fitness trainers
	10am - 12pm	Schools Foundation Skills Programme • PlayGym	>65 comp	Junior skill and competition training
	12pm - 3pm	PlayGym • Special Needs - children	School visits	Intermediate school sports
	3pm - 5pm	General Gymsports • Competitive gymsports	Marching team training	Intermediate school sports
	5pm - 10pm	Competitive • gymsports Social Team Challenges -Corporate	Business house ultimate Frisbee comp	Parent fitness
SATURDAY	8am - 10am	PlayGym • General gymsport – Family class • Judo class	Junior club football	Junior skill and fitness
	10am - 12pm	Competitive gymsports • Coaching course • Judo class	Small sided games under 7's	Official training and coach development
	12pm - 3pm	Cheerleading • Competitive gymsports Coaching course • Birthday parties	Senior club football	Official training and coach development
	3pm - 5pm	Gymsports coaching courses • Team Building – Clubs Team challenges - social	Senior club football	National competition or Hastings club meet
	5pm - 10pm	Adult session - Skate and snowboard aerial skills		National competition or Hastings club meet
SUNDAY	8am - 10am	Gymsports courses	Junior club football	Junior skill and fitness
	10am - 12pm	Birthday parties • Active families session through Sports Trust	Girls only league	Teenage adult and senior skill and competition training
	12pm - 3pm	Birthday parties • Circus Arts • Cheerleading	Senior club football	Club games and picnic
	3pm - 5pm	Birthday parties • Social Team challenges		
	5pm - 10pm			


TENNIS

NETBALL

CYCLING

TOUCH

Tennis aerobics • Schools • Pay to play • Coaching		Cyclist training	
Schools • Pay to play • Coaching	Umpiring Clinics	Obesity training	Junior Training Programme
Schools • Pay to play • Coaching	Coaching Clinics	Primary school training	Junior Training Programme
Wheelchair tennis • Pay to play • Coaching		Secondary school training	Junior Touch • Module
Pay to play • Coaching	“Monday Night Madness” (Men’s Comp)	General training / static training	Junior & Senior • Modules
Tennis aerobics • Pay to play • Coaching		Cyclist training	
Mum and kids • Pay to play • Coaching		Green prescription training	Junior Training Programme
Kiwi seniors • Pay to play • Coaching		Primary school training	Junior Training Programme
Wheelchair tennis • Pay to play • Coaching	Club & School Training Night	Secondary school training	Junior Touch • Module
Business House • Pay to play • Coaching	U15 & U17 Hastings Representative Training Night	Corporate cycling competition	Junior & Senior • Modules
Tennis aerobics • Schools • Pay to play • Coaching		Cyclist training	
Kiwi seniors • Pay to play • Coaching		Disabled training	Junior Training Programme
Schools • Pay to play • Coaching		Primary school training	Junior Training Programme
Interclub junior • Pay to play • Coaching	Business House (Summer League Competition)	Secondary school training	
Interclub junior • Pay to play	Club & School Training Night – Full venue Business House (Summer League Competition)	General training / static training	Senior Module
Mum and kids • Pay to play • Coaching		Cyclist training	
Mum and kids • Pay to play • Coaching	“Motherball” (social day games)	Green prescription training	Junior Training Programme
Grasshopper tennis • Pay to play • Coaching	“Motherball” (social day games)	Primary school training	Junior Training Programme
Inter club junior • Grasshopper tennis • Pay to play • Coaching	Club & School Training Night	Secondary school training • Conference team building	HB Secondary Schools Touch
Interclub senior • Business House • Pay to play	Club & School Training Night	General training / static training Corporate cycling competition	Senior Module
Pay to play • Coaching		Cyclist training	
Corporate day • Pay to play • Coaching	Mother & Child (ball skills for U5’s)	Green prescription training	Junior Training Programme
Corporate Day • Pay to play • Coaching		Primary school training	Junior Training Programme
Grasshopper tennis • Pay to play • Coaching	Super League (upcoming new game mixing, netball, indoor and basketball)	Secondary school training • Conference team building	Junior Module
Interclub senior • Pay to play • Coaching	Super League (upcoming new game mixing, netball, indoor and basketball)	General training / static training	Junior Module
Pay to play • Coaching	Hastings Junior Netball Competition		Touch Tournament • (Weekend Activity)
Ethnic group tournament • Youth at risk group tournament • Pay to play • Coaching	Hastings Junior Netball Competition Secondary School Competition	Netball / tennis	Touch Academy Training Workshop • (Weekend activity)
Pay to play • Coaching	Open Grade, Premier & Secondary School Competitions • Eastern Netball Player Development Clinic	Netball / tennis	Monthly Weekend tournaments and academies for various grades
Pay to play	Open Grade, Premier & Secondary School Competitions • Eastern Netball Player Development Clinic	Kids bike hire	
Pay to play		Ramblers social carnival	
Pay to play	Annual Regional Secondary Schools Tournament		
Futures tournament • Pay to play	Annual Regional Secondary Schools Tournament	Club training event	
Futures tournament • Pay to play	Annual Regional Secondary Schools Tournament	Club training event	
Futures tournament • Pay to play	“Netball Bootcamp” (Circuit training – army style)	Club training event	
Pay to play			