

Disability Sport and Recreation Opportunities (current as at 1/4/24)

Age Concern

Steady-As-You-Go Classes: A combination of strength and balance exercise, stretching and light cardiovascular exercises based on the Otago Exercise Programme. Participants have a chair for support.

Ideal for beginners. \$3-4 per session

Classes in Whanganui, Rangitikei and the Waimarino.

Contact Janet at Age Concern Whanganui on 06 345 1799 or email at saygo@acwhanganui.org.nz

Blind, Low, Vision Whanganui

Walking Group – Monday 10.30am. Leaves from the Blind, Low Vision Building in Peat Street. Transport and extra support are available for those who need it. Tea and coffee afterwards. Please contact Sarah Small on 022 015 7515 or SSmall@blindlowvision.org.nz

Indoor Bowls – Sunday 1pm. Transport is available.

Phone Russell Lowry on 027 502 2247 or Sarah Fallen on 021 122 2551 for more information.

Tandem Bike – This is available for hire for a small charge.

Contact Sarah Small on 022 015 7515 for more details

Blind Sport Kit

The Blind Sport NZ Kit includes a range of accessible sports equipment, a comprehensive instruction manual and a teacher's resource. The kit is available to borrow free of charge. See details on this link <https://www.blindsport.kiwi/accessible-sport-kit> . A booking form is at the bottom of the page. Ensure you choose the Whanganui kit, which is housed at Blind Low Vision Whanganui in Peat St, adjacent to the netball courts.

Dance 4 Us Drop In (15+ years old)

Dance 4 Us Whanganui: Wednesday. 1:00 – 2:00pm

Harrison St Church @ 98 Harrison Street

Cost: Gold Coin Koha.

Check out the [Dance Therapy NZ](#) page for more information or contact Julie on

Sailability Whanganui

We offer sailing opportunities to disabled people of all ages and operate at Pauri Lake just south of Whanganui.

We are closely aligned to Wanganui Sailing Club

Volunteers are always welcome.

bob.davies@xtra.co.nz 021 803 744 or 06 345 7155

Sense Rugby

An occupational therapy led rugby programme designed to help disabled tamariki and rangatahi.

Mondays during term time:

3.30 - 4.30pm (ages 5-8 years)

4.30 - 5.30pm (ages 8+ years)

Contact zoe@senserugby.co.nz for more details

Whanganui Unique Children's Support Group

Gym sessions for families who have children with special needs.

This is a safe and fun environment where kids can meet new friends and burn off some excess energy.

Siblings welcome as well. Children must be supervised by an adult.

No prior booking required. Gold coin donation.

4.00pm to 5.30pm on specified Saturdays at the Whanganui Boys and Girls Gym club

Contact Sue Kenny on 06 343 7583 or 027 3480 106

Or Peter Smith 06 343 8263

Wheelchair Basketball

Wheelchair basketball is played using a sports wheelchair (provided), with rules similar to standard basketball. Our sessions are at a community level, and we welcome people with or without disabilities to join in.

Run by Sport Whanganui. Usually on Thursday evening at 5.30pm.

Contact Sarah Craig at sarahc@sportwhanganui.co.nz or 027 282 6717

Counter Punch for Parkinson's

This class has been developed by Lisa Gombinsky Roach and Shane Cameron to get people with Parkinsons involved in boxing classes. It has a strong focus on improving balance, leg strength, general fitness, and all-round confidence. It is a fun and energetic class. Partners and friends of those with Parkinson's are also encouraged to attend and join in the class.

- **Where:** 100 Devon Road, Whanganui (Kaierau Rugby Club)
- **When:** Wednesday 10-11am
Friday 11am-12pm
- **Cost:** Fee of charge
- **Contact/Leader:** **Sala Temo**
- [Visit their website](#)
- stemo@wrhn.org.nz
- [029 662 2626](tel:0296622626)

Whanganui Riding for the Disabled

“Confidence, independence and wellbeing for people with disabilities through therapeutic horse riding and horse care.”

Contact Robyn on 027 342 9826

Check us out on Facebook <https://www.facebook.com/WanganuiRidingForTheDisabled>

Adaptive Snow Sports - Whakapapa

Snow Sports NZ also offers an adaptive membership which gives members access to discounted lift tickets, lessons, equipment hire and volunteer support to help make snow sports more accessible. More information can be found on our website [here](#) (please note, 2024 memberships will re-open on 15-May [here](#)).

Beth, the new Adaptive Supervisor at adaptive@whakapapa.com will be able to answer your questions and assist you with any bookings.

Special Olympics Whanganui

Basketball – Wednesday 5.00pm at Rutherford Junior School. \$2 per session. Contact Ashlee Murphy – cascille@hotmail.com 027 825 7495.

Swimming - Thursday 5.30pm at Splash Centre. \$2 per session.

Contact Jan Biblitz – jrbublitz@hotmail.co.nz 022 018 7535

Golf – Tuesday 3.30pm at Tawhero Golf Club.

Contact Ivan Howe – riversittee@gmail.com 027 484 7559

Powerlifting – Monday 5.30pm at Rivercity Boxing.

Contact Sharnell Stevenson – sharnell@thefocusgroup.co.nz 027 649 4588

Connect with us on Facebook <https://www.facebook.com/SpecOWang>

Chair Yoga Combo

Postures are modified seated on a chair or you can use the chair for support in standing asanas, especially balance and strength work. Floor work for the final 15 minutes is an option which many enjoy. The choice is yours. Each time is different - this journey is one we do together and one that is personal. Suitable for all levels, beginners to experienced.

Where: Hakeke Library Hub

When: Thursday at 1.15pm

Cost: \$5 per session

Contact: Marian Takarangi-Gavaghan mariantakgav@gmail.com 021 073 1802

There is a list of activity classes for a number of diverse needs on the LiveStronger website. Check out the link for listings within Whanganui.

<https://www.livestronger.org.nz/home/find-class/find-a-class-near-you/?locationR=19#class-1098>

Whanganui Creative Space

WCS is a community Art studio in Whanganui working with diverse-abilities & mental wellbeing.

Check us out on Facebook - <https://www.facebook.com/Explorartz2020/>

Contact [_whanganuics@gmail.com](mailto:whanganuics@gmail.com)

Living in the Music

For those who want to jam on musical instruments. The group meets regularly at the Musicians Club. For more information email kenchernoff76@gmail.com