

Central Link

He karere tā te Kaunihera ā Rohe o Whakaahurangi
News from the Stratford District Council

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TE KAUNIHERA Ā ROHE O
WHAKAAHURANGI
STRATFORD
DISTRICT COUNCIL

Public Notices

Temporary Road Closure - Romeo Street

As part of our watermain renewals project on Broadway South, the following road will be closed on **Wednesday 24 May 2023** between 7am and 7pm (weather permitting):

- Romeo Street, from Broadway to Hamlet Street

Appropriate diversions will be in place during this period. Thank you for your cooperation.


V Araba
Director, Assets

New group fitness and Wai Play programme at Wai o Rua - Stratford Aquatic Centre!

We're getting into the cooler months now, but that's no excuse for hibernation. The team at Wai o Rua - Stratford Aquatic Centre have launched their brand new Group Fitness programme! There's a class for everyone, with on-land and in-water options, as well as lunchtime express sessions.

The team have also introduced Quiet Hour; an hour each week that's easy on the eyes and ears to support members of the community with sensory needs. No registration needed. Don't worry, they haven't left out the littlies. There are Wai Play sessions for young tamariki and their caregivers.

To register, or find out more about the classes on offer, visit WaiORua.govt.nz or call 06 765 5403. We've got membership and concession passes available too, see our friendly reception team for details.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin Bikes 9.30am - 10.15am (45min)	Deep Water Training 8.30am - 9.15am (45min)	Aqua Pump 9.30am - 10.30am (60min)	Aqua Aerobics 9.30am - 10.30am (60min)	Deep Water Training 8.30am - 9.15am (45min)	Spin Bikes 9.15am - 10am (45min)	Wai Play 10.30am - 11.30am (60min)
65+ Aqua Aerobics 10.30am - 11.30am (60min)	Aqua Aerobics 9.30am - 10.30am (60min)	Wai Play 9.30am - 10.30am (60min) <i>Term time only</i>	Wai Play 9.30am - 10.30am (60min) <i>Term time only</i>	Spin Bikes 9.30am - 10.15am (45min)		
Lunchtime Aqua Express 12.30pm - 1pm (30min)	Strength and Balance 11am - 12pm (60min)	AquaNatal 11am - 12pm (60min)	Deep Water Aqua Aerobics 11am - 11.45am (45min)			
Quiet Hour 1.30pm - 2.30pm (60min)	Spin Bikes 5.15pm - 6pm (45min)	Lunchtime Pilates Express 12pm - 12.45pm (45min)				
Pilates 5pm - 6pm (60min)						

Annual Plan 2023/24

We're seeking feedback on our draft Annual Plan, including Fees and Charges.

Have your say online at:

Stratford.govt.nz



Last week to nominate local champions for Citizen Awards!



Celebrate the go-getters, doers, supporters, helpers, and organisers in our community. Make a nomination for the Stratford District Council Citizens and Youth Citizens Awards!

Nominations close on Friday 26 May 2023. Forms are available from our Service Centre, Stratford Library and Visitor Information Centre, and Stratford.govt.nz

There are two awards categories:

Citizen Awards

Recognise our local champions who have made a significant and positive contribution to the well-being of the district and its citizens.

Youth Citizen Awards

An award for our rangatahi between 12 and 24 years of age who have made a significant and positive contribution to the well-being of the district and its citizens.

Aqua Aerobics (65+ and express options available) - A great resistance and cardio workout for strengthening and toning muscles. These classes are gentle on joints, while still making you work hard.

Aqua Pump - 1 hour cardio based workout, which uses High Intensity Interval Training (HIIT) principles to help burn calories.

Spin Bikes - This is a fun in-water cardio workout using hydroider Aqua Bikes. You must bring aqua shoes or clean runners.

Deep Water Aqua Aerobics - This is a resistance and cardio workout in deep water. We'll provide aqua belts for buoyancy in the water.

Lunchtime Aqua Express - This is a low impact deep water express class. Ideal for those with limited time.

Wai Play - Wai Play is a casual water play session for children and caregivers that supports and builds water confidence.

Strength and balance - This is a 1 hour dry land session designed to increase strength and balance to prevent falls in our older years.

Pilates - A low impact exercise that strengthens your core, improves your posture, and increases your flexibility. This is a dry land session.

Quiet Hour - An hour that's gentle on the ears and eyes for people with sensory needs.

AquaNatal - Take the weight off your feet and relieve pressure on your joints. This is a low-intensity workout suitable for all fitness levels pre and postpartum.



What does Puanga mean to you?

Design a street flag to be flown in Whakaahurangi during Puanga festivities.

Stratford.govt.nz/Puanga

Prospero Markets!

Saturday 27 May
9am - 12pm

Rainy day? We'll be in the War Memorial Centre.



Library and Visitor Information

Phone 06 765 5403

Monday - Friday 8.30am - 5.00pm

Saturday 9.00am - 1.00pm

Sunday & Public Holidays Closed

Transfer Station

Phone 06 765 8500

Monday - Friday 2.00pm - 5.00pm

Wednesday 10.00am - 1.00pm

Saturday & Sunday 1.00pm - 5.00pm

Wai O Rua - Stratford Aquatic Centre

Phone 06 765 6275

Monday - Friday 6.00am - 6.30pm

Saturday 7.00am - 5.00pm

Sunday and Public Holidays

10.00am - 5.00pm

Glockenspiel

Performs Daily at 10.00am, 1.00pm, 3.00pm and 7.00pm

24 May 2023