

# ŌRĀTIA VILLAGE HALLS

## TIMETABLE



Monday Tuesday  
Wednesday

Address:  
**Oratia Small Hall**  
565 West Coast Road Oratia

email:  
Oratiaplaygroup@gmail.com



'West Aucklands #1 Kickboxing & Boxing Community'

Self Defence  
Fitness  
Teamwork

www.oriaticickboxing.com  
contact@oriaticickboxing.com  
022 029 5038



Connecting mamas through fitness since 2013

Class spaces available

@FitMama\_NZ  
www.fitmama.co.nz



### REGULAR ACTIVITIES

#### MONDAY

Ōrātia Playgroup	9:30am-12:00pm	Small Hall
Fit Mama (Terms 2 & 3)	9:30am-10:15am	Settlers Hall
Ōrātia Keas (5-8years)	6:00pm-7:00pm	Small Hall
Ōrātia Venturers (14 -18yrs)	7:15pm-9:15pm	Small Hall
Ōrātia Cubs (8-11 years)	6:00pm-7:30pm	Settlers Hall

#### TUESDAY

Ōrātia Playgroup	9:30am-12:00pm	Small Hall
Community Health Hub	10:15am-1:30pm	Settlers Hall
Ōrātia Kickboxing & Boxing	3:30pm-6:45pm	Settlers Hall
Fit Mama (Terms 2 & 3)	7:15pm-8:00pm	Settlers Hall

#### WEDNESDAY

Ōrātia Playgroup	9:30am-12:00pm	Small Hall
Seniors' Exercises	9:30am-11:00am	Settlers Hall
Ōrātia Kickboxing & Boxing	3:30pm-6:00pm	Settlers Hall
Yoga with Megan	5:45pm-6:45pm	Small Hall
Ōrātia Scouts (11-14years)	7:00pm-9:00pm	Settlers Hall

#### THURSDAY

Fit Mama (Terms 2 & 3)	9:30am-10:15am	Settlers Hall
Seniors' DANCE	12.00pm-1.00pm	Settlers Hall
Social Links	TBC	Small Hall
Ōrātia Kickboxing & Boxing	3:30pm-6:45pm	Settlers Hall
Fit Mama (Terms 2 & 3)	7:15pm-8:00pm	Settlers Hall

#### FRIDAY

Yoga with Naomi	9:00am-9:45am	Small Hall
Seniors' Exercises	9:30am-11:00am	Settlers Hall



CHRISTINA HOUGHTON

Mobile 021 02237414  
Email Christina@seniorsdance.nz  
Web www.seniorsdance.nz

BOOK ŌRĀTIA HALLS FOR YOUR NEXT EVENT!  
EMAIL HALL@ORATIA.ORG.NZ  
PH 09 889 0377

ŌRĀTIA HALLS ARE MANAGED  
BY THE ŌRĀTIA R&R

#### EMERGENCY CONTACTS

09 889 0377 - (HALL COORDINATOR)  
0275 330 675 (DAVE SMITH - PRESIDENT)  
0272 188 950 (MARK) OR 0273 522 922 (BEN)

#### ORATIA COMMUNITY HEALTH HUB

We are here to support and empower you upon your wellness journey



#### Every Tuesday

10.15am-1.30pm  
phawestauckland@gmail.com  
029 770 0350  
www.the-pha.nz

The Peoples Health Alliance  
for The People, by The People  
www.the-pha.nz

### SOCIAL SENIOR MOVERS

STANDING, SEATED, CIRCUIT AND MINDFUL  
MOVEMENT CLASSES FOR SENIORS

#### WEDNESDAYS

9.30am to 10.15am  
Standing Exercise class - \$8  
10.30am to 11am

Seated Exercise  
Class - \$5

#### FRIDAYS

9.30am to 10.15am  
Circuit Exercise  
class - \$8

10.30am to 11am  
Mindful Movement for Strength and Stability - \$5

Nerilee Murphy 0212376121  
socials 101\_balance\_training\_nrmStand



Monthly Meeting  
2nd Tuesday of the month, 7:30pm in the Small Hall

ALL WELCOME

Get involved, make a difference and have your say.  
Your Community, your Halls, local Waterways, roading, resilience  
and environment.

Public forum first 30 minutes, share ideas, issues and concerns.  
Representatives from Ōrātia Wildlife group and Waitakere Local  
Board attendance.

President Dave Smith  
president@oratia.org.nz  
Phone 0275 330 675



yoga flow  
with naomi

naomihosted@gmail.com

