



## Unplug & Reconnect: Welcome to Unplugged Herald

Unplugged Herald is an invitation to look up from our screens and reconnect with the world around us. It's a reminder that right here, in our own community, there are countless ways to engage, grow, and belong.

In a time when so much of life happens online, it's easy to forget that our deeper needs—agency, mastery, community, identity, and safety—thrive best in real-world connections. Scrolling can't replace the satisfaction of supporting a cause, mastering a skill, or being part of a group where you're valued and relied upon.

This paper exists to highlight the clubs, groups, and activities that make our community vibrant. Whether you're rediscovering an old passion or looking for something new, Unplugged Herald is here to help you find your place.

**Take control. Get involved. Let's step outside and reconnect.**



## Discover Western Riding – A Unique Equestrian Sport!

Western riding, rooted in the cowboy traditions of the American West, is a riding style known for its relaxed reins, deep-seated saddles, and skilled maneuvering—perfect for everything from cattle work to competitive events like reining and barrel racing.

The Waimakariri Riding Club invites you to a special evening with **Fliiss Grant** as she shares her experiences in Western riding. The event takes place on Wednesday, **April 23rd at RSA Spitfire, Rangiora. Arrive at 5:15 PM to order dinner before the talk begins at 5:30 PM. Non-members: \$5.00 (dinner and drinks cost extra). Dinner will be served around 6:30 PM.**

Whether you're an experienced rider or just curious, this is a great chance to learn more about this fascinating equestrian sport!

## Bright Future for Woodend Rugby with New Lights

Woodend Rugby Club has completed the long-awaited installation of field lights, allowing evening games and training.

This \$160,000 project began with an \$80,000 grant from Kiwi Gaming in December 2023. The club secured additional funding through BG Cooke, Stopforth Contracting, Bobby Foundation, and a Give a Little campaign. Magnatech, the club's naming sponsor, managed the installation.

President Mark Paterson thanked Darren Watts, Stacey Beetham, and all contributors for their support. These lights will benefit not just rugby but the wider community.



## Your monthly excuses to get outside!

### April 4

#### Pegasus Bay Art Show

Art Show Opening Night – Ticketed event on Friday, April 4, at 7 PM. First chance to buy artworks, with bubbles and nibbles. Weekend Exhibition – Open Saturday & Sunday (10 AM – 4 PM) for a gold coin donation. Features works by Canterbury artists and Pegasus Bay School students. Pegasus Bay School, Solander Road, Pegasus

### April 5

#### TimeBank Autumn Plant and Crop Swap

10 AM: Swap tables setup, guest speaker, plant pickup, followed by tea, biscuits, and plant chats until 12:30 PM. 10 am to 12:30 pm – North Canterbury Musicals Hall, 189 Northbrook Road, Rangiora

#### Mainland North Region Champs - North Canterbury BMX Club

Come watch the action as riders compete on the track! Spectators are welcome for free. Please note that dogs are not allowed.

Race starts at 1 pm – 32 Milton Avenue, Rangiora (next to Ashley Picnic Ground)

#### 2025 North Canterbury Relay For Life

Rally your friends, whānau, classmates and workmates and join your community in the fight against cancer. 10 am – 10 pm – Kaiapoi Rugby Football Club

### April 6

#### Autumn Market in the Park

The Autumn Market in the Park is back this April and is set to be the best one yet! 11 am to 3 pm – Victoria Park Rangiora

### April 11

#### LemonRidge @ Winnie Bagoes

LemonRidge are back for round 2 @ Winnie's! Gather your crew it's gonna be a rowdy one. 9pm – late – 88 Victoria Street, Rangiora

### April 12

#### Aircraft Open Day - Canterbury Recreational Aircraft Club

60+ static aircraft, food stalls, coffee, and a bouncy castle for the kids—fun for everyone! 10 am to 3 pm – Rangiora Airfield

#### The Armed Man - A Mass for Peace

Christchurch City Choir with the Rangiora RSA Club Brass Band, and Martin Setchell on Organ. Sir Karl Jenkins' powerful and moving choral work, conducted by Dr John Linker.

7.30pm – Douglas Lilburn Auditorium, Christchurch Town Hall

### April 13

#### The Vintage Fair North Canterbury

Step into a world of nostalgia and charm at our enchanting Vintage Fair

11 am – Race Course, 312 Lehman's Road, Rangiora

### April 23

#### Discover Western Riding – A Unique Equestrian Sport!

Join us for an evening with Fliss Grant on Western riding. 5:15 pm to order dinner, talk begins 5:30 pm

### April 27

#### Amberley Pony Club Autumn Training Day

A fun day of training a choice of Showjumping and Hunter jumping.

#### Ongoing Must-Dos

##### Ohoka Farmers' Market

Join the real food revolution and eat your way to good health.

every Friday 9 am to 12.30 pm

Ohoka Domain

##### Oxford Farmers Market

Friendly Farmers' Market in Oxford.

every Sunday 9 am to 12 pm

Main Street Oxford, Oxford

##### Rangiora Church Street Market

Community Market, Car Boot Sale & Cafe in Rangiora

1st Saturday each month (except January) 8.30am to

1.00pm or 9.30am to 1.00pm May to September

353 High Street, Rangiora

##### Oxford Craft Market

1st Sunday of each month 10 am to 2 pm

Oxford Town Hall, Oxford

#### Plan Ahead for Next Month

##### Catch Me If You Can

Tickets for Catch Me If You Can are selling fast! The show is next month, but they won't last long. Buy now before they're gone!

8th to 24 May

Rangiora Town Hall



 Art**Rangiora Art Society**

Connecting North Canterbury Artists since 1959. We're proud to have been supporting North Canterbury artists for over 60 years! Share your art, connect with others, and let's celebrate our creative community!

<http://www.rangioraart.nz>

<https://www.facebook.com/rangioraartsociety>

**Rangiora Pottery Group**

Rangiora Pottery Group established in 1968 is based in Loburn Domain with clubrooms featuring several kilns and electric wheels. Members meet every Tuesday from 10am to 3pm. Beginner classes held regularly. Visitors and new members welcome. [rangiorapotterygroup@gmail.com](mailto:rangiorapotterygroup@gmail.com)  
<https://ceramicsnz.org/news/rangiora-pottery-group>  
<https://www.facebook.com/100064438972866>

 Air & Flight**Canterbury Recreational Aircraft Club**

Based at Rangiora, New Zealand, our club is a strong and growing group of people focussed on training recreational pilots. We also design/build/fly Recreational and Light Sport Aircraft. We are here for the love of Aviation!  
[treasurer@crac.co.nz](mailto:treasurer@crac.co.nz) <https://crac.co.nz>  
<https://www.facebook.com/flyCRAC>

 Basketball**Kaiapoi Junior Basketball Club**

KJBC organises teams to play in the North Canterbury Friday night basketball competition in term 1 and term 3/4 each year. We cater for years 5-8, boys and girls. Midgets skills programme for year 1-4 players, in term 1 and term 4 for 6 weeks. [kjbckaiapoi@gmail.com](mailto:kjbckaiapoi@gmail.com)  
<https://www.facebook.com/100057415789709>

**North Canterbury Basketball**

We're a community-focused association based in North Canterbury, NZ. Proudly wearing our maroon and white, we are dedicated to promoting basketball and supporting players of all ages. [admin@northcanterbury.basketball](mailto:admin@northcanterbury.basketball)  
<https://www.northcanterbury.basketball>  
<https://www.facebook.com/NorthCanterbury.Basketball>

 Dog Enthusiasts**Malvern Collie Club**

Sheep Dog Trial Club nestled in the hills under the Torlesse Range near Springfield, Canterbury, NZ [ali-dave@xtra.co.nz](mailto:ali-dave@xtra.co.nz)  
0274 513 619 <https://www.facebook.com/61573767724804>

**North Canterbury Dog Training Club**

At NCDTC we train domestic, competitive, Rally obedience and Canine Good Citizen training. [info@ncdtc.co.nz](mailto:info@ncdtc.co.nz)  
<https://ncdtc.co.nz>  
<https://www.facebook.com/northcanterburydogtrainingclub>

 Community**Blanketed with love**

We are a voluntary group who create knitted and crocheted blankets for vulnerable children of NZ  
[hollyhedge172@gmail.com](mailto:hollyhedge172@gmail.com)  
<https://www.facebook.com/61561007520188>

**NZ Motorhoming Lions Club**

If you like helping your community, come join us. Motorhome is not required!  
[secretary.nzmlc@lionsclubs.org.nz](mailto:secretary.nzmlc@lionsclubs.org.nz)

**Rangiora Lions Lioness Club**

We meet once a month at the Rangiora RSA, contact us for more information or if you would like to join our Club.  
[rangioralioness.sec@lionsclubs.org.nz](mailto:rangioralioness.sec@lionsclubs.org.nz) 0274 344 188  
<https://www.facebook.com/rangioralionslioness>

**Rural Women New Zealand North Canterbury**

Community. Wellbeing. Connection. Advocacy. Leadership.  
<https://www.ruralwomennz.nz>  
<https://www.facebook.com/rwnznorthcanterbury>

**Time Bank Waimakariri**

TimeBank Waimakariri provides the opportunity for people to connect, share skills, talents and help  
[tbwaimakariri@gmail.com](mailto:tbwaimakariri@gmail.com)  
<https://www.timebankwaimakariri.co.nz>  
<https://www.facebook.com/TimeBankWaimak>

**Waimakariri Branch of the New Zealand Society of Genealogists**

Our mission is to provide educational opportunities and research resources for the development of knowledge, skills and practice in family history, genealogy.  
[waimakaririgenealogybranch@gmail.com](mailto:waimakaririgenealogybranch@gmail.com)  
<https://www.waimakaririgenealogy.org>  
<https://www.facebook.com/61561901790572>

 Cricket**Rangiora Cricket Club**

Rangiora Cricket Club is the 2nd oldest Cricket club in NZ. Junior boys & girls all welcome.  
[rangioracricquetclub@gmail.com](mailto:rangioracricquetclub@gmail.com)  
<https://www.facebook.com/100057192080635>

**Southbrook Cricket Club**

Southbrook Cricket Club is situated on Southbelt in Rangiora and has a rich history of producing some of Canterbury Countries best Cricketers.  
<https://www.facebook.com/Southbrookcricketclub>

 **Cricket****Woodend Junior Cricket Club**

woodend.cricket@gmail.com

<https://www.facebook.com/61565073962827> **Croquet****Kaiapoi Croquet Club**

Open Thursdays &amp; Saturdays 1:00-4:30pm - First game starts at 1:30 Come along and have some fun - suitable for all ages

clubcaptainkcc@gmail.com 0210 247 3267

<https://www.facebook.com/61553375334607> **Cycling****Birds on Bikes**

We are a group of women in North Canterbury Aotearoa New Zealand who enjoy mountain biking together

<https://www.facebook.com/100064945260001>

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**North Canterbury BMX Club**

Welcome to the North Canterbury BMX Club! Come &amp; experience what riding &amp; racing is all about. New Members

Welcome ncbmxclub@gmail.com 022 429 0341

<https://www.sporty.co.nz/northcanterburybmx><https://www.facebook.com/NorthCanterburyBMX> **Dance****North Canterbury Bellydance**

North Canterbury Bellydance is a Bellydance Troupe based in North Canterbury. For more info on classes and events,

flick us a message! northcanterburybellydance@gmail.com

<https://www.facebook.com/northcanterburybellydance>

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**North Canterbury School of Dance**

NCSD offers Jazz, Ballet, Lyrical, Acro, Hip Hop, Musical Theatre and Contemporary dance classes for all ages across North Canterbury.

northcanterburyschoolofdance@gmail.com

<https://ncsod.co.nz><https://www.facebook.com/NorthCanterburySchoolofDance>

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**Soul DnA - Dance and Aerobics**

Located in North Canterbury, Soul DNA offers a selection of classes in both Dance and Sport Aerobics

soul.danceandaerobics@gmail.com

<https://www.facebook.com/soul.danceandaerobics> **Early Childhood****Rangiora Toy Library**

We are a Community charitable organisation that has over 1200 toys available for members to borrow

hello@rangioratoylibrary.co.nz 027 264 6924

<https://www.rangioratoylibrary.co.nz><https://www.facebook.com/rangioratoylibrary> **Equestrian****Clip Clop Equestrian Shop**griggsefton@gmail.com <https://clipclop.nz><https://www.facebook.com/clipclop.co.nz>

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**Amberley Pony Club**

Amberley Pony Club is based just out of the town. Rallies are planned usually on Sundays. rachael@sml.co.nz 03 3149488

<https://www.amberleyponyclub.co.nz>[https://www.facebook.com/p/Amberley-Pony-Club-](https://www.facebook.com/p/Amberley-Pony-Club-100064562084692)

100064562084692

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**Christchurch Western Riding Association NZ**

Based at Mandeville Sports Club, we are a friendly riding club dedicated to the sport of western riding. New members

welcome. 😊 <https://cwra.weebly.com/index.html>

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**Cust Equestrian Group**

Come and join us at the Cust Domain. Great facilities. Riders of all ages and disciplines welcome.

custequestriangroupcanterbury@gmail.com 022 642 3119

<https://www.custequestriangroup.nz><https://www.facebook.com/custequestriangroup>

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**Waimakariri Riding Club**

Waimakariri Riding Club (Inc) is an adult riding club based in the Waimakariri District with riders across Canterbury.

waimakridingclub@gmail.com

<https://www.waimakaririridingclub.com>[https://www.facebook.com/people/Waimakariri-Riding-](https://www.facebook.com/people/Waimakariri-Riding-Club/61564682454661)

Club/61564682454661

 **Football****Kaiapoi United Football Club**<https://www.waimakunited.org.nz>

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**Waimak United Football Club**

Waimak United Football Club is one of the largest sports clubs in North Canterbury. Waimak United are a community football club offer footballing opportunities from 4 years to over 50's, with a mixture of social and competitive teams.

gm@waimakunited.org.nz 021 192 4625

<https://www.waimakunited.org.nz><https://www.facebook.com/waimakunitedfc>

 **Golf****Rangiora Golf Club!**

<https://rangioragolfclub.co.nz>

 **Gymnastics****Empire Athletics**

Empire Athletics is Rangiora's premiere cheerleading and tumble facility. We have a range of classes for cheerleading and tumbling to suit all ages and abilities.

[office@empireathletics.co.nz](mailto:office@empireathletics.co.nz)

<https://www.empireathletics.co.nz>

<https://www.facebook.com/EmpireAthleticsNZ>

**ICE Trampoline & Gymnastics North Canterbury**

[icetrampsports@gmail.com](mailto:icetrampsports@gmail.com) 021 974 552

<https://www.icetramp.co.nz>

<https://www.facebook.com/icetrampoline>

**North Canterbury Aerial Arts**

[ncaerialarts@gmail.com](mailto:ncaerialarts@gmail.com) <https://www.ncaerialarts.com>

<https://www.facebook.com/61555370409879>

**Woodend Gymnastics Club**

Woodend Gymnastic Club is a volunteer club run out of the Woodend Community Centre. 5-12 year olds running in a single class or split class. [woodendgym@gmail.com](mailto:woodendgym@gmail.com) 027 514 8363 <https://www.facebook.com/woodendgymclub>

 **Hiking****Rangiora Tramping Club**

Come walking with us for 3 months before joining as a member [rangiora.trampingclub@gmail.com](mailto:rangiora.trampingclub@gmail.com)

<https://www.cinch.org.nz/entries/4426>

<https://www.facebook.com/RangioraTrampingClub>

 **Hockey****Hinemoa Kaiapoi Hockey Club**

Hinemoa Kaiapoi Hockey Club is a family friendly hockey club based in Kaiapoi, North Canterbury. We are the oldest hockey club in New Zealand.

[HinemoaKaiapoiHockey@outlook.com](mailto:HinemoaKaiapoiHockey@outlook.com)

<https://www.kaiapoihockey.co.nz>

<https://www.facebook.com/hinemookaiapoihockeyclub>

**Rangiora Hockey Club**

<https://www.rangiorahockey.co.nz>

 **Life Skills & Growth****1st Rangiora Brownies**

Meets on: Thursday Times: 4:00 pm - 5:30 pm

<https://girlguidingnz.org.nz/stores/1st-rangiora-brownies>

**Kaiapoi Gray Raven Scout Group**

Scouting for Boys and Girls from 6 years old - 18 years old.

Teaching valuable life skills, leadership and Independence.

<https://scouts.nz/group/kaiapoi-gray-raven-scout-group>

<https://www.facebook.com/kaiapoigrayraven>

**Rangiora Boys' Brigade**

1st Rangiora: Grant Stephens ph 0220682524 2nd Rangiora:

Samuel Ward ph 0276648260 <https://www.bb.org.nz>

**Rangiora Scout Group**

<https://scouts.nz/group/rangiora-scout-group>

**Rangiora Toastmasters**

Join toastmasters to gain confidence and improve your speaking skills 027 364 0115

<https://rangioratoastmasters.org.nz>

<https://www.facebook.com/rangioratoasties>

 **Martial Arts****CME Active Martial Arts**

[cmeactive@gmail.com](mailto:cmeactive@gmail.com) 0211 198 146

<https://www.cmeactive.com>

**Dragonz Den Free-Style Kickboxing**

Come and get fit, come and find yourself, come and find new family. [dragonz@dragonzden.co.nz](mailto:dragonz@dragonzden.co.nz) 0274 972 911

<https://www.dragonzden.co.nz>

<https://www.facebook.com/DragonzDenNZ>



 **Martial Arts****Inclusive Harts Martial Arts**

An inclusive martial arts class for neurodiverse kids aged between 5-11yrs. 027 585 6637  
<https://www.facebook.com/61559093303247>

**Mairusu Kai Judo Club**

North Canterbury's only Judo club based in Rangiora  
[contact@mairusukaijudo.co.nz](mailto:contact@mairusukaijudo.co.nz)  
<https://www.sporty.co.nz/mairusukai>  
<https://www.facebook.com/MairusuKai>

**North Canterbury Preschool Karate Club**

A fun & safe environment to introduce your child to Karate through structured game based learning. 027 585 6637  
<https://www.facebook.com/100067835137484>

**SMA Karate - Shizoku Martial Arts**

Shizoku Martial Arts teaches age-appropriate and life skill orientated martial arts classes brought to you by Empowered Life Skills incorporated. [info@smakarate.co.nz](mailto:info@smakarate.co.nz) 021 823 857  
<https://www.shizokumartialarts.co.nz>  
<https://www.facebook.com/smakarate>

**The Academy of Seiko-kai Karate**

Based in Kaiapoi, North Canterbury, New Zealand, The Academy of Seiko-Kai Karate sets the standards for learning Traditional and Olympic Karate. We welcome people of all backgrounds, ages and fitness levels. 020 4092 5056  
<https://www.nz.seiko-kai-karate.com>

 **Music****McAlpines North Canterbury Pipe Band**

Pipe Band from North Canterbury, New Zealand. Based in Rangiora, with members also from Kaiapoi, Chr 0210 220 6298  
<https://www.facebook.com/100063741152699>

**North Canterbury Musicals**

North Canterbury Musicals; enriching lives with musical theatre. Based at Northbrook Studios, Rangiora  
[info@ncms.co.nz](mailto:info@ncms.co.nz) <https://www.ncms.co.nz>  
<https://www.facebook.com/NorthCanterburyMusicals>

**Rangiora Bells**

We meet on Thursday afternoons 1pm - 2.30pm for handbell music practice in the lounge at Trinity Methodist Church, 176 King Street, Rangiora. We often entertain at various clubs and Rest Homes during the year though Christmas is usually the busiest time of the year. Anyone who can read the basics of sheet music and is interested in coming along to learn about this unique and beautiful 'instrument' are very welcome [claredoll6@gmail.com](mailto:claredoll6@gmail.com)

**Rangiora RSA Club Brass Band**

Rangiora RSA Club Brass Band is a modern versatile C Grade Band from Rangiora, New Zealand. [rangiorabrass@mail.com](mailto:rangiorabrass@mail.com)  
<https://www.rangiorabrass.com>  
<https://www.facebook.com/people/Rangiora-RSA-Club-Band/100063455501593>

 **Netball****Ashgrove Netball Club Incorporated**

[ashgrovenetballclub@gmail.com](mailto:ashgrovenetballclub@gmail.com)  
<https://www.facebook.com/AshgroveNetball>

**Kaiapoi Netball Club**

[info@kaiapoinetball.co.nz](mailto:info@kaiapoinetball.co.nz) 0220337273  
<http://www.kaiapoinetball.co.nz>  
<https://www.facebook.com/KaiapoiNetball>

**Ohoka Netball Club**

North Canterbury's largest club representing in all grades from Premier 1 through to Future Fern.  
<https://www.sporty.co.nz/ohokanetball>  
<https://www.facebook.com/people/Ohoka-Netball-Club/100076624316573>

**Rangiora Netball Club**

<https://www.sporty.co.nz/rangioranetball>

**Woodend Netball Club**

Woodend Netball Club welcomes you. Our family-friendly club welcomes members of all ages and ability levels. We have social and competitive teams. We aim to create an environment that is welcoming, competitive, inclusive and innovative. [woodendnetballclub@gmail.com](mailto:woodendnetballclub@gmail.com) 021 250 3513  
<https://www.sporty.co.nz/woodendnetball>  
<https://www.facebook.com/Woodendnetballclub>

 **Off Road****North Canterbury 4wd Club**

[nc4wdclub@gmail.com](mailto:nc4wdclub@gmail.com)  
[http://www.4wd.org.nz/nc4wd\\_club.htm](http://www.4wd.org.nz/nc4wd_club.htm)  
<https://www.facebook.com/p/North-Canterbury-4wd-Club-61551007373602>



 **Olympics****Special Olympics North Canterbury**

Our Club offers training and competition in basketball, bocce, swimming, equestrian and athletics.  
<https://www.facebook.com/100064862011050>

 **Paddling****Pegasus Dragons**

Pegasus Dragons is a fun and friendly female dragon boat team based in North Canterbury.  
[pegasusdragons@outlook.com](mailto:pegasusdragons@outlook.com)  
<https://www.facebook.com/Pegasusdragonboat>

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**Waimak Dragons Vibes Wahine**

Waimakariri Vibes Wahine established Jan 2024 - Come meet the team, trainings Mon and Wed nights 6pm till 730pm during peak season Sundays 10am winter training  
[dragonboatingvibesnz@gmail.com](mailto:dragonboatingvibesnz@gmail.com)  
<https://www.facebook.com/61555981722649>

 **Rugby****KRFC Junior Touch**

Touch rugby for year 1-8 children, played during school summer terms at KRFC, Thursday nights.  
[bronwyn.hamish@icloud.com](mailto:bronwyn.hamish@icloud.com) 0274 893 110  
<https://www.facebook.com/kaiapoijunior touch>

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**Northern Bulldogs Rugby League Club**

Home of the Mighty Bulldogs  
[northernbulldogsrugbyleague@gmail.com](mailto:northernbulldogsrugbyleague@gmail.com)  
<https://www.facebook.com/NorthernBulldogsRugbyLeague>

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**Woodend Rugby Club**

Our vision is to build and strengthen all grades by retaining and attracting players and coaches to  
[secretary@woodendrugby.co.nz](mailto:secretary@woodendrugby.co.nz) 027 534 9112  
<https://www.woodendrugby.co.nz>  
<https://www.facebook.com/WoodendRugbyClub>

 **Sailing****Waimakariri Sailing Club**

<https://www.sailwaimak.org.nz>

 **Softball****Kaiapoi Softball Club**

Home to North Canterbury's Softball Club. A summer sport of choice in your backyard! [kaiapoisoftballclub@gmail.com](mailto:kaiapoisoftballclub@gmail.com)  
<https://www.sporty.co.nz/kaiapoisoftball>  
<https://www.facebook.com/kaiapoisoftball>

 **Surfing****Waikuku Beach Surf Lifesaving Club**

[wbslsc@wbslsc.com](mailto:wbslsc@wbslsc.com) 03-312 7663 <https://wbslsc.com>  
<https://www.facebook.com/WaikukuBeachSLSC>

 **Swimming****North Canterbury Swim Club**

<https://www.facebook.com/NorthCanterburySwimClub>

 **Table Tennis****Rangiora Table Tennis**

<https://www.facebook.com/Rangioratabletennis>

 **Tennis****Kaiapoi Tennis Club**

Our tennis club has 6 plexipave courts with lights and we cater for both senior and junior players. We run competition tennis through North Canterbury tennis in summer as well as social tennis all year [tenniskaiapoi@gmail.com](mailto:tenniskaiapoi@gmail.com)  
<https://www.facebook.com/KaiapoiTennis>

 **Theatre****Rangiora Players**

028 2558 9637 <https://rp.nz>  
<https://www.facebook.com/RangioraPlayers>

 **Yoga****Rangiora Yoga**

[hello@rangiorayoga.co.nz](mailto:hello@rangiorayoga.co.nz) 0210 888 9284  
<https://www.rangiorayoga.co.nz>  
<https://www.facebook.com/rangiorayoga>

## Share & Shout-Outs

Got a club, event, or local news to share?

Want to thank a volunteer, group, or business for making a difference?

Send it our way—we'd love to feature it!

— Cristian, Unplugged Herald

**hello@unpluggedherald.com**

unpluggedherald.com/contact

txt 0226476522

## Receive by Email

Want Unplugged Herald in your inbox? Flick me an email to **hello@unpluggedherald.com**, and I'll add you to the list. No spam, no sharing your email—just one issue a month to keep you in the loop **without the social media noise**.

## Pass It On!

Instead of taking this copy home, leave it in a public space so others can discover local clubs, events, and activities too!

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