



## A NEW FITNESS TOOL FOR WINTER

Struggling to exercise this winter because it's so cold out there? We have the solution for you!

Come and enjoy the warm environment of the AC Baths with our new Aquaboard Fit course. The classes see participants balancing on floating boards on the water and incorporate stretching and strength exercises to increase fitness.

Our trained instructors will introduce you to the skills and drills you need for Aquaboard Fit – so it's great for beginners!

We run six weeks of classes on Tuesday nights between 6.30pm and 7.30pm, and launched a trial course earlier this year that was hugely popular.

There are eight places available in the next course which starts Tuesday, August 22.

Pools and activities operations manager Nigel Newbery said aquaboarding was a fantastic way to improve core stability, balance and strength while learning new skills.

"There's also the added bonus of staying warm at the hot pools and not having to brave the weather!" he said.

"We had a great response to our first round earlier this year and are looking forward to introducing more people to the Aquaboard Fit experience."

For those who want a high intensity work out, they can then also participate in Thursday lunch time classes that use all the learned skills.

Details for both classes are below. Bookings can be made at the AC Baths reception.

### ▶▶ INTRODUCTORY AQUABOARD COURSE

Every Tuesday for six weeks  
August 22 to September 26  
6.30pm to 7.30pm  
\$35 for pool members, \$60 for non-members

### ▶▶ HIGH INTENSITY AQUABOARD CLASSES

Every Thursday until the end of the year  
Starting August 24  
12.15pm to 12.50pm  
\$4 a class for pool members, \$10 for non-members

\*Book all classes at reception

## GET INVOLVED AND HAVE YOUR SAY



You will have noticed hoardings going up around the district recently signalling that we will be having a general election in a few weeks' time. From now on the election campaign will really start ramping up and political news will take centre stage in the media leading up until, and after the election on September 23.

At the same time, here in the Taupō District we have a by-election taking place in the Turangi Ward.

The resignation of Turangi-Tongariro Ward councillor Zane Cozens and community board member Sally Nelson in July has resulted in a by-election for the two vacant seats.

Nominations are still open, but make sure you put your name forward by August 10 if you're keen to be in the running for either the council or community board positions.

If you're a resident of the Turangi-Tongariro Ward and already enrolled on the parliamentary electoral roll for the general election, you are automatically enrolled to vote in the Turangi by-election, but it pays to check your details are up-to-date. Check your details at [elections.org.nz](http://elections.org.nz).

Candidates will be announced during the week starting August 14 and voting documents (if required) will be posted to all enrolled electors from September 14. Voting will close at noon on October 6.

It's important you make the most of the opportunity to have your say. You may not think your vote makes a difference, but it definitely does.

I'd like to thank those who will put their name forward to be in the running to help look after the place we love, and wish everyone the best for the upcoming by-election.

Mayor David Trewavas > [dtrewavas@taupo.govt.nz](mailto:dtrewavas@taupo.govt.nz)

### ELECTION TIMELINE

- Nominations and rolls close August 10
- Candidates announced Week starting August 14
- Delivery of voting papers starts September 14
- Polling Day October 6 (voting closes at noon)
- Preliminary results October 6 (afternoon/evening)
- Final results October 9



### ▶▶ What's on?

- 5 Aug Hoka One One Taupō Marathon, Taupō
- 11-19 Aug Weber Bros Circus, Tongariro Domain
- 14 Aug-1 Sep Moa rearticulation, Taupō Museum
- 16 Aug The Merchant Wine, Craft Beer & Food Expo, Great Lake Centre

For more information on Taupō District events visit [www.GreatLakeTaupo.com](http://www.GreatLakeTaupo.com)

## CHARTER PARADE IN TAUPŌ

Cadets and officers from the New Zealand Army will march down the streets of central Taupō next weekend for the 19th annual Charter Parade. The parade is on at 11am on Saturday, August 13, and reaffirms the army's historical links with the district.

The group will be in full dress uniform for the parade, which is always a colourful display.

The parade will travel along Heuheu, Ruapehu and Horomatangi streets and finish at the Great Lake Centre. It will be followed by a concert by the New Zealand Army Band outside the centre at 12.30pm. If wet, it will be held in the East Wing.

This is a great opportunity for our community to come and see the army in their finest. We encourage the community to come into town and experience some military fanfare!



### ▶▶ CHARTER PARADE 11am Saturday, August 13

Heuheu St - Ruapehu St - Horomatangi St - Great Lake Centre

Followed by a New Zealand Army Band Concert outside Great Lake Centre at 12.30pm



Mayor David Trewavas



Deputy Mayor Rosie Harvey



John Boddy



Barry Hickling



Rosanne Jollands



Tanganui Kingi



Anna Park



Christine Rankin



Kirsty Trueman



John Williamson