

## Community Gym

The Community Gym at Lloyd Elsmore Park has a full range of cardio and weights equipment, and a dedicated stretching floor. Located on the mezzanine level overlooking the pool complex, the fitness centre also boasts great views over Lloyd Elsmore Park - providing an energetic, inspiring space to work out in. Talk to our friendly fitness staff or join online now.



### Your membership will include

- Five free one-on-one sessions with a fitness professional
- Free access to selected group fitness classes
- Free access to spa and sauna
- Free programme updates every six weeks

### Community Gym Hours

Monday-Thursday: 6am-9pm  
 Friday: 6am-7pm  
 Saturday & Sunday: 8am-7pm  
 Public holidays: 9am-7pm

### Group Fitness Classes

Experience the energy of group fitness. More people equals more fun! Our Community Gym's offer a range of group fitness classes from low impact through to high intensity workouts. Pick up the latest group fitness timetable from reception.

## Venue Hire

Our pool facilities are available for hire for community groups, schools and private events. Hire a lane, pool or the complex; we take regular bookings and one-off events. For more information visit our website or speak to our staff about the best space for you.



## OTHER MANUKAU LEISURE CENTRES

Pakuranga Recreation and Youth Centre  
 Cnr William Roberts and Reeves Road, Pakuranga  
 Phone: 09 579 9739



Howick Recreation Centre  
 563 Pakuranga Road, Howick  
 Phone: 09 534 5153



Marina Fitness  
 L1 Compass Building  
 Ara Tai Drive, Half Moon Bay  
 Phone: 09 534 3590



Allan Brewster Recreation Centre  
 Tavern Lane, Papatoetoe  
 Phone: 09 262 5965



Papatoetoe Centennial Pools  
 Sutton Crescent, Papatoetoe  
 Phone: 09 278 4167



Moana-Nui-a-Kiwa Leisure Centre  
 Corner Mascot Avenue and Waddon Place,  
 Mangere  
 Phone: 09 275 8979



Manurewa Aquatic Centre  
 Sykes Road, Manurewa  
 Phone: 09 269 0930



Manurewa Recreation Centre  
 Frances Street, Manurewa  
 Phone: 09 267 4646



Totara Park Pools  
 Wairere Road, Manurewa  
 Phone: 09 267 7497



Nathan Homestead Kauri Kids  
 70 Hill Road, Manurewa  
 Phone: 09 267 0180



Te Matariki Clendon Community Centre  
 Palmers Road, Clendon  
 Phone: 09 269 0500



Otara Leisure Centre  
 Newbury Street, Otara  
 Phone: 09 274 6917



Manukau On The Move  
 Outdoor Recreation Team  
 Phone: 09 274 6904



Pools



Childcare



Recreation



Fitness



## LLOYD ELSMORE PARK LEISURE CENTRE

Sir Lloyd Drive, Pakuranga  
 Phone: 09 535 5502  
 Email: lloydelsmore@manukauleisure.co.nz

[www.manukauleisure.co.nz](http://www.manukauleisure.co.nz)



Manukau Leisure

## Aquatics

The Lloyd Elsmore Park Leisure Centre includes a 25 metre pool for lane swimming and a separate 15 metre teaching pool. There is also a 25 metre leisure pool with graduated depth for casual swimming and recreation. This pool incorporates a toddlers' splash pool complete with fun fountains.



### Spa, Sauna and Steam

The spa pool, sauna and steam room are perfect for relaxing and warming up in.

### Prices (as at 1 October 2010)

Swimming pool entry	FREE
Spa, sauna and steam room	\$5 per session
Evening lane swim	\$4.50 per class
Aquarobics/Aqua Jogging	\$6 per class

A 10% discount is available on the full adult price when purchasing a 10 session pass. Further discounts are also available for seniors 65+ years (excludes evening lane swimming).

### Pool Temperatures

Lap pool	27°	Leisure pool	30°
Learners pool	33°	Splash pool	33°
Spa pool	38°		

### Pool Hours

Monday-Friday:	6am-6.45pm
Weekends and public holidays:	9am-6.45pm

### Swim School


Swim Gym is our resident swim school. Swim Gym provide lessons from water babies aged six months through to those learning to lap swim and beyond. For more information call Swim Gym on 09 537 0025.

### Facilities

- Hot showers are available in the changing rooms
- Goggles, caps, togs and other items can be purchased from reception
- Pay lockers and open storage lockers are available
- Spectator area
- Free off-street parking
- Family changing rooms are available



### Accessibility

We welcome everyone regardless of ability or disability. All our pools have disabled access via either ramp or hoist. The spa, sauna and steam room have no disabled access.  Wheelchair access and separate shower and toilet facilities are available for disabled people.



## Leisure Pool

Time	MON	TUE	WED	THU	FRI	SAT	SUN
9-10am	Aquarobics		Aquarobics		Aquarobics	Aquarobics	
6-7pm	Aquarobics	Aquarobics	Aquarobics	Aquarobics			
7-8.45pm	Late night lane swim (steam/sauna)	Late night lane swim (steam/sauna)	Late night lane swim (steam/sauna)	Late night lane swim (steam/sauna)	Available for hire	Available for hire	Special Olympics (7-8pm)

## Lap Pool

Time	MON	TUE	WED	THU	FRI	SAT	SUN
8-9am							South City Masters
9.15-10am		Aquarobics		Aqua Jogging			
7-8pm	South City Masters	Howick/Pakuranga Swim Club	South City Masters	Howick/Pakuranga Swim Club			
8-9pm	Available for hire	Howick/Pakuranga Swim Club	Available for hire	Howick/Pakuranga Swim Club	Available for hire	Available for hire	

**Please note:** Children under 10 years of age must be actively supervised by a caregiver 16 years or over.