

## Community Gym



We make getting fit and staying fit as easy as possible. Whether your goal is weight loss, sports training, rehabilitation or general fitness, we're here to help.

The Manurewa Community Gym is a purpose built fitness centre providing a full range of the latest cardio, circuit and weights equipment. You'll love our bright, spacious area with views over the indoor pool on one side, and the Bombay Hills on the other. 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

Outside of normal operational hours, the pools are available for hire. Our pools are ideal for children's birthdays, baptisms, water sporting events or private functions.



## OTHER MANUKAU LEISURE CENTRES

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



Lloyd Elsmore Park Leisure Centre  
 Sir Lloyd Drive, Pakuranga  
 Phone: 09 535 5502



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 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



## MANUREWA AQUATIC CENTRE

Sykes Road, Manurewa  
 Phone: 09 269 0930  
 Email: [manurewa.aquatic@manukauleisure.co.nz](mailto:manurewa.aquatic@manukauleisure.co.nz)

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



Manukau Leisure

## Aquatics

Take the plunge and discover a new watersport. Manurewa Aquatic Centre includes the first deep water pool in Manukau and is an ideal venue for waterpolo, underwater hockey and other deep water sports.

As well as a 25 metre, six lane lap pool, the facility includes a 25 metre graduated depth leisure pool, teaching pool, and a toddlers' splash pool.

### Spa and Sauna

Adjacent to the learners' pool, the spa and sauna are ideal for relaxing tired and aching muscles.

### Prices (as at 1 October 2010)

Swimming pool entry	FREE
Spa and sauna	Adult \$5 per session Adult 10 pass \$45 Senior \$4.50 per session Senior 10 pass \$40.50
Evening lane swim	Adult \$3 Adult 10 pass \$27
Aquarobics	Adult \$6 per class Adult 10 pass \$54 Senior \$5 per class Senior 10 pass \$45
Standup sunbed	\$3 token (3 minutes)

### Pool Temperatures

Lap pool	27.5°
Leisure pool	31°
Learners pool	33°
Splash pool	33°
Spa pool	39°

### Pool Hours

Monday-Friday:	6.00am-6.45pm
Weekends and public holidays:	9.00am-6.45pm

### Spa/Sauna Hours

Monday-Thursday:	6.00am-9.00pm
Friday:	6.00am-8.00pm
Weekends and public holidays:	9.00am-6.45pm

### Swim School

Swimsation is our resident swim school. They cater for all levels of swimmers from specialised babies programme, to pre-schoolers, school-age, squad swimmers, and adults. The Swimsation curriculum allows all swimmers to learn in a safe, comfortable environment under the supervision of professional friendly staff. For more information call Swimsation on 09 269 4145 or visit their office.

### Facilities

- Hot showers are available in the changing rooms
- Separate family changing rooms are also available
- Pay lockers and open storage lockers are available
- On-site cafe with hot/cold food and beverages
- Goggles, caps, togs, and other items can be purchased from reception
- Free off-street parking
- Spectator seating

### Accessibility

We welcome everyone regardless of ability or disability. All our pools have disabled access via either a ramp or hoist.



However, there is no disabled access into the spa. Wheelchair access and separate shower and toilet facilities are available for disabled people.

### Totara Park Pool



Totara Park Pool offers great fun in the sun and is situated in an idyllic environment. Opened only during the summer months (December-March) the complex features a lap/leisure pool and toddlers' pool. The complex is an ideal location for summer celebrations and events with gas barbeques available.

December-February:	10am-7.45pm daily
March:	10am-5.45pm daily
Christmas Day:	Closed

## Aquatic Timetable

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8.30-9.15am</b>	Aquacise (Gentle)		Aquacise (Gentle)		Aquacise (Gentle)	Lane Swimming (8-9am)	
<b>10.30-11.15am</b>				Aqua Jogging			
<b>6.45-7.30pm</b>	Aqua Cardio (Tidal blast)	Aqua Cardio (Tidal blast)	Aqua Cardio (Tidal blast)	Aqua Cardio (Tidal blast)			
<b>7.30-9pm</b>	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming			

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