

## 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.

Our cardio area has the latest equipment and offers views over the indoor pool. We have a separate area for resistance workouts, along with a boxing area. 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-5pm
Public holidays:	9am-5pm (some exceptions apply)

### Group Fitness Classes



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

## 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



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



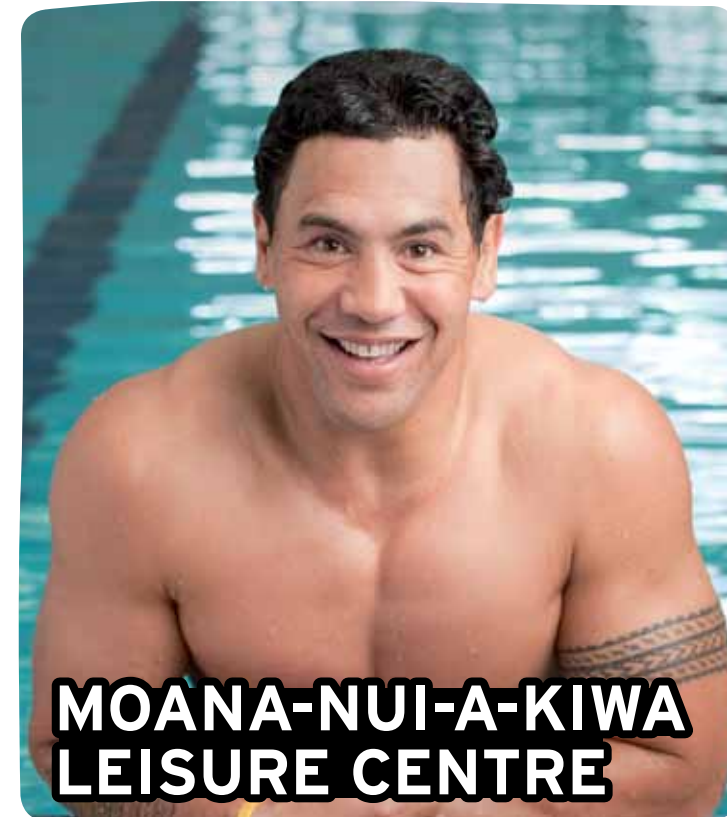
Childcare



Recreation



Fitness



Corner Mascot Avenue & Waddon Place,  
Mangere  
Phone: 09 275 8979  
Email: [moana@manukauleisure.co.nz](mailto:moana@manukauleisure.co.nz)

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



Manukau Leisure

## Aquatics

For fitness or fun, Moana-Nui-ā-Kiwa Leisure Centre is ideal for all ages, all year round, with indoor and outdoor pools.

The indoor pool complex features a 25 metre lap pool offering lane and leisure swimming, a purpose built learners' pool, and a toddlers' splash pool complete with a bubble pit, waterfall and even a resident orca whale.



The outdoor pool complex offers endless summer fun. It features five pools and water slides. The toddlers' pool is perfect for the little ones, while the 2.6 metre deep bombing pool keeps the big kids entertained. The large grassed area next to the pools is ideal for picnics, games and barbeques. (Please bring your own wood and paper; the BBQ plate is free of charge).

### Spa and Sauna

Sit back and relax in the communal spa pool, or heat up in the separate men's and women's saunas.

### Prices (As at 1 July 2011. Subject to change)

Swimming pool entry FREE

**Spa**  
Adult \$3 per session  
Adult 10 pass \$27  
Senior \$2.50 per session  
Senior 10 pass \$22.50

**Sauna**  
Adult \$4.50 per session  
Adult 10 pass \$40.50  
Senior \$4 per session  
Senior 10 pass \$36.00

**Spa and Sauna**  
Adult \$5 per session  
Adult 10 pass \$45  
Senior \$4.50 per session  
Senior 10 pass \$40.50

**Aquacise** FREE

**Manukau Masters** \$3 per session

### Pool Temperatures

Main pool	28°
Learners' pool	32°
Splash pool	32°
Spa pool	39°

### Indoor Pool Hours

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

### Outdoor Pool Hours

December-March:	10am-6.45pm
Summer school holidays:	10am-7.45pm
April-November:	Closed

### Swim School

Swimsation is our resident swim school. They cater for all levels of swimmers from specialised baby programmes through to pre-schoolers, school-age, squad swimmers, and adults. The Swimsation curriculum allows for all swimmers to learn in a safe, comfortable environment under the supervision of professional, friendly staff. For more information call Swimsation on 09 257 4484 or ask our staff at reception.

### Facilities

- Full changing room facilities including hot showers
- Open storage lockers
- Spectator area
- Family changing rooms
- Free off-street parking
- Goggles, caps and other items for sale

Time	MON	TUE	WED	THU	FRI
<b>11am-12pm</b>	Aquacise FREE Sponsored by Raukura Hauora o Tainui		Aquacise FREE Sponsored by Turuki Health		
<b>7.30-8.15pm</b>			Manukau Masters \$3 Male and female 30 years and over		

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

### Accessibility



We welcome everyone regardless of ability or disability. Disabled access is gained via a disability chair into the indoor lap/leisure and teaching pools. Disabled toilet facilities are available.

## Recreation Centre

Our recreation centre offers a variety of recreation programmes to get you active. There is something for everyone regardless of age, shape, fitness level or ethnicity. Programmes cater for young kids through to older adults, and include activities like social sports leagues, group exercise and skills instruction. Collect the latest recreation programme flier from reception.



### Out of School Care (OSCAR)

Book your child into our CYF approved and OSCAR registered after school care and school holiday programmes. Our OSCAR programmes are inexpensive, varied and heaps of fun. WINZ subsidies may apply.

## Venue Hire

Our facilities are available for hire by community groups, schools, swim or triathlon clubs and for private events.

