

## Cardio Room

Our poolside cardio room has modern equipment and a free-weights area. It is a great place to exercise and you'll enjoy a complimentary spa or sauna after your workout.



### Cardio Room Hours

Monday, Wednesday and Thursday: 6am-8.45pm  
 Tuesday: 6am-7.45pm  
 Friday: 6am-6.45pm  
 Weekends: 9am-6.45pm  
 Public Holidays: (some exceptions apply) 9am-6.45pm

### Cardio Room Fees (includes spa/sauna)

Casual visit: \$7  
 Three month membership: \$142.50  
 Six month membership: \$195  
 Twelve month membership: \$277  
 Ten week challenge (includes three month membership) \$220

## Venue Hire



Our pool facilities are available for hire for community, school and private events. They are available for regular bookings or on a one-off basis. For more information visit our website or speak to our staff about the best space for your next event.



## 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



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



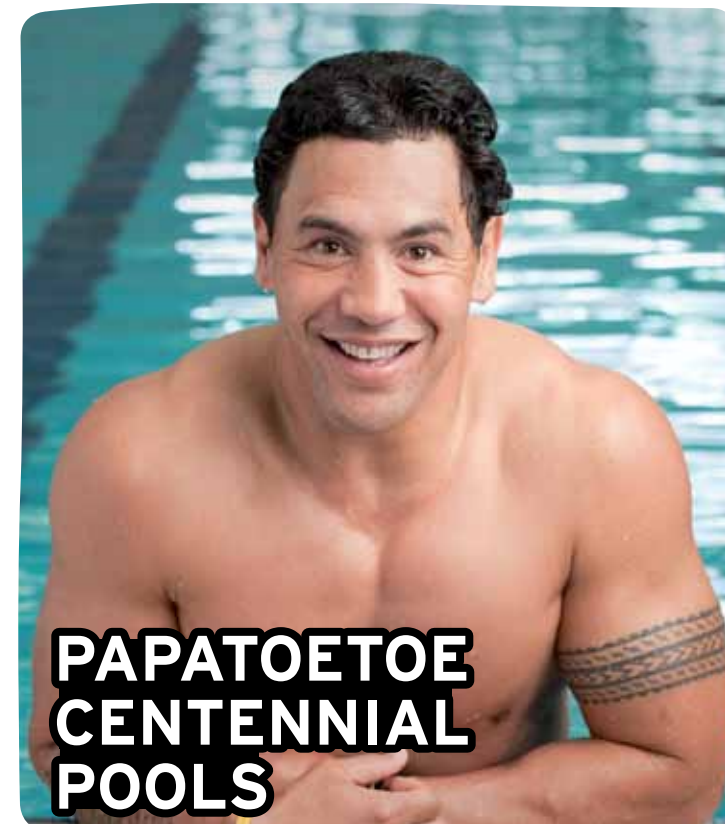
Childcare



Recreation



Fitness



Sutton Crescent, Papatoetoe

Phone: 09 278 4167

Email: [papatoetoe.pools@manukauleisure.co.nz](mailto:papatoetoe.pools@manukauleisure.co.nz)

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



Manukau Leisure

## Aquatics

Great indoor and outdoor family fun is offered at the Papatoetoe Centennial Pools. The indoor pool complex features a 25 metre pool for lane and leisure swimming, 15 metre purpose built pool for swimming lessons, and a toddlers' splash pool. When the summer heat comes the 50 metre outdoor pool is a great place to cool down or swim some serious lengths. The outdoor pool is open from December through to March.



### 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
Spa and Sauna	Adult \$5 per session Adult 10 pass \$45 Senior \$4.50 per session 10 pass \$40.50
Aquarobics	Adult \$6 per session Adult 10 pass \$54 Senior \$5 per session Senior 10 pass \$45
Seniors' Aquacise	\$3.50 per session 10 pass \$31.50
Evening lane swim	\$3 per session 10 pass \$27
Womens' only night	\$3 per session

### Pool Temperatures

Main pool	28°
Learners'/toddlers' pool	32°
Spa pool	38°
Outdoor pool	24°

### Pool Hours

Monday-Friday:	6am-6.45pm
Weekends:	9am-6.45pm
Public Holidays: (some exceptions apply)	9am-6.45pm
Outdoor pool: (Dec-Mar)	6am-6.45pm

### Swim School

Swimsation is our resident swim school. They cater for all levels of swimmers from specialised baby programmes, to pre-schoolers, school-aged, 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 09 278 6806 or visit the Swimsation office next to the toddlers' pool.



### Facilities

- Hot showers are available in the changing rooms
- Goggles, caps, togs and other items for sale
- Pay lockers and open storage lockers
- Spectator area
- Free off-street parking
- Family changing rooms

### Accessibility



We welcome everyone regardless of ability or disability. At Papatoetoe Centennial Pools disabled access is available into the learners' pool via wheelchair ramp. We have two water wheelchairs available for loan, and separate shower and toilet facilities.

## Aquatics Timetable

Time	MON	TUE	WED	THU	FRI	SAT	SUN
6-7am					Aquablast		
12-1pm	Aquacise		Aquacise		Aquacise		
6.15-7.15pm	Aqua Cardio		Aqua Cardio		Womens only swimming		
7-8.30pm							
8-9pm	Lane swimming (indoor pool)		Lane swimming (indoor pool)	Lane swimming (indoor pool)			

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

## Permanent Group Bookings

Time	MON	TUE	WED	THU	FRI	SAT	SUN
5.30-7.30am	Papatoetoe Swim Club Tri Club (6-7am)	Tri Club (6-7am)	Papatoetoe Swim Club Tri Club (6-7am)		Papatoetoe Swim Club	Papatoetoe Swim Club	
11am-12pm			Multiple Sclerosis				
6-8pm	Papatoetoe Swim Club	Papatoetoe Swim Club	Papatoetoe Swim Club	Papatoetoe Swim Club			