

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 (some exceptions apply)

Venue Hire

Activity

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



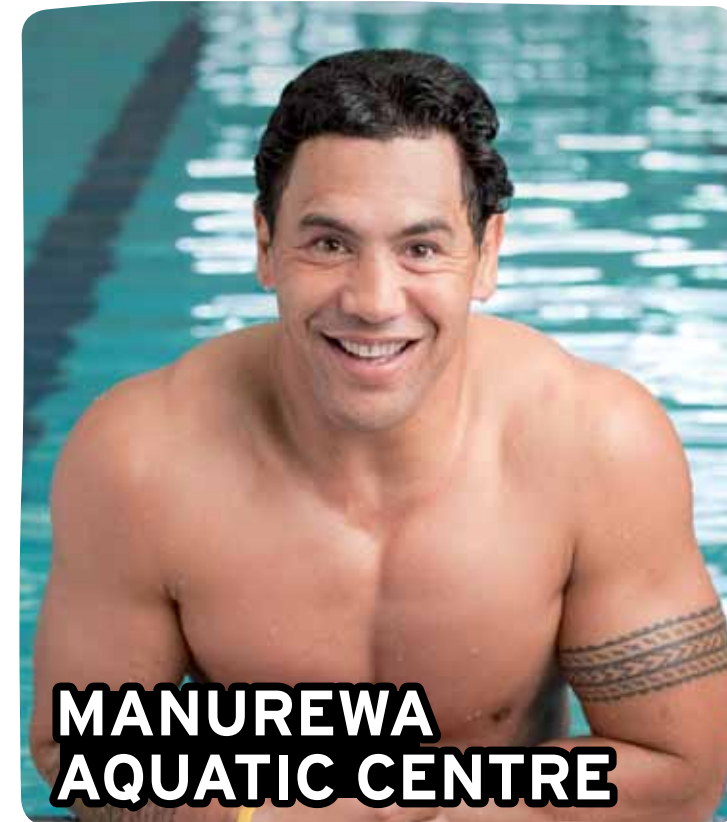
Childcare



Recreation



Fitness



Sykes Road, Manurewa

Phone: 09 269 0930

Email: manurewa.aquatic@manukauleisure.co.nz

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 seven-lane lap pool the facility includes a 25 metre graduated depth leisure pool, learners' pool, and 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 July 2011. Subject to change)

Swimming pool entry	FREE
Spa and sauna	Adult \$5 per session (\$45 for 10 sessions) Senior \$4.50 per session (\$40.50 for 10 sessions)
Spa only	Adult \$3 per session (\$27 for 10 sessions) Senior \$2.50 per session (\$22.50 for 10 sessions)
Evening lane swim	Adult \$3 (\$27 for 10 sessions)
Aquarobics	Adult \$6 per class (\$54 for 10 sessions) Senior \$5 per class (\$45 for 10 sessions)
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 and Sauna Hours

Monday-Thursday:	6.00am-9.00pm
Friday:	6.00am-8.00pm
Weekends and public holidays:	9.00am-7.00pm

Swim School

Swimsation is our resident swim school. They cater for all levels of swimmers from specialised baby programmes, 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
- Pay lockers and open storage lockers
- On site cafe with hot/cold food and beverages
- Goggles, caps, togs, and other items for sale
- 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.



In May 2010, Manurewa Aquatic Centre were awarded the Halberg SportsAccess Gold for outstanding access, programmes and facilities for the disabled.

Totara Park Pools



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
8.15-9am	Aquacise (Gentle)		Aquacise (Gentle)		Aquacise (Gentle)	Lane Swimming (8-9am)	
6.45-7.30pm	Aqua Cardio (Tidal blast)	Aqua Cardio (Tidal blast)	Aqua Cardio (Tidal blast)	Aqua Cardio (Tidal blast)			
7.30-9pm	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.