

Hydrotherapy Pool Timetable


Wellington Regional Aquatic Centre (WRAC)

July 2020



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am						Closed	Closed
7am	6am-9.30am Casual Public Access	6am-9.30am Casual Public Access	6am-9.30am Casual Public Access	6am-11am Casual Public Access	6am-9.30am Casual Public Access	7am-1pm Swimwell	7am-1pm Swimwell
8am							
9am							
10am							
11am	10am-12noon CCDHB	10am-12noon CCDHB	10am-12noon CCDHB		10am-11am CCDHB		
12pm				11.30am-12.30pm Kimi Ora School			
1pm	12noon-2.45pm Casual Public Access	12noon-2.45pm Casual Public Access	12noon-12.45pm Hydro Motion		12noon-1pm Aquatherapy		
2pm			1pm-2pm CCDHB	1pm-2pm CCDHB	1pm-1.45pm Hydro Motion		
3pm			2pm-2.45pm Hydro Motion		Space for hire or additional classes		
4pm	Space for hire or additional classes	2.45-5.30pm Swimwell		2pm-6pm Swimwell			
5pm					3.30pm-7.45pm Casual Public Access		
6pm	5.30pm-7.45pm Casual Public Access	5.30pm-7.45pm Casual Public Access	3.30pm-7.45pm Casual Public Access		3.30pm-7.45pm Casual Public Access		
7pm				6pm-7.45pm Space for Hire or Additional Classes			

Please note that the Programmes Pool is open Mondays, Wednesdays and Fridays, 7am-9am for wading sessions.

 Buffer spaces have been included where possible to allow customers to exit comfortably and cleaning standards to be maintained.

Weekly Sessions

Casual public access

Our state-of-the-art hydrotherapy pool is between 32 and 34 degrees and is ideal for therapeutic exercise and rehabilitation only. For recreational swimming and playing, please use our other pools

Hydro Motion

These classes are for people with limited movement. They are also suitable for people wanting gentle exercise to maintain fitness and wellbeing. Sessions cost \$11 each (\$8.80 for Leisure Card holders and free for Club Active members). To book, email club.active@wcc.govt.nz

Aquatherapy

These classes are for people with arthritis and other musculoskeletal conditions. Classes run every 6 weeks, and enrolments open 6 weeks before the course starts. Sessions cost \$12 each (\$8.40 for Leisure Card holders and Club Active members).

CCDHB

These sessions are for hospital patient rehabilitation. To find out more, contact the physiotherapy department at Wellington Hospital on 04 806 2150.

SwimWell

This swimming school offers year-round swimming lessons for children aged 5 months to 14 years. Adult lessons and One-on-One lessons for children with special needs are also available. To find out more, visit swimwell.nz or email swimwellwrac@wcc.govt.nz

Private hire

To hire the Hydrotherapy Pool, email asrai.mayes@wcc.govt.nz or phone 021 221 8355 or 04 387 8029.

Pool entrance

You can enter the Hydrotherapy Pool from the rear of the building for the early morning or sessions starting at noon Monday to Friday. At other times please enter the facility via the main entrance on Kilbirnie Crescent.



Wellington Regional Aquatic Centre
63 Kilbirnie Crescent, Kilbirnie

04 387 8029

wellington.aquatic-centre@wcc.govt.nz
wellington.govt.nz

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