

# Hydrotherapy Pool Timetable

WRAC | November 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7am	6am-9am Casual Public Access	6am-10am Casual Public Access	6am-10am Casual Public Access	6am-11am Casual Public Access	6am-10am Casual Public Access	6am-7.45am Casual Public Access	6am-8.15am Casual Public Access
8am							
9am							
10am	9am-11am CCDHB				10am-11am CCDHB	7.45am-1pm Swimwell	8.15am-1pm Swimwell
11am		10am-12noon CCDHB	10am-12noon CCDHB				
12pm	11am-2.45pm Casual Public Access	12noon-2.45pm Casual Public Access	12noon- 12.45pm Hydro Motion	11am-12noon CCDHB	11am-12noon Casual Public Access		
1pm					12noon-1pm Kimi Ora	12noon-1pm Aquatherapy	
2pm			Closed	1pm-2pm CCDHB	1pm-1.45pm Hydro Motion	1pm-3.45pm Casual Public Access	1pm-3.45pm Casual Public Access
3pm			2pm-3.45pm Casual Public Access		2pm-3.45pm Casual Public Access		
4pm	2.45pm-5pm Closed	2.45pm- 5.30pm Swimwell		2pm-6pm Swimwell			
5pm			3.45pm- 5.30pm Closed			3.45pm- 5.30pm Closed	
6pm	5pm-7.45pm Casual Public Access	5.30pm- 7.45pm Casual Public Access	5.30pm- 7.45pm Casual Public Access		5.30pm- 7.45pm Casual Public Access	4pm-8pm Available for group hire	4pm-8pm Available for group hire
7pm				6pm-7.45pm Closed			
8pm							

Please note that the Programmes Pool is open Mondays and Fridays, 6am-8am for wading sessions.

# Weekly Sessions

## Casual public access

Our state-of-the-art Hydrotherapy Pool is heated to 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 (\$5.50 for Leisure Card holders and free for Club Active members). To book, phone 04 387 8029.

## 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. One-on-one lessons for children with special needs are also available. To find out more, visit [swimwell.nz](http://swimwell.nz) or phone 04 801 4403.

## Private hire

To hire the Hydrotherapy Pool, phone 04 803 8355.

## Pool entrance

You can enter the Hydrotherapy Pool from the rear of the building. The car park is open 6am–9.30am, Monday to Friday.



Wellington Regional Aquatic Centre  
63 Kilbirnie Crescent, Kilbirnie

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