

Wellington Regional Aquatic Centre Hydrotherapy Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6.00am	6am-10am Public Session	6am-10am Public Session	6am-10am Public Session	6am-10am Public Session	6am-10am Public Session			
6.30am								
7.00am								
7.30am								
8.00am								
8.30am								
9.00am								
9.30am								
10.00am	10am- 12pm CCDHB	10am- 12pm CCDHB	10am- 12pm CCDHB		10am-11am CCDHB	8am-1pm SwimWell	8am-1pm SwimWell	
10.30am				10.30-11.30am Private Booking				
11.00am					11am-11.45am Hydro Motion			
11.30am								
12.00pm	12pm- 2.45pm Public Session	12pm- 2.45pm Public Session	12pm-12.45pm Hydro Motion	Available for hire	12pm-12.45pm Hydro Motion			
12.30pm								
1.00pm				1pm-1.45pm Hydro Motion	1.30-2.30pm CCDHB			Available for hire
1.30pm								
2.00pm				2pm-3pm CCDHB				
2.30pm			Available for hire	2.45pm- 5.30pm SwimWell	3pm- 7.45pm Public Session	2.30pm- 6pm SwimWell	3pm- 7.45pm Public Session	1pm- 7.45pm Public Session
3.00pm								
3.30pm								
4.00pm								
4.30pm								
5.00pm								
5.30pm	5.30pm- 7.45pm Public Session	5.30pm- 7.45pm Public Session		Available for hire				
6.00pm								
6.30pm								
7.00pm								

Wellington Regional Aquatic Centre

Hydrotherapy Pool

Pool Entrance

You can enter the Hydrotherapy pool from Evans Bay Parade or the main entrance on Kilbirnie Crescent.

Public Sessions

Our state-of-the-art Hydrotherapy pool is between 32 and 34 degrees and is for therapeutic exercise and rehabilitation only.

For recreational swimming, playing, and lane swimming please use our other pools.

Customer Expectations

As this is a highly used space, in order to accommodate a wide range of users please be aware and respect the following conditions of use:

- Behave in a responsible and courteous manner to all staff and other customers.
- Follow all instructions given by staff & displayed on notices, safety signs etc

Changing Rooms

Accessible changing rooms are located poolside and, in the corridor next to the pool. Specialist equipment such as high/low beds and a hoist are available for use.

- No person shall occupy any shower for more than 5 minutes on any one occasion.
- Changing rooms poolside will be closed 15 minutes before the end of a public session. This allows time for these to be clear and ready to allow the following booking to access this equipment.

Equipment

Limited equipment is available for use such as noodles and aqua floats. Please share this equipment. You are welcome to bring your own equipment into the facility, ensure it is clean, in good order and appropriate for pool use. If you have any queries regarding equipment, please ask a lifeguard.

Hydrotherapy Classes

Hydro Motion is designed for those living with health conditions that may limit movement.

This gentle group fitness class uses very low-intensity movements that will help you increase mobility, strength, flexibility, coordination and fitness.

ClubActive members can book classes 8 days in advance. To book a class, log in to Influx or use the ClubActive app. If you are not a current ClubActive member please call 04 387 5657 for more information.

SwimWell

SwimWell offers year-round swimming lessons for children aged 5 months to 18 years. Adult lessons, One-on-One lessons for children with special needs and private lessons are also available (subject to instructor availability).

To find out more, visit swimwell.nz

CCDHB

These sessions are for hospital patient rehabilitation only. Members of the public cannot attend these sessions.

Wading Session in Programmes Pool

The Programmes pool is open from 7am-9am Monday, Wednesday and Friday for public wading. This pool is 1.2m deep, 25m long and is between 30 to 32 degrees.

Wellington Regional Aquatic Centre

Street address: 63 Kilbirnie Crescent, Kilbirnie

Phone: 04 387 8029

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