

Fitness at Howick Leisure Centre

The gym at Howick Leisure Centre welcomes you with a friendly community atmosphere. We make getting fit and staying fit as easy as possible. Whatever your goal is we're here to help, and with our Kauri Kids Childcare onsite, we can assist you to get active whilst your pre-schooler is being cared for.

With our inexpensive membership options, you'll be able to get in shape and have fun doing it. We have a range of group fitness classes to choose from to get the most out of your membership. Join one or several classes to get into the energy and excitement that comes from group exercise. We have a variety of classes on offer that range in style and intensity, so there's something for everyone.

Venue hire

Looking for an affordable space for your next function? Look no further! We have several rooms available at our centres. Call us for more information.

Kauri Kids Childcare – Howick only

Sneak in a workout! Spaces are available at the following times for you sneak in a group fitness class or gym workout

- Monday to Friday 7.30am to 5.30pm
- Special fitness deal \$6.15 for 1.5hrs (bookings are essential)

School holiday programmes

Make sure your child/ren has a fun, safe and exciting holiday break by enrolling them in our holiday programme. Our programmes are inexpensive and heaps of fun! Activities include sports, day trips, outdoor pursuits and arts'n'crafts.

We are MSD approved and registered, and families may be eligible for a full or partial WINZ Family Support Subsidy. Contact Work and Income on 0800 559 009 to find out if you're eligible.



We welcome everyone regardless of ability or disability. Accessible facilities are available.

Visit aucklandleisure.co.nz



Our pool and leisure centres

Central

- Tepid Baths, Auckland | 09 379 4745

North/West

- ActivZone Indoor Sports Arena, Glenfield | 09 444 6340
- Birkenhead Pool and Leisure Centre | 09 484 7296
- Glenfield Pool and Leisure Centre | 09 484 8123
- Takapuna Pool and Leisure Centre | 09 890 8465
- East Coast Bays Leisure Centre, Browns Bay | 09 478 3379
- Stanmore Bay Pool and Leisure Centre | 09 424 9227
- West Wave Pool and Leisure Centre, Henderson | 09 301 0101

South/East

- Allan Brewster Leisure Centre, Papatoetoe | 09 262 5965
- Howick Leisure Centre | 09 261 8436
- Manurewa Leisure Centre | 09 261 8302
- Pakuranga Leisure Centre | 09 261 8391
- Te Matariki Clendon Community Centre and Library | 09 261 8080
- Ōtara Pool and Leisure Centre | 09 274 6917
- Moana-Nui-ā-Kiwa Pool and Leisure Centre | 09 261 8040
- Manurewa Pool and Leisure Centre | 09 269 0930
- Lloyd Elsmore Park Pool and Leisure Centre | 09 535 5502
- Papatoetoe Centennial Pool and Leisure Centre | 09 278 4167
- Marina Fitness, Half Moon Bay | 09 534 3590

Recreation term four programmes

Howick Leisure Centre and Pakuranga Leisure Centre



Howick 09 261 8436
563 Pakuranga Rd, Highland Park
Pakuranga 09 261 8391
Cnr William Roberts and Reeves Rd,
Pakuranga



Howick term four programmes 12 October to 13 December 2020

Activity	Description	Day	Time	Age	Cost
Baby discovery	Bring your baby along for a variety of gymnastics movements, sensory experiences, music and more! Parental involvement required.	Mon	10.45am-11.15am	Babies 4 months-1yr	\$55 per term
Baby gym	Using music, colours, textures, and spatial exploration our introductory gymnastics programme is perfect for your wee one. Parental involvement required.	Thurs	11.15am-11.45am	6-18 months	\$61.83 per term
Toddler gym	Gymnastics improves balance, co-ordination and confidence. Enhance your toddler's physical and social development. Parental involvement required.	Tues/Thurs Wed Sat	10.30am-11.10am 10am-10.40am 9.30am-10.10am	1-2yrs	\$61.83 per term
Tumble tots gym	Further enhance your toddler's physical and social development with our next age level gymnastics. Parental involvement required.	Tues/Thurs Wed Sat	9.45am-10.25am 10.45am-11.25am 8.45am-9.25am	2-3yrs	\$61.83 per term
Pre-school gym sports	From motor skills to sports skills, an introduction to gymnastics and sports developing kicking, throwing, and catching. Parental involvement required.	Tues Fri Sat	1.30pm-2.15pm 11.30am-12.15pm 11am-11.45am	3-5yrs	\$61.83 per term
Get Set Go	Developed by Athletics NZ, aimed at providing young children with the fundamental movement skills to participate in sports. Parental involvement required.	Wed	3.45pm-4.25pm	3-5yrs	\$61.83 per term
Gym fun	Bring your pre-schooler along for some free-play fun in our stadium with gymnastics gear, soft play equipment and more. Parental involvement required.	Fri	9.45am-10.45am (term time only)	0-5yrs	\$4.50 per child
Junior Kiwee sports	An introduction to sport specific skills, focus is on a different sport each week. Parental involvement required.	Mon	4.30pm-5.15pm	3-6yrs	\$55 per term
After school gymnastics	Learn in small groups graded to ability with your own coach. Rotations that include different apparatus to learn and practice different skills. *Level 1 & 2 **Level 3+	Tues Tues Wed Wed	3.45pm-4.45pm* 4.45pm-5.45pm 3.45pm-4.45pm 4.45pm-5.45pm**	4-7yrs 5-12yrs 4-12yrs 5-12yrs	\$67.50 per term
After school Kiwee sports	Each term your child will develop skills and game awareness, fortnightly focus on a different sport.	Mon	3.30pm-4.30pm	5-8yrs	\$60 per term
Basketball Slam Stars	For the older players. Work on the fundamentals of playing basketball and sharpen your skills with small basketball games.	Mon	5.30pm-6.30pm	11-14yrs	\$60 per term
Basketball hoopstars	Learn the basic and fundamental skills of basketball. Weekly focus on a different element of the games working in small group with a dedicated coach.	Thurs Fri Fri Fri	3.30pm-4.30pm 3.45pm-4.45pm 4.45pm-5.45pm 5.45pm-6.45pm	5-11yrs 5-8yrs 8-11yrs 11-14yrs	\$67.50 per term
Social adult basketball	Get your friends, family, or workmates together to join our league. Build team spirit and get fit too!	Mon	Games start from 6.45pm	15yrs +	\$500 semester

Howick term four programmes 12 October to 13 December 2020

Activity	Description	Day	Time	Age	Cost
*Casual basketball	Drop by for a casual game, or practice your free throws, layups, and slam dunks! All levels, all welcome (excludes every 3 rd Sunday of the month).	Sat Sun	4pm-6pm 2pm-4pm	All ages	\$6 per session
*Casual volleyball	Drop by for a casual game of volleyball. All levels, all welcome (excludes every 3 rd Sunday of the month).	Sun	8.30am-11am	15yrs +	\$6 per session
*Casual table tennis	Drop by for a casual game of table tennis. All levels, all welcome.	Mon-Sun	Call for availability	All ages	\$10 per hour
*Casual badminton	Enjoy a fun and social game with a little bit of competitive spirit. All levels, all welcome.	Sat Sun	12.30pm-3.30pm 11.30am-1.30pm (excludes every 3 rd Sunday of month)	All ages	\$10 per hour
*Senior sports	Join us for a game of badminton, pickleball and table tennis. (Also available at Pakuranga Leisure Centre)	Mon	12.30pm-3pm (term time only)	40yrs +	\$4.50 per person
Birthday Parties	Host your child's birthday party here! We have party games and heaps of cool equipment to play on. Bouncy castle included for extra fun!	3 rd Sun of month	9.15am-11am 11.30am-1.15pm 1.45pm-3.30pm	2-10yrs	Talk to our staff

Pakuranga term four programmes 12 October to 13 December 2020

Activity	Description	Day	Time	Age	Cost
Basketball hoopstars	Learn the basic and fundamental skills with a weekly focus on a different element of the games working in small group with a dedicated coach.	Fri	3.45pm-4.45pm 4.45pm-5.45pm	7-10yrs 11-14yrs	\$67.50
*Casual badminton	Grab some friends or family and book a court for a casual game of badminton! (Also available at Howick Leisure Centre)	Mon-Sun	Call for availability	All ages	\$10 per hour
*Casual table tennis	Drop by for a casual game of table tennis. All levels, all welcome.	Mon-Sun	Call for availability	All ages	\$10 per hour
*Senior sports	Join us for a game of badminton, short tennis and table tennis. (Also available at Howick Leisure Centre)	Fri	12.30pm-2.30pm (term time only)	40yrs +	\$4.50 per person
*You choose Wednesdays	Aimed at those with special needs. Come along and make new friends and choose from a range of sports and activities to play.	Wed	1.20pm-2pm (term time only)	All ages	Talk to our staff

*Concession cards available – conditions apply. All casual programmes are subject to availability