

## Gym

Howick Leisure Centre's gym 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.



With our inexpensive membership options, you'll be able to get in shape and have fun doing it. Enjoy working out with the latest cardio and weights equipment, and with professional staff on hand for assistance.

You'll also be able to take advantage of group fitness classes that take place in our dedicated aerobics room. Get into the energy and excitement that comes from group workouts. With a variety of classes on offer, which range in style and intensity, there's something for everyone

Have a look at the latest group fitness timetable online at [aucklandleisure.co.nz](http://aucklandleisure.co.nz).

Member benefits:

- five free one-on-one sessions with a fitness professional
- free access to selected group fitness classes
- free access to spa and sauna (multi-site memberships only)
- free programme updates every six to eight weeks.

Monday-Thursday: 5.30am-9pm

Friday: 5.30am-7pm

Weekends: 8am-4pm

Public holidays: Closed (some exceptions apply)

Talk to our friendly fitness staff or join online now.

Phone: 09 537 6029

## Youth Membership (13-18 years)

Are you in secondary school in Year 9-13? Are you keen to get active or stay fit outside school? If so, why not join our gym? We can save you 50% on an adult membership...just ask us how! Conditions apply. You can use the gym between 5.30am-5.30pm weekdays and anytime on the weekends.

## Our pool and leisure centres

### Central

- Tepid Baths, Auckland • Phone 09 379 4745

### North/West

- ActivZone Indoor Sports Arena, Glenfield • Ph 09 444 6340
- Birkenhead Pool and Leisure Centre • Ph 09 484 7290
- Glenfield Pool and Leisure Centre • Ph 09 444 6340
- Takapuna Pool and Leisure Centre • Ph 09 444 6340
- East Coast Bays Leisure Centre, Browns Bay • Ph 09 444 6340
- Stanmore Bay Pool and Leisure Centre • Ph 09 424 9227
- West Wave, Henderson • Ph 09 835 0767

### South/East

- Allan Brewster Leisure Centre, Papatoetoe • Ph 09 262 5965
- Howick Leisure Centre • Ph 09 534 5153
- Manurewa Leisure Centre • Ph 09 267 4646
- Pakuranga Leisure Centre • Ph 09 576 9739
- Te Matariki Clendon Community Centre and Library • Ph 09 269 0500
- Otara Pool and Leisure Centre • Ph 09 274 6917
- Moana-Nui-ā-Kiwa Pool and Leisure Centre, Mangere • Ph 09 275 8979
- Manurewa Pool and Leisure Centre • Ph 09 269 0931
- Lloyd Elsmore Pool and Leisure Centre, Pakuranga • Ph 09 535 5502
- Papatoetoe Centennial Pools • Ph 09 278 4167
- Marina Fitness, Half Moon Bay • Ph 09 534 3590

# Howick Leisure Centre

► **Find out more:** Phone 09 534 5153  
or visit [aucklandleisure.co.nz](http://aucklandleisure.co.nz)  
563 Pakuranga Road, Howick



## Recreation

Here you'll find a wide variety of sports and recreation programmes. There's something for everyone with programmes designed for various ages, fitness levels and abilities.



The Howick Leisure Centre is a well equipped facility that caters for a large number of community groups and organisations in and around Howick.

We have a full sized basketball court and specialised activity rooms from which we deliver activities for all ages including gymnastics, basketball coaching, sport skill classes and social leagues. If you are looking for some family time then come down during our 'casual use' hours and give basketball, badminton, table tennis or volleyball a go.

Collect the latest recreation timetable from reception or have a look online at [aucklandleisure.co.nz](http://aucklandleisure.co.nz)

Monday-Friday: 7.30am-7.30pm  
Weekends: 8am-6pm  
Public holidays: Closed



## School holiday programmes



Our structured school holiday programmes are inexpensive, varied, and heaps of fun. We provide stimulating and creative experiences that will keep your child happy, active and safe during school holidays.

Activities include sports, day trips, outdoor pursuits, and arts 'n' crafts. All activities are supervised by experienced staff and children are grouped with others of similar age to participate in age-appropriate activities.

Our school holiday programmes are CYFS approved. Work and Income New Zealand (WINZ) subsidies may apply.

Collect the latest school holiday programme from reception or have a look online at [aucklandleisure.co.nz](http://aucklandleisure.co.nz)

## Venue hire

Howick Leisure Centre has a number of spaces available for your next event. You can hire a room that holds 20 people or a stadium for 500. Our centre is ideal for hosting sporting events, public meetings, private functions or wedding receptions.



## Childcare



Kauri Kids Howick offers quality, affordable early childhood education with a focus on learning through fun. Our centre provides a nurturing, stimulating and secure environment where children feel comfortable and will grow, learn and play.

We support the Ministry of Education's '20 Hours ECE' programme which provides 3 to 5-year-old children with 20 hours free early childhood education at no additional charge.

Dedicated areas are designed to offer children spaces that are appropriate to the needs and activities of their age group. Separate areas are provided for under two-year-olds and over two-year-olds.

We'd love you to see what we're all about, so please drop by and pick up an enrolment pack from our friendly staff.



Monday-Friday: 8am-6pm  
Phone: 09 535 7507



 We welcome everyone regardless of ability or disability.