

# WEST WAVE POOL AND LEISURE CENTRE

Information Booklet



# GREEN PRESCRIPTION AT WEST WAVE

## Opening Hours

Monday - Friday / 5:30am - 9:30pm  
Weekends / 6am - 9:30pm

## Green Prescription Consult Times

Private Wellbeing Consults  
11am - 2pm

## Gym Membership Options

### Get into it

**\$17.85 Weekly**

Usually \$21  
\$25 Joining fee  
(Usually \$50)

### Gym it

**\$14.60 Weekly**

Usually \$17.50  
\$25 Joining fee  
(Usually \$50)

### Move it

**\$14.60 Weekly**

Usually \$17.50  
\$25 Joining fee  
(Usually \$50)

### Swim it

**\$14.60 Weekly**

Usually \$17.50  
\$25 Joining fee  
(Usually \$50)

### Flexi Pass

**\$5 per visit**

Ability to load single visits or as many as you like. Access to the gym, pool, spa, sauna and group exercise classes.

**Contact us:** [grx@harboursport.co.nz](mailto:grx@harboursport.co.nz) or call Harbour Sport on (09) 415 4657

**Contact WWLC:** [westwave@aucklandcouncil.govt.nz](mailto:westwave@aucklandcouncil.govt.nz) or call (09) 835 0767



# ACTIVE FAMILIES WESTWAVE REC

Active Families is a free community-based health programme that helps you and your children to get active and learn about healthy eating. Our sessions are a mix of games and healthy eating advice including:

- ✓ Free for all whanau
- ✓ Fun interactive games
- ✓ Cooking sessions
- ✓ Healthy snacks
- ✓ Spot Prizes

**TUESDAYS**  
Westwave  
Rec Centre  
5.30-6.30PM

**FREE**



027 700 2212

[activefamilies@harboursport.co.nz](mailto:activefamilies@harboursport.co.nz)



# GREEN PRESCRIPTION ACTIVITY PROVIDERS PRICES

## **Blockhouse Bay Community Centre**

525 Blockhouse Bay Road, Blockhouse Bay, Auckland

Active Achievers (55+) - Wednesday 9:30am - 10:20am

- \$5 per class
- Contact Annie - 027 428 4894

Cardio Fix - Tuesday and Thursday 8:45am - 9:45am

- \$10 per class
- Higher Impact
- Contact Annie - 027 428 4894

## **Green Bay Community Centre**

1 Barron Drive, Green Bay, 0643

Zumba - Monday 9:30am - 10:30am

- \$5 per class

Chair Yoga - Friday 10:30am - 11:30am

- \$5 per class
- Contact Megan - 021 134 3161

## **Kelston Community Centre**

68 St Leonard Road, Kelston, Auckland

Monday 12:30pm - 1:30pm

- Free ACC approved Strength and Balance exercise classes

Tuesday 12:30pm - 1:30pm

- Free ACC approved Strength and Balance exercise classes

Thursday 5pm - 6pm

- Free ACC approved Strength and Balance exercise classes

Friday 5pm - 6pm

- Free ACC approved Strength and Balance exercise classes

## **New Lynn Community Centre**

45 Totara Avenue, New Lynn, 0600

- Zumba classes - Tuesday 7-8pm and Sunday 8.15-9am
- \$3 per class
- Contact Amelia - 021 110 1127
  
- Free Aiga Jam Sesh by Sport Waitakere - Thursday 6-7pm
- Hip hop, Boxfit and Kidzone
- Contact Chantelle 021 130 569

## **Rampage Community Hub**

7 Catherine Street, Henderson, Auckland 0612

(021) 172 1741

- \$9.99 weekly
- \$5 casual session
- \$20 for 5 sessions

## **Te Atatu Peninsula Community Centre**

595 Te Atatu Rd Te, Atatū Peninsula, Auckland 0610

- Community classes run by the Fono
- Wednesday 12:30-1:30pm
- Free ACC approved Strength and Balance exercise classes with instructor Losa Maka

## **Te Atatu South Community Centre**

247 Edmonton Rd, Te Atatu South, Auckland 6010

Aiga Jam Sesh by Sport Waitakere

- Thursday 6-7pm
- Hip hop, Boxfit and Kidzone
- Free
- Contact Chantelle 021 130 5697



## FREE ACC APPROVED STRENGTH AND BALANCE EXERCISE CLASSES

Day	Venue	Time	Instructor	ACC approved
Monday	Kelston Community Centre. Corner of Awaroa & Great North Road. <b>Zumba Style</b>	12.30 – 1.30pm	Sione	
Monday	HUB West MPHS 27 Corban Ave, Henderson. <b>Aerobic Style</b>	5.30 – 6.30 pm	Mata Kapiti	
Tuesday	Kelston Community Centre Corner of Awaroa & Great North Road <b>Aerobic Style</b>	12.30 – 1.30 pm	Mata Kapiti	
Wednesday	Te Atatu Penninsula Community Centre 595 Te Atatu Road <b>Zumba Style</b>	12.30 – 1.30 pm	Sione	In progress for ACC approval
Wednesday	HUB West MPHS 27 Corban Ave, Henderson. <b>Aerobic Style.</b>	5.30 – 6.30 pm	Mata Kapiti	
Thursday	Kelston Community Centre Corner of Awaroa & Great North Road <b>Aerobic Style</b>	5 – 6 pm	Mata Kapiti	
Friday	Kelston Community Centre Corner of Awaroa & Great North Road <b>Zumba Style</b>	5 – 6 pm	Sione	
Friday	Te Atatu Penninsula Community Centre 595 Te Atatu Road <b>Aerobic Style</b>	12:30 – 1:30 pm	Mata Kapiti	In progress for ACC approval

The Fono are pleased to be able to offer ACC Strength and Balance approved exercise sessions as marked with the tick at the following venues.

**Kelston Community Centre:** Corner of Awaroa and Great North Road, Kelston.

**HUB West MPHS:** 27 Corban Ave, Henderson.

**Te Atatu Penninsula Community Centre:** Te Atatu Road Shopping Centre, Te Atatu Penninsula.

**Te Atatu South Community Centre:** 595 Te Atatu Road, Te Atatu South.

**For more information please contact our friendly team:** Tui Vakalahi: 09 838 1780 or Mob: 021 023 32188.

**Zumba Style:** Features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavour and International zest into the mix and you've got ZUMBA style.

**Aerobic Style:** Exercise session that stimulates heart rate and breathing. Building cardiovascular endurance using music, cardio and functional body movements



**WORK OUT WITH US!**  
**MIX OF**

- **BODYWEIGHT CIRCUIT TRAINING**
- **GROUP EXERCISE**
- **RUNNING/WALKING**
- **STAIR WORK**

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# ***FREE EXERCISE CLASSES***

Run by Sophie - Health Coach

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**MONDAYS AND  
WEDNESDAYS  
5:30PM  
TRUST STADIUM  
(OUTSIDE)**

Scan QR  
code to  
register:



# GYMS

## **Anytime Fitness - Te Atatu**

543 Te Atatu Road, Te Atatu, Auckland 0610

(09) 950 8540 or ephraime.peihopa@anytimefitness.co.nz

- \$16.50 weekly
- Open term membership
- One off \$49 key fee
- 24 Hour access
- Includes gym, classes and consultation

## **The Trust Arena Fitness and Boxing**

65-67 Central Park Drive, Henderson, 0610

(09) 970 5212

- \$18 flexible membership or \$15 casual rate
- \$468 for 6 months or \$899 for 12 months

Off peak membership

- \$10 weekly
- Access to gym between 9am - 3pm, 7 days a week
- Includes basic introduction and gym tour
- Gold Club (65+) concession card - 10 visits \$45
- Access to gym Monday, Wednesday, Friday 9am - 11am
  
- Gold Club weekly flexi membership (65+) - \$16 a week
- Access to gym Monday - Thursday 5am - 11pm, Friday 5am - 10pm and weekends 6am - 8pm

Membership includes: classes, boxing, gym, basketball, kick starter workout plan, 6 weekly kick starter review

\$40 joining fee

## **Fit Factory - Glen Eden**

9-11 Glenmall Place, Glen Eden, Auckland 0602

09 813 1315

- \$12.49 p/wk
- Includes gym and classes
- 24/7 Access
- \$20 joining fee
- Includes programme and gym tour



## **Fit Factory - Kumeu**

156A Main Road, Kumeu, Auckland 0810  
09 412 7224

- \$24.98 p/fortnight
- Includes gym and classes
- 24/7 Access
- No joining fee
- Includes programme and gym tour

## **Rampage Community Hub**

7 Catherine Street, Henderson, Auckland 0612  
(027) 288 36181 - High Intensity Gym

- \$14.95 weekly
- \$9.95 p/w age 55+
- Min term 6 months

## **Volition Gym**

273 West Coast Road, Glen Eden Auckland 0602  
09 818 3770

Weekly, open term membership

- \$12.70/week for GRX clients.
- \$29 joining fee. This includes a key + body composition scan.

1 month lump sum

- \$73.45 for GRX clients.

All memberships include:

- 24/7 access
- Unlimited access to group classes
- 15 min, full gym induction
- Use of full gym, fitness room, overflow and stretching area
- The option to purchase a tailored programme for \$25.

## **Forge Fitness Helensville**

1/79 Mill Road, Helensville  
(09) 420 6303

Joining fee of \$25

- \$17.95 per week for 4 months, joining fee \$40
- \$15 casual rate

## **YMCA - Massey**

545 Don Buck Road, Massey, Auckland 0614  
0800 949 078

Grx Membership:

- \$16.95 per week, or \$73.45 monthly
- Open term
- Includes full access to the gym, classes, consultation and an exercise programme

Jump start

- \$80 lump sum membership
- 10 week membership
- Includes full access to the gym, classes, consultation and an exercise programme
- Available to individuals with a lifestyle disease (eg, diabetes) or individuals who are brand new to exercise/ morbidly overweight

GRx casual rate (may increase):

- \$5 a visit
- Includes access to classes or gym

## **POOLS**

### **Parakai Springs**

150 Parkhurst Rd, Parakai 0830

Sunday-Thursday 10am-8pm, Friday/Saturday 10am-9pm

- \$10 Adult visit
- 3 months: \$175
- 12 months: \$350
- \$7 Kids

Green Prescription Aqua Aerobics class

- \$7 per class & \$2 to Ruth
- Mon, Wed and Fri 9-10am
- Wednesday classes are followed by morning tea and educational workshop

## **Mount Albert Aquatic Centre**

38 Alberton Avenue, Mount Albert, Auckland 1025

Monday - Thursday: 5:30am to 8pm

Friday: 5:30am to 9pm

Saturday - Sunday: 7am to 9pm

- \$700 per year (Access to aqua group, pool, sauna, etc)
- \$6 casual entry
- \$14.50 per week open term contract (access to pool, aqua classes, spa, sauna)
- \$20 Joining fee Allows Access to swimming and aqua classes

*Requires a 7 day written cancellation letter, suspensions are also available workshop*

## **YOGA**

### **Ranui Community Centre**

448 Swanson Road, Ranui

*Mondays 9.15-10:15am*

- \$8 per class
- Contact Nassem 021 806 552
- [nasreensafih@yahoo.co.nz](mailto:nasreensafih@yahoo.co.nz)

## **ZUMBA**

### **Hobsonville Zumba**

*Hobsonville Point Secondary School, Kelston, Auckland*

*Tuesday 7.15pm and Thursday 6.45pm with instructor Fleur*

- *First class free*
- *Casual \$5*
- *5 class concession \$20*
- *10 class concession \$40*

*Hobsonville Hall, 397 Hobsonville Road, Auckland*

- *First class free*
- *Casual \$5*
- *5 class concession \$20*
- *10 class concession \$40*

# FITNESS CLASSES

## Fitfam

Fitfam offer family friendly fitness for all ages and levels of fitness. It is a great group of friendly, like minded and supportive people who love a laugh and are all there to better themselves both mentally and physically.

- 11 Classes a week
- A variety of classes including body weight, weights, HIIT, CrossFit, circuits, woman's only and boxing.

Tania specialises in postnatal and pelvic floor rehabilitation when returning to exercise.

\$10 casual per class

**Monday** - 9am

**Tuesday** - 6:30am and 6:30pm

**Wednesday** - 9am

**Thursday** - 6:30am and 6:30pm

**Friday** - 9am

**Saturday** - 7:30am

Woman's Only Classes:

**Monday, Tuesday and Thursday** - 5:30pm

Address: 10 Awaroa Rd, Helensville

Contact details:

Tania Corric or Fitfam Helensville on Facebook

@fit\_with\_tanz

Or 0220491981

If you are interested, please contact Tania.

Please Note: Children are welcome to come, they can join in if it's safe or play in the lounge area.

# BODY COMPOSITION SCANS

Body composition scans are like having a personal coach on your fitness journey. They give you insights that you can't get from just stepping on a scale. Think of it as your body's report card, telling you exactly where you stand with fat, muscle, and even bone density. Armed with this information, you can make smarter decisions about your workouts and nutrition. Whether you're trying to slim down, bulk up, or just get healthier, these scans help you track your progress with precision. They show you what's working and what's not, so you can adjust your game plan accordingly. And let's not forget the motivation factor – seeing those numbers change over time is like watching your hard work pay off right before your eyes. So if you're serious about reaching your fitness goals, investing in a body composition scan is like giving yourself a roadmap to success.

## BIA Scanning

- 1x BIA Scan \$10
- 2x BIA Scans \$15



**Contact us:** [lilyc@harboursport.co.nz](mailto:lilyc@harboursport.co.nz) or call Harbour Sport on (09) 415 4657