

Hydrotherapy Pool Timetable

Wellington Regional Aquatic Centre (WRAC)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am						Closed	Closed
6.30am							
7.00am	6am – 9.30am Public access	6am – 9.30am Public access	6am – 9.30am Public access	6am – 11am Public access	6am – 9.30am Public access	7am – 1pm Swimwell	7am – 1pm Swimwell
7.30am							
8.00am							
8.30am							
9.00am							
9.30am							
10.00am					10am – 11am CCDHB		
10.30am	10am – 12noon CCDHB	10am – 12noon CCDHB	10am – 12noon CCDHB				
11.00am							
11.30am				11:30am - 12:30pm Kimi Ora			
12.00pm			12noon-12:45pm Hydro Motion		12noon-12:45pm Hydro Motion		
12.30pm							
1.00pm	12noon – 2.45pm Public access	12noon – 2.45pm Public access	1pm - 2pm CCDHB	1pm - 2pm CCDHB	1pm - 1:45pm Hydro Motion		
1.30pm							
2.00pm			2pm - 2:45pm Hydro Motion				
2.30pm							
3.00pm							
3.30pm	Space for hire or additional classes	2.45pm – 5.30pm Swimwell		2pm – 6pm Swimwell	3.30pm – 7.45pm Public access	1pm – 7.45pm Public access	1pm – 7.45pm Public access
4.00pm							
4.30pm							
5.00pm							
5.30pm							
6.00pm	5.30pm – 7.45pm Public access	5.30pm – 7.45pm Public access	3.30pm – 7.45pm Public access		3.30pm – 7.45pm Public access		
6.30pm							
7.00pm							

Please note that the Programmes Pool is open Mondays, Wednesdays, and Fridays, 7am–9am for wading sessions.

Buffer spaces have been included where possible to allow customers to exit comfortably and cleaning standards to be maintained.

Weekly Sessions

Casual public access

Our state-of-the-art hydrotherapy pool is between 32 and 34 degrees and is ideal for therapeutic exercise and rehabilitation only. For recreational swimming, playing, and lane swimming 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 (\$8.80 for Leisure Card holders and free for Club Active members). To book, email club.active@wcc.govt.nz

Pool entrance

You can enter the Hydrotherapy Pool from the rear of the building for the early morning or sessions starting at noon Monday and Tuesday. At other times please enter the facility via the main entrance on Kilbirnie Crescent.

COVID Alert Levels

Please be mindful if COVID alert levels change, there will be changes to the way the facility normally runs. Keep an eye out for details on our website, Facebook page and notices around the facility. And always remember to be kind

CCDHB

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

SwimWell

This swimming school offers year-round swimming lessons for children aged 5 months to 14 years. Adult lessons and One-on-One lessons for children with special needs are also available. To find out more, visit swimwell.nz or email swimwell@wcc.govt.nz

Private hire

To hire the Hydrotherapy Pool, email WRAC.bookings@wcc.govt.nz or phone 021 221 8355

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 and 25m long. Normal temperature is 30 to 32 degrees.

Wellington Regional Aquatic Centre
63 Kilbirnie Crescent, Kilbirnie

04 387 8029

wellington.aquatic-centre@wcc.govt.nz

wellington.govt.nz

www.facebook.com/wellington-regional-aquatic-centre

