

## About West Wave

West Wave is located right in the heart of Henderson. We have something for everyone, from a hydroslide, diving pool and wave pool through to a steam room, sauna, hydrotherapy pool and 50m lap pool.

For swimmers with accessibility needs, a water wheelchair is available.

We have multiple fitness and recreation options, including group fitness, a dedicated functional fitness room, two comprehensive gyms, a spin room and a large indoor recreation centre for after school activities, holiday programmes and to hire for your event.

West Wave is close to cycling and walking paths and a range of local parks including the wonderful Tui Glen Reserve.

Our team is passionate about supporting people from all walks of life and all levels of ability on their fitness journeys.

## Group Fitness at West Wave

Group fitness classes get you off the couch and interacting with our community. They also harness the group's energy to create a motivating, challenging, and totally addictive workout experience.

They're a great way to change things up and make the most of your workout!

## 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 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.

## 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  
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,  
Pakuranga | 09 535 5502
- Papatoetoe Centennial Pool and Leisure  
Centre | 09 278 4167
- Marina Fitness, Half Moon Bay | 09 534 3590

[aucklandleisure.co.nz](http://aucklandleisure.co.nz)



**AUCKLAND COUNCIL POOLS AND LEISURE**

## Recreation term programmes

West Wave Pool and Leisure Centre  
20 Alderman Drive, Henderson

**Email:** [reccentre@aucklandcouncil.govt.nz](mailto:reccentre@aucklandcouncil.govt.nz)

[aucklandleisure.co.nz](http://aucklandleisure.co.nz)





# West Wave Term Programmes for Term 1, 2026

Activity	Description	Day	Time	Age	Cost
<b>Beginner Recreational Gymnastics</b>	Our recreational gymnastics programme introduces children to fundamental skills on the floor, bar, and beam. Each class includes a fun warm-up, body conditioning to build strength and flexibility, and skill-based activities that develop coordination and confidence. Perfect for young gymnasts looking to learn and grow in a supportive environment!  <b>Dates: Mon class 9 February to 30 March / Weds class 11 February to 1 April</b> (8 weeks)	Mon & Wed	3.45pm-4.30pm	5-7yrs	\$72.00 per term (8 weeks)
		Mon & Wed	4.45pm-5.30pm	8-10yrs	
<b>Active Movement</b>	Active Movement is designed for the 18 years and over special needs community to keep bodies in motion, learn new activities/skills, and to socialise.  There are many modified and adapted activities to suit participants of all abilities.  We operate during school term times and <b>Carer Support engagement is compulsory</b> . Please contact Hitomi Shimazu on <a href="mailto:hitomi.shimazu@aucklandcouncil.govt.nz">hitomi.shimazu@aucklandcouncil.govt.nz</a>  <b>Dates: 13 February to 27 March</b>	Fri	10.30am-12.30pm	18yrs+	\$6.40 per session  \$57.60 10-visit pass (purchase from reception)
<b>Sensory Integration</b>	Sensory Integration focuses on using all 5 senses to interpret our environment through individual and group activities.  Participants engage in group activities, as well as individual, with carer support. Come join us to explore the world through the senses.  We operate during school term times and <b>Carer Support engagement is compulsory</b> . Please contact Hitomi Shimazu on <a href="mailto:hitomi.shimazu@aucklandcouncil.govt.nz">hitomi.shimazu@aucklandcouncil.govt.nz</a>  <b>Dates: 13 February to 27 March</b>	Fri	12:45pm-1:45pm	18yrs+	\$6.40 per session  \$57.60 10-visit pass (purchase from reception)
<b>Multi-Sports</b>	Learn the essential skills for Pickleball, Badminton, Football and Table Tennis. This fun and active programme is designed for 7-13 year olds. All equipment is provided and plenty of time for instruction and practice.  <b>Dates: 10 February to 31 March</b> (8 weeks)	Tues	4pm-4:45pm	7-13yrs	\$72.00 per term (8 weeks)
<b>Drop-in Pickleball</b>	Drop in session. Learn how to play or enhance your skills in this fun and exciting hybrid game. All equipment is provided. Solo players welcome, or bring a friend.  <b>Dates: 10 February to 31 March</b> (8 weeks)	Tues	6pm-9pm	8yrs+	\$7.30 per adult \$4.50 per child (8-15yrs)

## Enrolment information

For term activities that require registration, use the enrolment form on our website. Submit the enrolment form to reception at West Wave Pool and Leisure.