

## Senior aquatic activities

- **Learn to swim**

There's group lessons to suit all ages and ability.

**Beginner lessons** - Thursdays at 6pm

**Intermediate lessons** - Mondays at 11am and Thursdays at 6pm

**Advanced lessons** - Mondays at 10am

*\*All lessons have a maximum ratio of six adults to one instructor, are 30min long (except Advanced 1hr). For prices check with reception.*

- **Lane availability**

Love swimming? We usually have plenty of lane space between 10am and 3pm for water walking and lane swimming (slow, medium, fast lanes).

Free use of kick boards, pull buoys, buoyancy belts, fins and dumbbells.

*\*Please check our pool schedule online at*

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

- **Bring the grandchildren**

**Super Splash** - every Sunday from 11.30am-1pm we inflate the Aqua Run for the kids to enjoy. During the school holidays there are additional sessions every week day too! (subject to availability)

Please check with our pool lifeguards if you are unsure or require help.

## Prices

- **Memberships**

12 months \$410

6 months \$205

*Joining fee of \$25.00 applies*

- **Casual rates**

Gym/swim/group fitness\* \$6.00

Never 2 Old \$6.30

Green Prescription (GRx) \$5.00

*\*10-visit passes also available*

## Facilities at Stanmore Bay Pool and Leisure Centre

Stanmore Bay Pool and Leisure Centre offers a wide variety of fitness and leisure options with state-of-the-art fitness equipment and staff to make it the perfect choice for your health and fitness needs. Our quality facilities include

- 25m heated lane pool
- 9.5m heated learners pool
- Hydraulic pool chair hoist
- Spa pool
- Sauna
- Splashpad (summer season only)
- Qualified Learn to Swim Instructors for all ages
- Fitness centre including pin-loaded machines, free weights and circuit area
- Les Mills™ group fitness classes
- Group fitness classes including yoga and aqua fitness
- Cycle studio
- 2 group fitness studios
- 2 stadiums
- 4 badminton courts
- School holiday programme
- Kauri Kids Early Childcare Centre
- Massage Therapist
- Personal Trainers
- Curl Café



# Senior fitness and activities

## Stanmore Bay Pool and Leisure Centre



Phone 09 424 9227 or visit  
[aucklandleisure.co.nz](http://aucklandleisure.co.nz)  
159 Brightside Rd  
Stanmore Bay



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## Senior fitness

- **Gentle Fitness**

Rehab friendly classes. Low impact activity for strength and balance, posture and coordination to help build fitness gradually in a friendly and supportive group.

Monday – Wednesday\* – Friday  
8.30am to 9.10am

\*Wednesday session is dance based.



- **Never 2 Old**

An exercise programme for mature adults developed by AUT. Focus on resistance, light cardio, flexibility and balance. Social and supportive group. Monthly get together on the last Friday of the month.

Monday – Wednesday – Friday  
1.30pm to 2.30pm

\*Participants have a special one-hour appointment to join the group.

- **Super Circuit**

Join our fitness instructors for a 45min circuit style group training class, with a resistance focus for total body strength benefits. Spaces are limited, book at reception.

Monday – Wednesday – Friday  
10.15am to 11am

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## Senior fitness

- **Yoga**

We offer a varied programme of yoga styles, to suit your preferred practice type and suitable for all ages and abilities. All yoga classes are Rehab friendly. See the group fitness timetable for class days/times.

- **BODYBALANCE®**

A yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centred and calm. See the group fitness timetable for class days/times.

- **Fitness gym**

Fitness is for everyone – including you! We make getting fit and staying fit as easy as possible. We motivate, encourage and support you every step of the way, no matter what your goals are. Whether you want to lose weight, gain muscle, improve your heart health or train for an event, we're there for you. Our fully qualified fitness instructors will design a programme suited to your needs.

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## Specialist senior fitness

- **Rehab friendly**

Our Rehab friendly programme classes offer options for everyone at a pace which suits you. Especially suitable for prehab, rehab, Green Prescription (GRx), cardiac and seniors. Classes include Gentle Fitness, Yoga and Aqua classes. See the group fitness timetable for class days/times.

- **Cardiac and Rehab Social Group**

The Hibiscus Coast Cardiac and Rehab social group meet every Monday, Wednesday and Friday mornings from 9.15am in the meeting room at Stanmore Bay Pool and Leisure Centre, for cups of tea and a chat.

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## Specialist senior fitness

- **Green Prescription (GRx)**

In partnership with Harbour Sport, we provide exercise services to Green Prescription holders, with free induction and discounted entry to fitness activities.

- **Osteoarthritis Smart Course**

If the pain of arthritis is cramping your style, help reduce and improve your symptoms and lifestyle. Check with our staff for dates.

- **Senior Fitness Testing**

We run regular sessions of industry best practice tests for seniors. Tests provide a baseline and help identify any weaknesses which we can target to improve. Check with our fitness staff for more details.

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## Senior aquatic activities

- **Aqua classes**

We have several varied aqua fitness classes per week, including Rehab friendly classes. See the group fitness timetable for class times.



- **Spa and sauna**

Enjoy the therapeutic benefits of our spa and sauna for your post-workout recovery and relaxation. Please talk to our pool lifeguards for information regarding use – especially if it's your first time.