



Splash Centre Gym and Fitness Information

Gym Rules

- Wear suitable clothing and footwear at all times while working out.
 - Covered shoes
 - Top worn at all times
- Do not come into gym wet, or in togs.
- Place weights back on the correct rack after use.
- Do not move equipment without permission.
- Use a towel to cover the equipment you are working out on, or spray and wipe contact points after use.
- No spectators or non-members are allowed in the workout area, including children under the age of 14.
- No food or open cups are allowed in the workout area.
- Harassment of any kind will not be tolerated – please be considerate of other members and staff.

If you fail to abide by any of these rules or any other requests at the reasonable discretion of a Splash Centre staff member, management will be advised. Members or gym users found to be repeat offenders may have their memberships suspended or cancelled or be banned from use of the gym.

Management will not be held responsible for any accident of injury suffered, or any loss or damage sustained to members or their personal property while using the facilities. However, Splash Centre staff will maintain high standards of safety for all Splash Centre users.

We offer gym inductions; current availability can be seen online in the customer portal or speak with one of our friendly fitness instructors.

Minimum age

- For health and safety reasons, the minimum age for a standard gym membership/casual entry is 17 years of age
- All applicants aged 14 to 16 years must sign-up with a parent or guardian, and the membership form and direct debit consent form must be signed by a parent or guardian.
- All applicants aged 14-15 years must be supervised by a parent or nominated supervisor (eg: a coach, teacher or trainer) at all times when using the gym. The supervisor must be also be a current member.
- Age restrictions may apply to some equipment and group classes.

Group Fitness Sessions				
Monday	Tuesday	Wednesday	Thursday	Friday
930am-1030am Aquarobics Main Pool	830am-9am Circuit (Light) Gym	815am -8.45am Core Rec Deck	830am-9am Circuit (Light) Gym	930am-1030am Aquarobics Main Pool
1215pm-1255pm Intervals Gym	9am-930am Circuit (Light) Gym	930am-1030am Aquarobics Main Pool	9am-930am Circuit (Light) Gym	1215pm-1255pm Intervals Gym
615pm -645pm Floatfit School Pool	1215pm-1255pm Circuit Gym	1215pm-1255pm Core and Stability Gym	1215pm-1255pm Circuit Gym	
	615pm -645pm Floatfit School Pool			





Live Class Availability and Booking

Did you know, you can find all of our class availability live online?

Visit our customer portal here: <https://pools.whanganui.govt.nz/Group>

You can also book your spot, see lane availability for public swimming, set up a membership, purchase a concession or manage your child's Learn to Swim from the same place.

For homepage: <https://pools.whanganui.govt.nz/>

For lane availability: <https://pools.whanganui.govt.nz/ResourceAvailability>

