



Adaptive Aquatics

H²O Xtream encourages people with a disability to participate with their peers in an inclusive environment



www.h2oxtream.com



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[@h2oxtream](https://twitter.com/h2oxtream)

Special Activities Schedule Sunday from 7pm

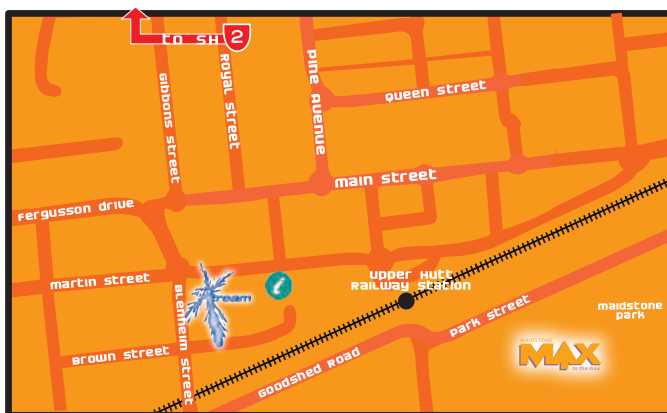
Date	Activity	Time
Every Sunday	Aqua Jogging Lane Swimming/walking Waves & Slides	7 - 8pm 7 - 8.45pm 8 - 8.45pm
1st Sunday of the month	Hydrorobics	7.30 - 8.15pm

Want the latest news from H²O Xtream?
Includes lane availability, timetable changes & events.

Sign up for our What's On weekly email at reception, via our website or email h2oxtream@uhcc.govt.nz

How to find us:

Cnr Brown & Blenheim Streets, Upper Hutt
Tel: 04 527 2113 | Fax: 04 528 2652
Email: h2oxtream@uhcc.govt.nz



**Women Only
Swim Night
Sunday night
7 - 9pm**



www.h2oxtream.com



H²O Xtream Swimming Pool

We understand that for some women being in a mixed environment can be uncomfortable or inappropriate.

Therefore H²O Xtream's **Women Only Swim Night** provides a safe, comfortable, and friendly environment so that women of all abilities and cultures can come together and enjoy a fun pool session.

The Women Only Swim Night runs every Sunday from 7pm at H²O Xtream.

The pool will be run by women for women.

* Females aged 12 Years + are permitted if accompanied by an adult.



**Leave your purse at home!
Pick up a 10 trip concession card!**

Runs every Sunday from 7pm No need to book - just drop in any time

Weekly activities vary but may include waves and slides, hydrosports, "have-a-go" Sessions or simply enjoy a swim or aqua jogging, spa, sauna or steam.

What you need to know:

- Only female staff will be working in the facility
- Windows will have curtains so no one can see inside
- Close fitting t-shirts and/or leggings are acceptable **on Sunday nights only**
- Socialise, meet new people and make friends
- Casual/drop in anytime from 7pm
- All swimming abilities catered for
- H²O Xtream encourages people with a disability to participate with their peers in an inclusive environment.



Free Slides and Classes

More Information

If you have any queries, please telephone H²O Xtream on 04 527 2113 or pop into reception Cnr Brown & Blenheim Streets, Upper Hutt.

Website: www.h2oxtream.com

Ongoing Activities

Extra activities as below are offered on various weeks - please check the activities schedule on the back of this brochure.

Hydrosports Classes

Join us for a "Hydo" class at no extra charge. Get a really great workout, either taking it at your own pace or pushing yourself for a challenge.

Slides & Water Features

Generally operate from 8 - 8.45pm but may be subject to change without prior notice.

Lane Swimming

At least two lanes are guaranteed for lane swimming/running at all times during Women Only Swim Night. Please be mindful that participants have varying abilities and speeds, therefore try to select correct lane. Please do not use the lanes unless you are actively swimming/running.

