



Women Only Swim Night H²O Xtream Swimming Pool



H²O Xtream is located at the Corner of Brown & Blenheim Streets, Upper Hutt.

Free parking, 5 mins from Upper Hutt train station and bus stops near by.



Friendly and helpful Reception staff



Use of Sauna, Spa and steam room included in \$2.50 entry price.



Female only staff plus curtained windows from the road, from 7pm on Sundays.

More Information

If you have any queries, please telephone H²O Xtream on 04 527 2113 or pop in to Reception Corner Brown & Blenheim Streets, Upper Hutt
www.h2oxtream.com

Every Sunday from 7pm Special Event Schedule 2009/10

Date	Theme/Activity
Sunday 18 October 7-9pm	Launch Head down for the launch of our 'Women Only' swim night with giveaways and prizes to be won.
Sunday 8 November 7-9pm	Body Beautiful Every body is beautiful! Find out more about health and beauty products and try something new.
Sunday 22 November 7-9pm	Nutrition for Women Activation's Cherry Downing will present a short talk and be available to answer all your nutrition questions.
Sunday 13 December 7-9pm	Other Activity Opportunities Local clubs and organisations will be hand to tell you about other activities available in our local community.
2010	
Sunday 21 February 7-9pm	YMCA Find out more about the YMCA organisation, facilities and programmes available for women in Upper Hutt.
Sunday 14 March 7-9pm	GYM - Information Evening Have a chat to some of the friendly gym staff from Upper Hutt's gyms and find out what they have to offer.
Sunday 28 March 7-9pm	Women's Health An opportunity to talk confidentially to health providers about services of interest to women.



Recreation Services Upper Hutt City

H²O Xtream | Activation | Events

Women Only Swim Night at H²O Xtream Sundays from 7pm

Starts Sunday 18 October 2009

All Abilities | All Ages | All Cultures



Women Only Swim Night

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

Therefore H²O Xtream's new **women only swim night** will provide a safe, comfortable and friendly environment so that women of all ages, 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.

**Runs every Sunday from 7pm
No need to book
Just drop in any time**

All of the features (e.g. waves and slides) will be switched on, have a go on the inflatables or simply enjoy a swim, spa, sauna or steam.

We will also be doing 'have a go' sessions to give you the chance to try something new.

What you need to know:

- Only female staff will be working
- Windows will have curtains so no one can see inside
- Close fitting t shirts and/or leggings are acceptable
- Socialise, meet new people and make friends.
- Casual/drop in anytime from 7pm
- **Half price**—only \$2.50 per woman from 7pm
- All swimming abilities catered for

Sessions only \$2.50 per person

Term 4 - October to December 2009

The women only swim night runs every week.

See below the programme of events for something a little extra on selected Sundays.

From health, fitness and lifestyle advice to other activity opportunities within Upper Hutt, there's something for every woman.

Programme Launch

Sunday 18 October

Head down for the launch of our 'Women Only' swim night and find out more about your local pool.

Enjoy a swim, sauna or spa and socialise with friends.

'Have a go' plus giveaways and prizes to be won.

Body Beautiful

Sunday 8 November

Every body is beautiful! Find out more about health and beauty products and try something new.

Nutrition for Women

Sunday 22 November

Activation's Cherry Downing will present a short talk and be available to answer all of your nutrition questions.

Other Activity Opportunities

Sunday 13 December

Local clubs and organisations will be here to tell you about other activities available in our local community.



Term 1 - February to March 2010

Lots more to do this term and plenty to find out about in the local community.

Remember there's no need to book and you can simply 'drop in' anytime from 7pm.

YMCA Information Evening

Sunday 21 February

Find out more about the YMCA organisation, facilities and programmes available for women in Upper Hutt.

Gyms Information Evening

Sunday 14 March

Have a chat to some of the friendly gym staff from Upper Hutt's gyms and find out what they have to offer.

Women's Health

Sunday 28 March

A chance to confidentially talk to health providers about services of interest to women.

Coming Soon Learn to Swim Sessions

Being able to swim is an essential life and survival skill.

We realise that not everyone has had the opportunity to learn to swim and later in the programme we will be offering a 5 week beginners course for non swimmers.

An experienced, profession female swimming instructor will gently introduce you to the swimming basics in a safe and fun environment.

More details available soon...