

Running and Jogging

For daytime and after work runners, the YMCA offers showers, lockers and proximity to parks.

Casual	\$3.00
60 runs	\$90.00
12 months	\$170.00

Badminton

Court hire / when available (per court per hour).	\$15.00
Shuttlecock (for sale only)	\$6.00

Adult Activity Membership

- Full Fitness Centre membership
- Group Fitness Classes
- Climbing
- Badminton
- Squash (partner still pays).
- Hot showers and lockers
- Running

This price is \$639 for 12 months.

Facility Hours

Monday-Saturday	7am-10pm
Sunday	8.30am-10pm

Christchurch YMCA Recreation Centre

Welcome to the YMCA

The City Stadium Recreation Centre has a number of recreation classes and programmes.

This centre includes:

- Health and Fitness Studio
- Aerobic / Circuit Studio
- Indoor Cycling (Spin) Classes
- 5 Squash Courts
- Bouldering Room
- 13 Metre Climbing Wall
- 1 Badminton Court
- Change rooms, Lockers and Hot Showers

Please see our separate brochures which give details on programmes and classes which are available.

Facility Hours

Monday-Saturday	7am-10pm
Sunday	8.30am-10pm

Car Parking

The YMCA has free car parking while you are using our facilities. Do not leave the building or your car will be clamped.

Facility and Room Bookings

Our Aerobics Room is available for hire on a casual or regular basis at \$17.00 per hour.

Additional Facilities

Showers	\$3.00
Towel Hire	\$2.00

Health and Fitness Centre

Our health and fitness centre has a variety of resistance and cardiovascular equipment.

We have a variety of morning, lunchtime and evening group fitness classes.

Please refer to separate brochure for details on classes and membership options.

Climbing

There are three areas for climbing:

The Bouldering Room

A great place for beginners and those serious about training.

The Slab

An inclined area for beginners.

The Main Wall

13 metres with a variety of routes.

Please refer to separate brochure for prices, gear hire and instructors. All group bookings must have a qualified instructor approved by YMCA Health and Safety Standards.

Squash

Casual and permanent bookings may be made by phoning reception.

Squash Court Hire	\$7.00
per court per ½ hr	
School Groups	\$4.50
per court per ½ hr	
10 half hour concession	\$65.00
20 half hour concession	\$120.00
50 half hour concession	\$290.00
Ball (for sale only)	\$8.00
Protective Eye Glasses Hire	\$2.00