Ian Thorpe Aquatic Centre Access

Key

A customised accessibility guide

458 Harris Street

Ultimo, NSW, 2007

Phone 1300 198 412

Website https://itac.org.au/

Version 1.0

Updated June 2025

# Acknowledgements

The City of Sydney acknowledges the Gadigal of the Eora Nation as the Traditional Custodians of our local area.

# Glossary

Actively supervise - Parents and carers must have their children within eyesight at all times.

AFFL - Above finished floor level.

Cardiovascular - Relates to the network of organs and blood vessels that carries blood, oxygen, nutrients, and other substances throughout the body

Endurance - The ability to continue with a task, despite feelings of fatigue or stress over a prolonged duration.

Flexibility - The ability of joints to move through a range of motion while unrestricted and pain free.

GOswim - Swimming lessons which focus on contemporary, experiential, activity-based learning as a fun and engaging way for kids to learn to swim and be safe around water. GOswim swimming lessons empower students to think, discuss and decide whilst having fun in and around water.

Gross motor skills - Involves the use of the large muscles of the body.

HHSH - Hand held shower hose.

Interpersonal and social skills - Relating to relationships or communication between people and the ability to interact with them in the most efficient and proper manner.

NDIS - National Disability Insurance Scheme.

Proprioception - Awareness of position and movement of the body.

Range of movement – The distance a joint or muscle can move in different directions.

Sensory exploration - The stimulation of one’s senses: touch, smell, taste, movement, balance, sight and hearing.

Sensory regulation - Relates to an individual's ability to increase and decrease their alertness, or arousal, to match the situation or environment.

Social interaction - The process of people communicating and acting with each other.

TGSI - Tactile ground surface indicators. A tactile ground surface to assist pedestrians who are visually impaired. Often found on footpaths, stairs and train station platforms.

# Guidelines

Thank you for choosing to use an Access Key for Ian Thorpe Aquatic Centre.

This customised accessibility guide provides convenient information about accessing this centre.

Access Keys are universally designed and suitable for all people, regardless of ability.

For your Access Key to be successful, we recommend you follow these guidelines.

Access Keys are available online to help you prepare for your visit in advance.

Access Keys to be read and shared in an environment free of distractions.

Access Keys can be read independently or shared with a friend, family member, carer or support worker to prepare for the visit.

If sharing the Access Key with participant, help the participant comprehend key points, consistently monitoring for level of understanding.

If sharing the Access Key with participant, contextualised photographs can be used to summarise information and experiences.

If using the Access Key as a reflective tool, make sure to enjoy the pivotal link between experience and recall after the visit has taken place.

Once the visit has taken place, revisit the Access Key to celebrate success.

Download Access Key in its entirety - 56 pages in total.

Did You Know?

Ian Thorpe Aquatic Centre is named after Australia’s 5-time gold medal winning champion, Ian Thorpe. The facility is shaped in the form of a wave and is spread over two levels.

Ian Thorpe Aquatic Centre is managed by Belgravia

Leisure on behalf of the City of Sydney. Belgravia

Leisure support persons using the NDIS via

Participant and Third-party Plan Management.

View the Inclusion (Disability) Action Plan. https://www.cityofsydney.nsw.gov.au/strategiesaction-plans/inclusion-disability-action-plan

A variety of 360 memberships are available. Sign up in centre or online

https://360card.com.au/membership

Our 360 memberships give you access to six City of Sydney leisure centres in the local government area.

https://abcpool.org/360-membership

A customer portal is available for 360 members to manage all aspects of their membership online. https://itac.org.au/customer-portal

Ian Thorpe Aquatic Centre facilities include:

* indoor 50-metre heated pool
* indoor heated leisure pool, with spa and water features
* indoor heated program pool
* sauna
* steam room
* health club
* group exercise studio
* cycle studio.

Children and adult swimming lessons are available.

Group or individual. https://itac.org.au/swimming-and-aquatics/learn-toswim-kids https://itac.org.au/swimming-and-aquatics/adultswimming-lessons

We offer a fast-track school holiday intensives program. https://itac.org.au/swimming-and-aquatics/fast-trackschool-holiday-intensives

Swim squads are available to join. https://itac.org.au/swimming-and-aquatics/swimsquads

Ian Thorpe Aquatic Centre operates under the Royal Life Saving “Keep Watch” supervision guidelines for parents and carers.

https://www.royallifesaving.com.au/Aquatic-Riskand-Guidelines/safety-programs/childsupervision/keep-watch-at-public-pools

Group exercise classes are available. https://itac.org.au/health-and-fitness/group-fitness We offer personal training and exercise physiology.

https://itac.org.au/health-and-fitness/personaltraining https://itac.org.au/health-and-fitness/exercisephysiology

Residents can apply for a City Access Card, that provides a reduced rate to our aquatic and fitness centres. For information on eligibility and how to apply, please visit our website. https://www.cityofsydney.nsw.gov.au/facilitybookings-outdoor-events/apply-for-access-card

Please visit our website for casual entry prices. https://itac.org.au/admission-fees

Ian Thorpe Aquatic Centre is part of ACON’s Welcome Here Project. It is recognised as being welcoming, supportive and engaged with LGBTIQA+ communities. https://www.welcomehere.org.au/

The centre features services designed to suit all members of our diverse community.

https://itac.org.au/more/accessibility-and-inclusion Follow us on Facebook and Instagram.

https://www.facebook.com/ianthorpeaquaticcentre https://www.instagram.com/ianthorpe\_aquatic/?hl=en

To provide feedback please visit our website or call us on 1300 198 412 or email us at askbelgravia@belgravialeisure.com.au

Aquatic Supervision Rules

Children aged 5 years and under must remain within arm’s reach of a parent/guardian aged 16 years or older at all times in the water.

Children aged 5 years and under must wear a yellow wristband.

Groups will not be admitted entry where the number of parents/guardians supervising a group of children aged 5 years and under exceeds the ratio of 1:2.

Children aged 6 to10 years must be ACTIVELY supervised by a parent/guardian aged 16 years or older.

Non swimmers are required to identify themselves at reception and wear an orange wristband.

No photography is permitted unless authorised by staff in advance.

The City of Sydney hereby acknowledges the support and assistance provided by Access Ability Australia in helping to prepare the Ian Thorpe Aquatic Centre Access Key.

We express our sincere appreciation to Access

Ability Australia for their pivotal role in assisting the City of Sydney to highlight its commitment to accessibility and inclusion through this comprehensive guide. Their expertise and support have played a vital role in ensuring that Ian Thorpe Aquatic Centre is welcoming to all individuals in our community. https://accessabilityaustralia.com

# Getting There

Ian Thorpe Aquatic Centre is located at 458 Harris Street, Ultimo.

See Google Maps. https://www.google.com.au/maps/place/Ian+Thorpe+

Aquatic+Centre/@-

33.8773368,151.1963268,16z/data=!3m2!4b1!5s0x6b12 ae255944a055:0x59adbf8ae46c1dae!4m6!3m5!1s0x6b 12ae255e9cb26b:0x8f9ddd0bc67e9d19!8m2!3d33.8773368!4d151.1989017!16s%2Fm%2F0\_lkryh?ent ry=ttu

Train

Town Hall Station is 1.1 kilometres or a 16-minute walk to the centre.

Light Rail

Exhibition Centre light rail stop is 180 metres or a 3minute walk to the centre.

Bus

The nearest bus stop is 260 metres away, on Harris Street (opposite the Powerhouse Museum). Bus 501 will get you there.

For further information on how to get to Ian Thorpe

Aquatic Centre by public transport, please visit Transport NSW. https://transportnsw.info/

# Parking

The City of Sydney encourages the use of public transport to facilities.

There is an onsite covered car park. Access is from Pyrmont Street.

Within the covered car park, there are:

four accessible parking bays, 60 metres from the lift to the main entrance general parking. Restrictions apply. See our website for more information. https://itac.org.au/parking

There is ramp access from the covered car park to the lift that leads to the main entrance.

There is also parking in surrounding streets.

Restrictions apply.

Bus parking is directly outside the centre, on Harris Street.

Bike racks are located outside the main entrance and outside the covered car park.

# Welcome

Welcome to Ian Thorpe Aquatic Centre.

For office hours and contact details please visit our website. https://itac.org.au/contact-us

Centre operating hours may vary. Please visit our website for more information.

https://cityofsydneyleisure.com.au/visit/ian-thorpeaquatic-centre

There is an undercover area outside the main entrance.

# Entry

There is a wide sloped pathway from Harris Street leading to the main entrance. Entry is through wide, glass, automated sliding doors.

There is a lift providing access to all levels of the centre, including the undercover carpark.

There is also wide, stepped access between Pyrmont Street and Harris Street, leading to all levels of the centre. Staff

Lifeguards wear international standard uniform with bright yellow and red long sleeve shirts with red shorts. The word 'Lifeguard' is across the front and back of shirts. They carry a bum bag, a rescue tube and a radio.

Centre and Regional Managers wear a black, longsleeve collared shirt with tan or black coloured pants.

Duty Managers wear a blue polo shirt with “Duty Manager” on the chest and back, and black shorts or pants. They also carry a radio.

Customer service staff wear a white polo shirt with black shorts or tracksuit pants. They may also wear a black jacket with the Belgravia Leisure logo.

Swim teachers wear navy coloured rash vests with “Swim Teacher” across the front and back, and black shorts. There may be additional swim teachers on the pool deck wearing a white polo shirt.

Group exercise and health club instructors wear active wear or a white polo shirt.

All staff wear name tags with their role.

# Reception

Reception is on level 2, in front of the main entry doors.

Inside, a wide, sloped pathway leads from the main entry doors to the reception area.

The reception counter is at a height of 1200mm AFFL.

There is a second reception counter, including a wheelchair accessible counter at 720mm AFFL.

Staff can help with enquiries, bookings, payments or provide directions.

There is a visual communication board at reception to support customer communication.

At reception, there is:

* an audio-visual screen
* a retail merchandise area.

Casual Guests

1. Report to reception.
2. Pay for visit. Cash or EFTPOS is accepted.
3. Children aged 5 years and under are required to collect and wear a yellow wrist band for the pool.

Bands can be collected from reception.

1. Staff will open the entry gates for you.

Members

1. Children aged 5 years and under are required to collect and wear a yellow wrist band for the pool. Bands can be collected from reception.
2. Tap membership card at the scanner at the entry gates. The scanner is at a height of 1130mm AFFL.
3. The entry gates automatically open inward and have a 900mm space for you to pass through.
4. There is also a scanner on the reception desk for you to tap your membership card. Staff will open the entry gates for you after scanning your card.

When leaving, there is an exit gate which automatically opens inward with a 960mm space for you to pass through.

## Sensory Guide Reception

### Feel

* Change in ground surface
* Heating/Cooling
* Shared personal space

### Sounds

* Announcements
* Music (aqua classes)
* People
* Phones

### Sights

* Bright lights
* Glare

Smells

* Chlorine

# Therapeutic Benefits of Activity

Being involved in regular moderate physical activity can provide numerous advantages. Listed below are the associated therapeutic benefits of participating in activities available at Ian Thorpe Aquatic Centre.

All areas:

Improves cardiovascular health

Improves muscular strength

Improves overall physical health, mental wellbeing and social connections

Improves proprioception

Promotes improvement in range of movement

Reduces pain and inflammation

Reduces stiffness

Relaxation and calming benefits

Supports injury rehabilitation.

Pools:

Develops interpersonal and social skills

Develops social awareness

Develops understanding of winning and losing

Encourages children to practice turn taking

Encourages cooperation

Encourages sensory exploration

Facilitates development of gross motor skills in children.

Heath Club and Group Exercise (wet and dry):

Assists in the management of injuries and rehabilitation

Develops interpersonal and social skills

Develops social awareness

Encourages sensory exploration

Encourages social interaction and community participation

Facilitates development of gross motor skills

Exercises the body without putting stress on joints

Improves balance

Improves endurance

Improves muscle growth

Improves physical capabilities Increases flexibility

Promotes sensory regulation.

Did you know that sport and active recreation can fit into four different NDIS funding categories?

The NDIS Sports Guide will walk you through how to include sport and recreation into your NDIS planning goals. https://www.dsr.org.au/ndis-sports-guide

# Pool Hall

The pool hall is past the reception desk on level 2.

Entry is through wide, glass automated sliding doors.

Includes:

* toilets and changerooms, including accessible
* 50-metre pool
* leisure pool with spa area and water features
* program pool
* sauna
* steam room
* lockers at various heights
* showers for rinsing off
* water fountain.

Parents/guardians must remain within arm’s reach of any children aged 5 years and under with no more than two children per parent/guardian. For more information on active supervision, visit the Royal Lifesaving Australia website. https://www.royallifesaving.com.au/about/campaigns

-and-programs/keep-watch

# Pool Hall: Toilets and Changerooms (50-metre Pool)

There are two accessible toilets at the end of the 50metre pool.

Location: Next to women/girls’ changerooms.

Includes: one all genders, accessible toilet with artificial lighting manual door that you push open with an 800mm space for you to pass through twist lock at 1120mm AFFL cubicle space 2485mm x 2470mm grab bars to the right and behind toilet toilet height 450mm AFFL with right hand transfer sink height 800mm AFFL with lever tap 950mm AFFL emergency button 330mm from toilet

Shower with HHSH, shower bench, grab bars, nonslip mat and separate hot and cold taps baby change area.

Location: End of the 50m pool, between men/boys and women/girls’ changerooms.

Includes: one all genders, accessible toilet with artificial lighting manual door that you pull out with an 800mm space for you to pass through twist lock at 1200mm AFFL cubicle space 2395mm x 2525mm

grab bars to the left and behind toilet toilet height 450mm AFFL with left hand transfer sink height 800mm AFFL with lever tap 970mm AFFL emergency button 330mm from toilet shower with HHSH, shower bench, grab bars, nonslip mat and separate hot and cold taps.

Separate men/boy and women/girls’ changerooms.

Location: At the end of the 50-metre pool.

Includes:

toilet cubicles shower cubicles communal change area with benches and hooks.

## Sensory Guide Toilets and Changerooms (50-metre Pool)

### Feel

* Heating/Cooling
* Shared personal space (excl. accessible)

### Sounds

* Announcements
* Echo
* Fans
* Toilet flushing
* Water running

### Sights

* Bright lights
* Mirror/Reflection

### Smells

* Air Freshener
* Bathroom smells
* Chlorine
* Disinfectants

# Pool Hall: Toilets and Changerooms (Program Pool)

There are two accessible toilets near the program pool. Includes: one all genders, accessible toilet with artificial lighting manual door that you pull out with an 800mm space for you to pass through twist lock at 1120mm AFFL cubicle space 2475mm x 2805mm grab bars to the right and behind toilet toilet height 440mm AFFL with right hand transfer sink height 790mm AFFL with lever tap 940mm AFFL emergency button 330mm from toilet shower with HHSH, shower bench, grab bars, nonslip mat and separate hot and cold taps baby change area.

Includes:

one all genders, accessible toilet with artificial lighting manual door that you pull out with an 800mm space for you to pass through twist lock at 1250mm AFFL cubicle space 2405mm x 2800mm

grab bars to the left and behind toilet toilet height 450mm AFFL with left hand transfer sink height 780mm AFFL with lever tap 940mm AFFL emergency button 330mm from toilet shower with HHSH, shower bench, grab bars, nonslip mat and separate hot and cold taps baby change area.

The Pool Hall has two sets of men/boy and women/girls’ changerooms.

Includes:

toilet cubicles shower cubicles communal change area with benches and hooks hair dryers

baby change and nappy bins.

## Sensory Guide Toilets and Changerooms (Program Pool)

### Feel

* Heating/Cooling
* Shared personal space (excl. accessible)

### Sounds

* Announcements
* Echo
* Fans
* Hair dryers
* Toilet flushing
* Water running

### Sights

* Bright lights
* Mirror/Reflection

### Smells

* Air Freshener
* Bathroom smells
* Chlorine
* Disinfectants

# Pool Hall: 50-metre Pool

The 50-metre pool is used for lap swimming and recreational use.

There is ramp and stepped access up to the 50-metre pool concourse.

Includes:

* pool hoist. Please see staff at reception
* stepped access with handrails both sides
* pool access ladders with handrails both sides
* pool depth 1.2 metres to 2 metres
* eight full-sized lanes
* diving blocks
* pool temperature approximately 26.5 degrees Celsius
* tiered, concrete spectator seating.

For lap lane availability information, please visit our website. https://itac.org.au/swimming-andaquatics/lane-availability

Bookings are not required. However, if you would like to book a lane for exclusive use, please contact us on 1300 198 412, or email

askbelgravia@belgravialeisure.com.au. Charges apply.

## Sensory Guide 50-Metre Pool

### Feel

* Being splashed
* Heat/Humidity
* Increased body temperature
* Increased heart rate
* Water resistance
* Weightlessness

### Sounds

* Amplified voice
* Announcements
* Echo
* Music
* Splashing

### Sights

* Bright lights
* Glare
* Splashing

Smells

* Chlorine

# Pool Hall: Leisure Pool

The leisure pool is for recreational use.

There is ramp and stepped access to the leisure pool concourse.

Includes:

* beach entry
* stepped access with handrail in the centre
* pool depth up to 1 metre
* spa area
* water jet features
* pool temperature approximately 30 degrees Celsius
* surrounding tables
* surrounding seats with back and armrests
* surrounding bench seats with no back or armrests.

There is an outdoor balcony that can be accessed from the leisure pool concourse.

Entry to the outdoor balcony is through wide, glass automated sliding doors.

The outdoor balcony includes:

* tables
* seats with backrests
* lounge chairs
* shade umbrellas.

## Sensory Guide Leisure Pool

### Feel

* Being splashed
* Heat/Humidity
* Increased body temperature
* Increased heart rate
* Shared personal space
* Water jets
* Water resistance
* Weightlessness

### Sounds

* Amplified voice
* Announcements
* Echo
* Music
* Spa bubbling
* Splashing
* Water jets

### Sights

* Bright lights
* Glare
* Splashing
* Water features

Smells

* Chlorine

# Pool Hall: Program Pool

The program pool is used for gentle exercise, swimming lessons, aqua group exercise and relaxation.

Includes:

* pool hoist. Please see staff at reception.
* ramp entry with shallow decline - length 16m,

4.2-degree gradient

* stepped access with handrails both sides
* pool depth 0.8 metres to 1.3 metres
* handrails along inner edge of pool
* pool temperature approximately 32 degrees Celsius
* surrounding bench seats with no back or armrests
* surrounding pigeon hole lockers.

## Sensory Guide Program Pool

### Feel

* Being splashed
* Heat/Humidity
* Increased body temperature
* Increased heart rate
* Shared personal space
* Warm water
* Water resistance
* Weightlessness

### Sounds

* Amplified voice
* Announcements
* Echo
* Music
* Splashing

### Sights

* Bright lights
* Glare
* Splashing

Smells

* Chlorine

# Pool Hall: Swimming Lessons

Children (Infant to Intermediate)

Infant and early stages of child swimming lessons are held in program pool. Intermediate levels are held in both program and 50-metre pools (varies depending on day of the week). Advanced child levels are in the 50-metre pool.

Other locations offering the same all year-round swim programs are Gunyama and Cook and Phillip Park Pool.

https://cookandphillip.org.au/swimming-andaquatics/learn-to-swim-kids https://gunyamapark.com.au/swimming-andaquatics/learn-to-swim-kids

Lessons follow the GOswim curriculum.

Ian Thorpe Aquatic Centre is an approved Active Kids Provider. https://www.service.nsw.gov.au/transaction/applyactive-kids-voucher

Lessons run weekly for 30 minutes.

Enrol at any time.

Fast track clinics are available during school holidays.

For more information, please visit our website. https://itac.org.au/swimming-and-aquatics/learn-toswim-kids

Adults and teenagers:

Adult and teenager swimming lessons are held in the 50-metre pool.

Lessons run weekly for 30 minutes and some higherlevel lessons run for 45 minutes. Lessons are available 48 weeks of the year.

Lessons are designed for adults and teenagers aged over 16 years and cater for all levels, including beginners.

There is a maximum of six students per swimming instructor for a tailored experience

Enrol at any time.

You can also book private lessons. Please contact phone 1300 198 412 or email askbelgravia@belgravialeisure.com.au.

For more information on adult swimming lessons, please visit our website.

https://itac.org.au/swimming-and-aquatics/adultswimming-lessons

A membership card is provided with all swim school enrolments. Cards to be scanned at reception.

# Pool Hall: Sauna and Steam Room

The sauna and steam room are next to the program pool.

Sauna

Entry to the sauna is through a manual door that you pull out with a 720mm space for you to pass through.

There is tiered seating inside the sauna.

Steam Room

Entry to the steam room is through a manual door that you pull out with a 720mm space for you to pass through.

There is tiered, stepped access to seating inside the steam room.

Members can use the sauna and steam rooms at no extra cost. Casual users incur a fee. Please tell staff at reception if you would like to use the sauna or steam room.

All sauna and steam room users are required to wear a wristband. The colour of the wristband changes daily.

Entry Conditions:

* shower before entering
* an appropriately sized towel (must cover all areas of seating) is required for use
* maximum capacities apply. See staff in-centre
* patrons must exit the sauna or steam room after a 15-minute session and allow for others to use the amenities. Patrons must then wait until a spot is available again
* to ensure safety, patrons are encouraged not to use the sauna or steam room for longer than a total of 30 minutes.
* do not use these areas if you are pregnant or suffering from a heart condition
* children under the age of 16 are not permitted to use the sauna
* do not use while under the influence of drugs or alcohol
* if you are taking medication or are unwell, please seek medical advice before use.

## Sensory Guide Sauna and Steam Room

### Feel

* Dry air (sauna)
* Heat/Humidity
* Increased body temperature
* Shared personal space
* Steam (steam room)

### Sounds

* Announcements
* Music

### Sights

* Dim lighting
* People

### Smells

* Chlorine
* Heated wood (sauna)
* Perspiration

# Pool Hall: Aqua Group Exercise

A variety of aqua group exercise classes are available for members and casual users. A timetable can be found on our website.

https://itac.org.au/group-fitness-class-descriptions https://itac.org.au/health-and-fitness/group-fitness

All aqua group exercise classes are free for people who have a 360 membership. For casual users, group exercise classes incur a fee.

Casual

1. Purchase a ticket from main reception service desk.
2. Staff will direct you to the appropriate pool.
3. Give your ticket to the instructor who is operating the class.

Members

1. Book a class online or at reception.
2. Staff will direct you to the appropriate pool.
3. The instructor will mark your name off the attendance list.

All group exercise classes have a limited capacity. Please book online and refer to our group exercise booking policy. https://itac.org.au/health-and-fitness/group-fitness

It is recommended participants arrive five minutes early to class.

Due to health and safety reasons, people who arrive after the class has started will not be able to purchase a ticket or join the class.

## Sensory Guide Aqua Group Exercise

### Feel

* Being splashed
* Heat
* Humidity
* Increased body temperature
* Increased heart rate
* Shared personal space
* Water resistance
* Weightlessness

### Sounds

* Amplified voice
* Announcements
* Echo
* Music
* People

### Sights

* Bright lights
* Glare
* Splashing

Smells

* Chlorine

# Health and Wellbeing (Introduction Page)

The Health and Wellbeing area is on Level 1.

There is lift and stair access to the Health and Wellbeing area.

The external entrance to the Health and Wellbeing area is on level 1, next to the lift. Entry is then through wide, glass automated sliding doors. Users are required to tap their membership card on the scanner at the gates, which is at a height of 1260mm AFFL. The gates then automatically open inward, providing a 900mm space to pass through.

You can also access the health club from inside the centre. There is stair access to level 1. The entry door is within a hallway. Users tap their membership card at the scanner at a height of 1 metre. Entry is through a manual glass door that you pull out with a 980mm space for you to pass through.

Includes:

* health club
* group exercise studio
* cycle studio
* toilets and changerooms, including accessible.

Don’t forget your towel and drink bottle.

# Health and Wellbeing: Health Club

The health club is available for workouts for both members and casual users.

https://itac.org.au/health-and-fitness

There is a reception desk directly ahead of the entry gates at 950mm AFFL.

Includes:

* dedicated functional, stretch, cardio and weights areas
* a variety of gym equipment including cardio machines, pin loaded machines, barbells, dumbbells and functional training equipment
* arm cycle machine
* mirrored walls
* window walls
* fans
* water fountain
* open pigeonholes for storage
* wipe stations.

## Sensory Guide Health Club

### Feel

* Change in ground surface
* Heating/Cooling
* Increased body temperature
* Increased heart rate
* Shared personal space

### Sounds

* Amplified voice (group exercise classes)
* Announcements
* Echo
* Heating/Cooling
* Music
* People
* Weights clanging

### Sights

* Bright lights
* Glare
* Mirror/Reflection

### Smells

* Deodorant
* Perspiration
* Rubber matting

# Health and Wellbeing: Group Exercise Studio and Cycle Studio

A variety of classes are available for all fitness levels.

A timetable can be found on our website.

https://itac.org.au/group-fitness-class-descriptions

Group Exercise Studio

The group exercise studio is near reception.

Entry is through glass, manual doors that you push open with a 900mm space for you to pass through.

These can be opened to double doors.

Cycle Studio

The cycle studio at the back of the health club.

Entry is through wide, manual double doors that you push to open.

Group exercise and cycle studios include:

* variety of gym equipment relevant to each class; spin bikes, steps, mats, weight plates, barbells and stretch bands
* mirrored walls
* window walls
* stage
* fans.

Casual

1. Purchase a ticket from main reception service desk.
2. Staff will direct you to the appropriate exercise studio.
3. Give your ticket to the instructor who is operating the class.

Members

1.Book a class online or at reception.

2.Staff will direct you to the exercise space.

3.The instructor will mark your name off the attendance list.

All group exercise classes have a limited capacity. Please book online and refer to our group exercise booking policy.

https://itac.org.au/health-and-fitness/group-fitness

It is recommended participants arrive five minutes early to class.

Due to health and safety reasons, people who arrive after the class has started will not be able to purchase a ticket or join the class.

## Sensory Guide Group Exercise Studio and Cycle Studio

### Feel

* Change in ground surface
* Heating/Cooling
* Increased body temperature
* Increased heart rate
* Shared personal space

### Sounds

* Amplified voice
* Announcements
* Bicycles whirring (cycle studio)
* Echo
* Fans
* Feet stomping (group exercise studio)
* Music
* People

### Sights

* Bright lights (group exercise studio)
* Blue lighting (cycle studio)
* Dim lighting (cycle studio)
* Mirror/Reflection
* Rapid movement

### Smells

* Deodorant
* Perspiration

# Health and Wellbeing: Toilets and Changerooms

The Health and Wellbeing area has one all genders accessible toilet.

Location: In a hallway opposite the health club, next to the women/girls’ changerooms.

Includes:

one all genders, accessible toilet with sensor lighting manual door that you push open with an 800mm space for you to pass through twist lock at 980mm AFFL cubicle space 2385mm x 2225mm

grab bars to the left and behind toilet toilet height 450mm AFFL with left hand transfer sink height 790mm AFFL with lever tap 930mm AFFL emergency button 330mm from toilet shower with HHSH, shower bench, grab bars and separate hot and cold taps baby change area.

The Health and Wellbeing area has one set of men/boys and women/girls’ changerooms.

Location: In a hallway, opposite the health club.

Includes:

toilet cubicles shower cubicles communal change area with benches and hooks lockers at varying heights.

# Sensory Guide Health and Wellbeing Toilets and Changerooms

## Feel

* Heating/Cooling
* Shared personal space (excl. accessible)

## Sounds

* Announcements
* Echo
* Hair dryers
* Toilet flushing
* Water running

## Sights

* Bright lights
* Mirror/Reflection

## Smells

* Air Freshener
* Bathroom smells
* Disinfectants Accessibility

Throughout:

Internet booking system.

Accessible website.

Covered car park ramp, to the lift leading to centre,

8.5 metres with gradient 1:26 (3.8%).

Covered car park with glass, automated sliding exit doors with a 1460mm clearance for you to pass through.

Harris Street pram ramp at bus drop off zone.

Harris Street pathway to main entrance with width 8 metres, length 30 metres and gradient 1:28 (3.5%).

The internal sloped floor from the main entry doors to the reception counter is 7 metres long, with a gradient of 1:27 (3.7%).

Reception with wireless EFTPOS machine.

Varied outdoor terrain of concrete, asphalt and tarmac.

Varied indoor terrain of tiles, wooden floorboards, rubber matting, synthetic flooring and vinyl.

Wide, clear internal walkways.

Clear wheelchair circulation space.

Spaces for a person using a wheelchair to sit with friends.

Assistance animals welcome.

Interpreter service available at City of Sydney. Please call the Translating and Interpreting Service (TIS National) on 131 450 and ask them to telephone City of Sydney on 02 9265 9333. Opening hours 8:30am - 5pm Monday - Friday.

Friendly, helpful staff who have completed access and inclusion training.

Clear, large print name tags on staff.

Staff available to read information if required.

Pen and paper for exchanging information.

Discounted entry prices for holders of government issued pension cards and Companion cards.

Spaces throughout for pram parking.

Vending machine.

Accessible guided tours.

Lift:

Buttons outside lift with operating height 950mm AFFL.

Door clearance 885mm.

Audio enabled.

Cubicle space 1445mm X 1945mm.

Buttons inside lift with operating height 1100mm AFFL.

Buttons inside lift with Braille. Braille is a written language for people with vision difficulties. Raised dots represent characters and are felt with a person’s fingertips. Handrails.

Toilets:

Signage with Braille.

Pool Hall:

Additional portable hoist within storeroom. Speak to staff.

Ramp to 50 metre pool concourse length 19 metres with gradient 1:24 (4.1%). Landing platform in middle of ramp.

Ramp to leisure pool concourse 12 metres with gradient 1:33 (3.0%).

Leisure pool concourse with tables at 755mm AFFL with knee clearance 710mm AFFL.

Outdoor balcony with tables 755mm AFFL with knee clearance 710mm AFFL.

Water fountain near sauna and steam rooms with push button and spout at 1 metre.

Aqua wheelchairs available.

Scooters permitted in Pool Hall.

Learn to Swim sensory kits available during lessons and supplied by Learn to Swim instructor.

Health and Wellbeing Area:

Water fountain with spout and bottle refill 1 metre.

Cycle Studio not accessible for wheelchair users.

# Safety

Throughout:

Ramp from covered car park, to lift leading to centre, with TGSI (see Glossary) top and bottom and handrail on one side.

Covered car park exit door with contrast safety bands 1165mm to 1245mm AFFL.

Harris Street pathway to main entrance with TGSI top and bottom and handrails both sides.

Steps between Pyrmont and Harris Street with TGSI top and bottom, handrails both sides and stair nosing.

Main entry doors with contrast safety bands 1165mm to 1240mm AFFL.

The internal sloped floor from main entry doors to reception counter has TGSI at the top and bottom and handrails on the right, as well as in centre.

Defibrillator located on pool deck.

First Aid kits located in first aid room, pool deck and health club.

Bins placed against walls.

Wet floor signage.

All staff with Working with Children Checks.

Fire wardens on site.

Children to be actively supervised at all times.

Walking only.

No smoking or vaping.

Illuminated exit signs.

Audible alerts in the case of an emergency.

Evacuation maps located throughout.

In the event of an emergency, staff will help and direct visitors. If there is to be an evacuation, visitors will be directed to the nearest exit and designated assembly area.

Pool Hall:

Entry doors to pool hall with no contrast safety bands.

Ramp to 50 metre pool concourse with TGSI at the top and bottom and handrails on both sides.

Steps to 50 metre pool concourse with TGSI at the top and bottom, handrails both sides and stair nosing.

Ramp to leisure pool concourse with TGSI at the top and bottom and handrails both sides.

Steps to leisure pool concourse with TGSI at the top and bottom, handrails both sides and stair nosing.

Doors from leisure pool concourse to outdoor balcony with no contrast safety bands.

Outdoor balcony safety barrier 1 metre.

Ramp entry into program pool with handrails both sides.

Entry doors to sauna and steam rooms with contrast safety bands 1000mm to 1070mm AFFL.

Health and Wellbeing Area:

External entry doors to Health and Wellbeing area with no contrast safety bands.

Entry gates to health club with contrast safety bands 1000mm to 1070mm AFFL.

Health club cardio area with single stepped access with stair nosing, no TGSI top or bottom and no handrails.

Group exercise studio with two concrete pillars in centre of room.

The group exercise studio’s raised instructor area is not colour contrasted with the floor.

# Contact Us

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