

# ASHBURTON POOL AND RECREATION CENTRE

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8 Warner Avenue  
Ashburton Vic 3147  
Phone (03) 9885 0333  
[ashburton.boroondaraleisure.com.au](http://ashburton.boroondaraleisure.com.au)

## Access Key

A customised accessibility guide





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

**AFFL** - Above finished floor level.

**Agility** - The ability to move quickly and easily when faced with a challenge.

**Balance** - A biological system that enables us to maintain a body's desired position and requires a number of sensory systems to work together.

**Cardiovascular** - Relating to the heart and blood vessels.

**Coordination** - The ability to use different parts of the body together smoothly and efficiently.

**EVOLT 360** - A quick, non-evasive body composition scanner that can determine over 40 different metrics relating to body fat, lean muscle mass and visceral fat. This allows for a targeted diet, exercise and lifestyle plan to be developed.

**Exercise Physiology** - It involves delivering and evaluating safe and effective exercise interventions for people with acute, sub-acute or chronic medical conditions, injuries or disabilities.

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

**Futsal** - a modified form of soccer, typically played in smaller indoor courts, with five players per side.

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

**HSHS** - 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.

**Mobility** - The ability to move or be moved easily and freely.

**MyZone heart rate tracking** – A wearable tracking system that sits on patrons' chests and links up to audio visual screens within the health club, allowing patrons to track various statistics such as their heart rate and intensity levels. Available for purchase at reception.

**Mynd wellness** - Practise in the art of mindfulness and meditation.

**NDIS** - National Disability Insurance Scheme.

**Personal Success Plan** – A service where members can book an appointment with a gymnasium staff member, who helps build a fitness program and guide members towards their goals.

**Proprioception** - Awareness of position and movement of the body.

**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** - Consider the perspective of other people and understand their needs.

**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.

**TRX mapping** - A self-screening tool that analyses a person's movement and produces a customised exercise plan to improve form.

**Vestibular** - Awareness of balance and spatial orientation in order to coordinate movement with balance.



# Guidelines

Thank you for choosing to use an Access Key for Ashburton Pool and Recreation Centre. This customised accessibility guide provides convenient information for Ashburton Pool and Recreation 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 can 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.
- Accessibility information is located on page [34](#).
- Safety information is located on page [35](#).
- Download Access Key in its entirety - 36 pages in total.



**Access  
Ability  
Australia**

Access Keys are designed and developed by AccessAbilityAustralia.

To view the full range of free Access Keys available, go to [AAA Library](#).

For Access Keys in Braille or audio, please [Contact Us](#).

Please complete our short [survey](#) to help us ensure continuous improvement.



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# Communication Board

## Ashburton Pool and Recreation Centre

April 2022 V1

Accessible toilet



Booking



Change room



Exercise class



First aid



Gym



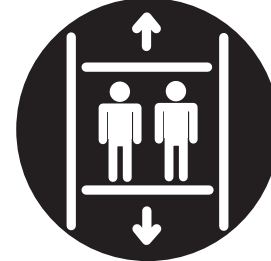
I don't speak English



I need help



Lift



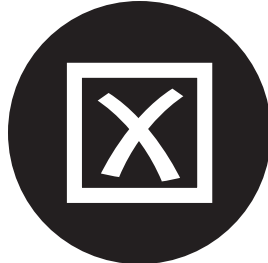
Membership



Yes



No



Spa



Stairs



Swim



Toilets



Question



Write it down



Café



Stadium







## Did You Know?

- Ashburton Pool and Recreation Centre is proudly owned by the City of Boroondara and managed by [YMCA Victoria](#).
- View the City of Boroondara's [Disability Action Plan](#).
- City of Boroondara have lots of sport and recreation activities for people with disability. Visit council's [website](#) to learn more.
- [BindiMaps](#) installed to assist with navigation inside the centre. BindiMaps is a mobile app suitable for all users but is optimised for users with vision impairment.
- The centre is an accredited [Watch Around Water](#) centre.
- A range of [membership](#) options are available including options specifically to support young members aged 12 to 17 years and members aged over 50 years.
- Please visit our [website](#) for casual entry prices.
- [Flexible school programs](#) are available.
- A [nutrition program](#) is available which is free as part of your membership.
- [School Holiday Programs](#) are available for children aged between 5 and 12 years.
- [Birthday parties](#) for children are available.

- [“Women-Only” swimming](#) allows women to come together and enjoy swimming in a female-only environment.
- Ashburton Pool and Recreation Centre helps people experiencing disadvantage by subsidising the costs of YMCA programs and services through the YMCA Open Doors program. For information on eligibility and how to apply, please visit our [website](#).
- Follow us on [Facebook](#) and [Instagram](#).
- To provide feedback please visit our [website](#) or call us on (03) 9885 0333.
- Ashburton Pool and Recreation Centre has a wide range of facilities to help you achieve your fitness goals.

### Aquatic Supervision Rules

#### Children under 5 years old

- All children must be accompanied into the centre by a person over the age of 18 and supervised within arms' reach, at all times in the water.
- All children must wear a yellow wristband supplied by staff to help identify their age while swimming.
- Children will not be admitted without a full fee paying parent/guardian who must also be in the water at all times.
- Groups will not be admitted entry where the number

of parents/guardians supervising a group of children under 5 years exceeds the ratio of 1:2.

#### Children under 10 years old

- All children under the age of 10 must be accompanied into the centre by a person over the age of 18.
- All children must be constantly and actively supervised by an adult over the age of 18 at all times. The adult must have a clear and active view of the child with no physical or structural barriers between them (this includes tech and devices).
- All children must wear a red wristband supplied by staff to help identify their age while swimming. Groups will not be admitted entry where the number of parents/guardians supervising a group of children under 10 years exceeds the ratio of 1:4.
- No photography permitted in the centre.



# Getting There

Ashburton Pool and Recreation Centre is located at 8 Warner Avenue, Ashburton.

See Google Maps reference [here](#).

## Train

The closest station is Alamein Station on the Lilydale and Alamein train lines.

## Bus

The nearest bus stop, on the corner of High Street and Warrigal Road, Ashwood, is 790 metres from the centre.

For further information on how to get to Ashburton Pool and Recreation Centre, please visit [Public Transport Victoria](#).







## Parking

The most convenient parking for Ashburton Pool and Recreation Centre is located within a designated carpark on site.

There are:

- nine accessible parking bays located 45 metres from the entrance to the centre
- over two hundred general parking bays with no restrictions
- three 5-minute parking bays outside the entrance
- nearby street parking with no restrictions.

Buses are required to park on the side street after dropping off.

Bike racks are located outside the main entrance. Some are undercover.



# Welcome

Welcome to Ashburton Pool and Recreation Centre.

Entry is via two sets of glass automated doors; both sets with a clearance of 1670mm.

For opening hours and contact details please visit our [website](#).

Centre operating hours may vary depending on programs being run on a day-to-day basis. Please check before attending for availability of specific pools.

For further details please call (03) 9885 0333 or email [ashburton.customercare@ymca.org.au](mailto:ashburton.customercare@ymca.org.au).

There is an undercover area directly outside the main entrance to the centre.

Bench seats with no back or armrests are located outside the main entrance.





# ASHBURTON POOL AND RECREATION CENTRE

## Ground Floor

### Legend

- Café
- Retail
- Staff Only Area
- Wet Change Room
- Toilets
- Sauna
- Program Room
- Creche
- First Aid
- Reception
- 1 Main Entrance
- 🍳 Kitchenette
- ⬆ Lift
- 🚿 External Shower
- ♿ Accessible Toilet
- 👶 Child Toilet






# ASHBURTON POOL AND RECREATION CENTRE

Level 1



**Legend**

-  Physiotherapy
-  Allied Health Suite
-  Lift





# Staff



Customer service, gymnasium, stadium and childcare staff wear blue polo shirts with the YMCA and Boroondara logos on the front, along with name badges. Staff wear black shorts.



Lifeguards wear international standard uniform which comprises of a bright yellow and red long sleeve shirt 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.



Swim instructors wear a red rash vest with the words "Swim Teacher" on the back.

Group fitness instructors wear active wear.



# Reception

Reception is located ahead of the entrance, to the right.

Staff are available to provide assistance with any enquiries, bookings, assist with payments or to provide directions.

A low height accessible reception counter is available to the right of the main reception desk. A seat with back, no armrest is available at this counter.

There is a visual Communication Board at reception to support confident customer communication.

Audio-visual screens display pricing.

A manual water wheelchair is available for use. This is located within the pool hall, next to the warm water pool. Ask at reception for details.

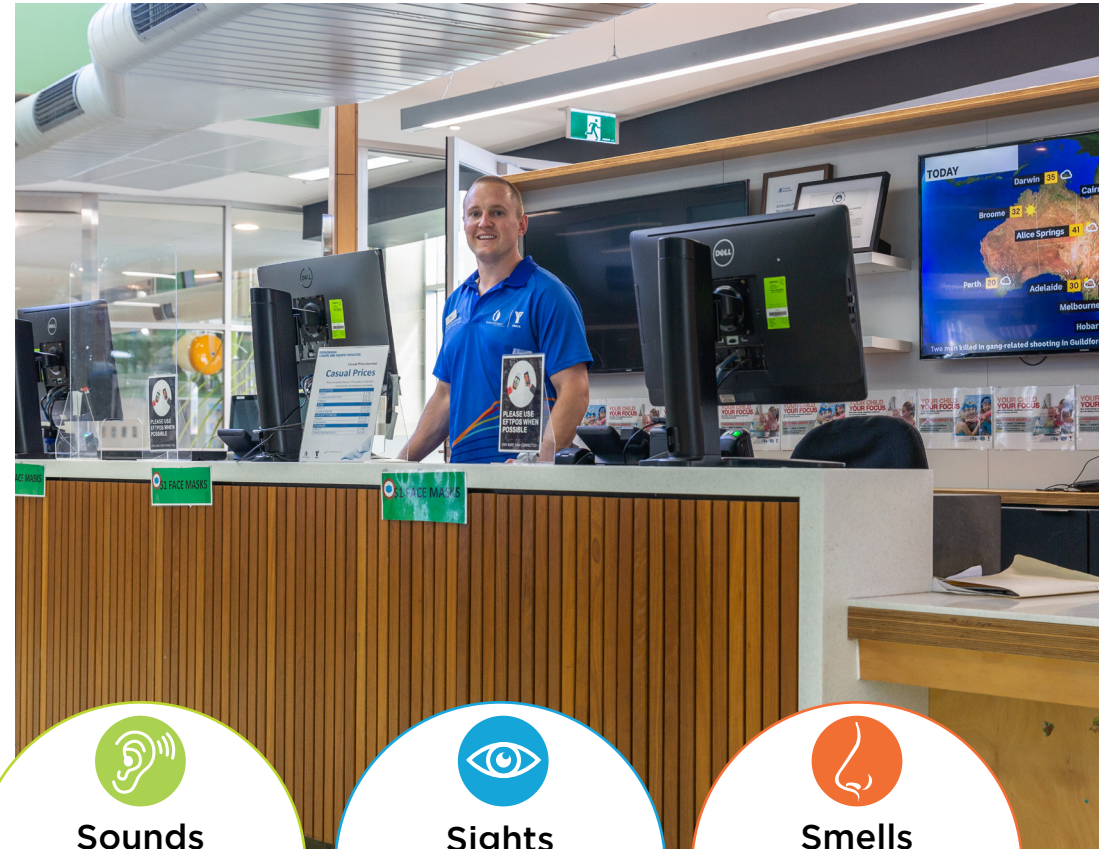
There is a merchandise stand near reception with sporting apparel, swimwear and essential accessories.

## Members

1. Children are required to collect and wear an appropriate coloured wrist band for the pool. Bands can be collected from reception.
2. Swipe membership card, wristband or keyring fob at the scanner. This scanner is located at the top of the member entry gates directly ahead of reception. Scanner is at a height of 1070mm AFFL.
3. Member gates automatically open outward with a clearance of 960mm.

## Casual Guests

1. Report to reception.
2. Pay for visit. Discuss what program you would like to access. Cash or EFTPOS is accepted.
3. Children are required to collect and wear an appropriate coloured wrist band for the pool. Bands can be collected from reception.
4. Spa and sauna users report to reception to collect wristband 'colour of the day'.
5. Customer Service staff will buzz casual guests through the entry gates.
6. Enter through the automatic entry gates directly ahead of reception. Gates open outward with a clearance of 960mm.



## SENSORY GUIDE



### Feel

Change in ground surface  
Heating/Cooling  
Shared personal space



### Sounds

Automated doors  
Heating/Cooling  
People  
Phones



### Sights

Bright lights  
People  
Glare



### Smells

Chlorine



# Therapeutic Benefits

Being involved in regular moderate physical activity can provide numerous advantages. Listed below are the associated therapeutic benefits of participating in activities available at Ashburton Pool and Recreation Centre.

## Aquatic Activities

- Develops interpersonal and social skills
- Develops understanding of winning and losing
- Encourages cooperation
- Encourages sensory exploration
- Facilitates development of gross motor skills
- Improves cardiovascular health
- Improves muscular strength
- Improves overall mental health and wellbeing
- Improves proprioception
- Promotes improvement in range of movement
- Promotes sensory regulation
- Reduces pain and inflammation
- Reduces stiffness
- Relaxation and calming benefits
- Supports injury rehabilitation

## Warm Water Exercise

- Encourages sensory exploration
- Facilitates development of gross motor skills
- Functional retraining for work
- Increased flexibility
- Increased aerobic fitness
- Increased muscular strength
- Relief of muscular tension and decreased pain
- Promotes sensory regulation

## Aquatic Group Fitness

- Assists in the management of injuries and rehabilitation
- Encourages social interaction and community participation
- Exercises the body without putting stress on joints
- Improves endurance
- Improves physical fitness
- Increases flexibility
- Increases muscle strength
- Promotes sensory regulation
- Reduces pain and stiffness

## Gymnasium

- Assists with balance and flexibility
- Assists with stress relief, decreased anxiety and better sleep
- Decreases risk of chronic disease
- Encourages social interaction and community participation
- Helps improve brain functionality and memory
- Helps improve mood
- Helps improve posture
- Helps reduce joint and muscle pain
- Improves cardiovascular fitness
- Increases energy levels
- Promotes sensory regulation

## Group Fitness

- Encourages social interaction and community participation
- Fitness instructors help to ensure exercises are executed in the correct way
- Gentle exercises for joints (spin and low impact classes)
- Helps improve physical fitness
- Improves energy levels
- Improve mental health
- Improves muscle strength in legs (spin classes)
- Promotes sensory and emotional regulation
- Working out in a group assists with fitness motivation and accountability

## Stadium Ball Sports

- Encourages socialisation
- Encourages team work and cooperative play
- Improves gross motor skills
- Improves hand/eye coordination
- Improves physical fitness



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.



# Indoor Pool Hall

The indoor pool hall provides community members of all ages and abilities the opportunity to enjoy a range of aquatic activities.

## Location

1. Enter through the centre entry doors.
2. Proceed past reception and through a hallway to the café.
3. Turn right past the café.

Entry is via glass automated doors with a clearance of 1380mm.

## Includes:

- change facilities
- lockers (members only)
- warm water pool
- indoor 25 metre heated pool
- toddler pool and aqua play area
- aquatic group fitness
- spas
- sauna
- communal showers
- seats with backs and armrests. There are also bench seats with no back or armrests throughout the pool hall.





# Toilets and Change Facilities - Set One

The indoor pool hall has two sets of toilets and change facilities.

Set one has two accessible toilets, separate male and female toilets and change facilities as well as family friendly unisex change rooms.

## Location

Through the pool hall entry doors, immediately to the left.

## Accessible Toilet One

Includes:

- unisex, accessible toilet with artificial lighting
- manual door opening inward. Door clearance of 830mm. Twist lock at 1100mm AFFL
- cubicle space 4500mm x 2200mm
- grab bars to the left and behind toilet
- toilet seat at height 460mm AFFL with left hand transfer
- emergency button 2600mm from toilet
- sink height 810mm AFFL with lever tap at 950mm AFFL
- shower with HHSH, grab bars, curtain and shower bench
- Waverley Glen C450 ceiling hoist/carry bar with a maximum load of 200kg.

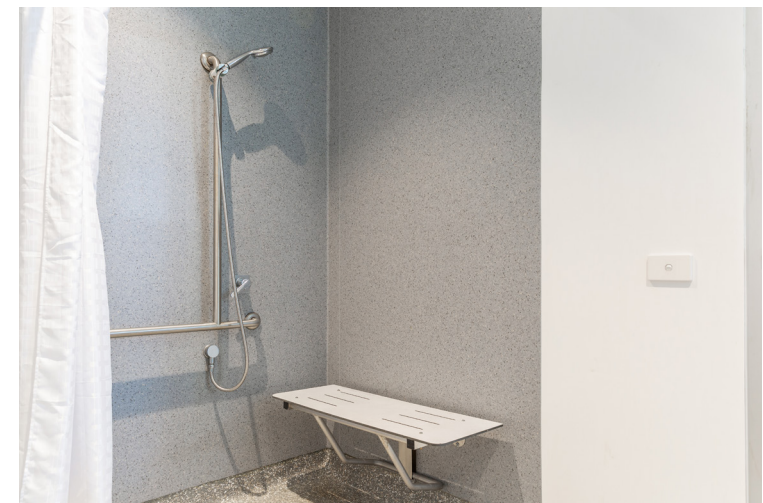
## Accessible Toilet Two

Includes:

- unisex, accessible toilet with artificial lighting
- manual door opening inward. Door clearance of 850mm. Twist lock at 1100mm AFFL
- cubicle space 4300mm x 3100mm
- grab bars to the right and behind toilet
- toilet seat at height 470mm AFFL with right hand transfer
- emergency button 3800mm from toilet
- sink height 810mm AFFL with lever tap at 950mm AFFL
- shower with HHSH, grab bars, curtain and shower bench
- Waverley Glen C450 ceiling hoist/carry bar with a maximum load of 200kg
- adult change table - electronically height adjustable and manual folding table with maximum load 200kg.

Family changerooms including:

- toilet
- shower with grab bar
- baby change facilities.



## Feel

Change in ground surface  
Heating/Cooling  
Shared personal space  
(excl accessible)



## Sounds

Amplified voice  
Echo  
Hand dryers



## Sounds

Music  
(during aquatic classes)  
People (excl accessible)  
Running water  
Toilet flushing



## Sights

Bright lights  
Mirror/Reflection  
People (excl accessible)



## Smells

Air freshener  
Bathroom smells  
Chlorine | Deodorants  
Disinfectants  
Shower products



# Toilets and Change Facilities - Set Two

Set two has one accessible toilet and separate male and female toilets and change facilities.

## Accessible Toilet Three

Location: Far right-hand corner of the pool hall.

Includes:

- unisex, accessible toilet with artificial lighting
- manual door opening inward. Door clearance of 850mm. Twist lock at 1100mm AFFL
- cubicle space 2850mm x 2200mm
- grab bars to the right and behind toilet
- toilet seat at height 440mm AFFL with right hand transfer
- sink height 810mm AFFL with lever tap at 950mm AFFL
- shower with HHSH, grab bars, curtain and shower bench

Baby change area in female toilet and change facilities.



### Feel

Change in ground surface  
Heating/Cooling  
Shared personal space  
(excl accessible)



### Sounds

Amplified voice  
Echo  
Hand dryers  
Music  
(aquatic classes)



### Sounds

People  
(excl accessible)  
Running water  
Toilet flushing



### Sights

Bright lights  
Mirror/Reflection  
People  
(excl accessible)



### Smells

Air freshener  
Bathroom smells  
Chlorine  
Disinfectants  
Shower products



## Indoor Pool Hall

# Warm Water Pool

The warm water pool is located in the far-left corner of the indoor pool hall.

This pool is utilised for rehabilitation, recovery sessions, gentle warm water exercise, aquatic group fitness and swimming tuition for people of all ages and abilities.

For further information on swimming lessons, please visit our [website](#).

The warm water pool is available for public access. However, there may be limited room for public use when classes are running.

For more information on opening hours, please visit our [website](#).

Includes:

- adjustable floor, which allows wheelchairs to be placed directly into the pool
- depth varies, depending on height of adjustable floor. Maximum depth 1.3 metres
- pool pod with a maximum load of 150kg
- pool hoist with a maximum load of 150kg
- ladder entry points with handrails on both sides
- pool temperature approximately 34 degrees Celsius
- small group swim classes or 1:1 lessons are also offered.



### Feel

Being splashed  
Heat/Humidity  
Increased body temp  
Increased heart rate



### Feel

Shared personal space  
Warm water  
Water resistance  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo



### Sounds

Music  
(during aquatic classes)  
People  
Spa bubbling



### Sights

Dim lighting  
People  
Splashing



### Smells

Chlorine



## Indoor Pool Hall

# 25 Metre Heated Pool

The 25-metre heated pool is located in the middle of the pool hall.

It is utilised for lap swimming, swimming lessons, group fitness classes, pool games, birthday parties (including inflatable) and casual swimming.

Includes:

- one stepped entry point with a single handrail
- ladder entry points with handrails on both sides
- depth 1 to 1.5 metres
- pool temperature 29 degrees Celsius.

For lap lane availability and private lane bookings, please visit our [website](#) or call us on (03) 9885 0333.

### Lap Lane Etiquette

- Show consideration of others at all times.
- Comply with signage within pool hall.
- Select a lane based on your swimming speed and stroke (slow, medium, fast). You may need to move lanes if you change strokes.
- Pass other swimmers to the right and return promptly to the left of the lane.
- Allow faster swimmers to pass.
- At the end of the lane, move to the corner to avoid congestion.
- Avoid activities/drills that may disrupt other swimmers.
- Please co-operate with any requests made by the supervising lifeguard.



### Feel

Being splashed  
Cool water  
Heat/Humidity  
Increased body temperature



### Feel

Increased heart rate  
Shared personal space  
Water resistance  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo  
Music  
(aquatic classes)



### Sounds

People  
Spa bubbling  
Splashing  
Starter gun  
(during comps)



### Sights

Glare  
People  
Splashing



### Smells

Chlorine



## Indoor Pool Hall

# Toddler Pool and Aqua Play Area

The toddler pool and aqua play area is located on the right-hand side of the pool hall.

This area has many features including interactive water features such as a water bucket, tunnel, spray nozzles, jets, valves and an enclosed slide.

### Includes:

- beach entry
- adjoining toddler pool
- play area with stepped access points, no handrails, leading to two higher levels with more water play features
- depth 0-0.3 metres
- toddler pool temperature 29 degrees Celsius.

### Aqua Play Area Rules:

- walking only
- wait until the person in front of you exits the slides before taking your turn
- slide feet first
- exit the slide once you have finished.

Operating times can be viewed on our [website](#).



### Feel

Being splashed  
Cool water  
Heat/Humidity  
Increased body temperature



### Feel

Increased heart rate  
Shared personal space  
Water features  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo  
Music  
(aquatic classes)



### Sounds

People  
Running water  
Splashing  
Water features



### Sights

Glare  
People  
Splashing  
Water features



### Smells

Chlorine



## Indoor Pool Hall

# Aquatic Group Fitness

Ashburton Pool and Recreation Centre offers a variety of aquatic group fitness classes.

Aqua Mover and Easy Water Workout classes are held in the warm water pool. These classes are tailored for older adults, people with a disability or people that have an injury.

Water Workout and Deep-Water Running classes are held in the indoor 25-metre pool and are higher intensity. To see a description of specific classes, please visit our [website](#).

Members and casual guests can participate in aquatic group fitness classes. Casual guests incur a fee. For information on prices, please visit our [website](#).

Classes can be booked [online](#) and have a duration of 50 to 60 minutes.

### Further Information

- Tell the instructor if you have any injuries before the class starts.
- Be early, late entry is not permitted.
- Be prepared with your workout gear, towel and water bottle.
- Let the instructor know if it's your first time in an aquatic group fitness class.
- Be respectful and supportive of your fellow participants and our instructors.
- Stay till the end of the class.
- Put equipment away after the class.
- The minimum age to attend aquatic group fitness classes is 12 years old for members and 16 years old for casual guests.
- Youth members must attend a health planning session and induction with a parent/guardian before attending aquatic group fitness classes.



### Feel

Being splashed  
Heat/Humidity  
Increased body temp  
Increased heart rate



### Feel

Shared personal space  
Warm water  
Water resistance  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo | Music | People  
Running water  
Spas bubbling



### Sights

Dim lighting  
(warm water pool)  
Glare  
(25 metre indoor pool)  
People  
Splashing



### Smells

Chlorine



## Indoor Pool Hall

# Spa

The spa is located on the left-hand side of the pool hall. It is utilised for relaxation and indulgence.

Spa use is included in both Aquatic and Health and Wellness memberships.

Spa users are required to wear a wrist band.

Includes:

- stepped access into spa area with single handrail
- gate at top of access steps opens outward
- stepped entry into spa water with handrails on both sides
- maximum depth 1 metre
- temperature 37.5 – 38 degrees Celsius
- push operated water and air jets. Start buttons located on a pole next to spa. People must leave the spas to operate the buttons. **Green** to start, **red** to stop.

### Entry Conditions

- Shower before entering.
- Limit use of these areas to a maximum of 15 minutes at one time.
- Bring a water bottle to stay well hydrated.
- Do not use these areas if you are pregnant or suffering from a heart condition.
- Do not exercise in these areas.
- Do not put your head under water of the spa.
- Children under the age of 18 are not permitted to use the spa.
- 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.



### Feel

Bubbles  
Heat/Humidity  
Increased body temp  
Shared personal space



### Feel

Warm water  
Water jets  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo  
Music  
(aquatic classes)



### Sounds

People  
Spas bubbling  
Water features  
Water jets



### Sights

Bubbles  
People



### Smells

Chlorine



# Sauna

The sauna is located in the back-left corner of the pool hall.

Access is via a manual door opening outward with a clearance of 680mm.

Sauna users are required to wear wristbands.


There is two-tiered, bench seating within the sauna.

Entry Conditions

- Shower before entering.
- Limit use of these areas to a maximum of 15 minutes at one time.
- Bring a water bottle to stay well hydrated.
- Do not use these areas if you are pregnant or suffering from a heart condition.
- Do not exercise in these areas.
- No personal use of water/oils to activate heat.
- Children under the age of 18 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



**Feel**  
Dry air | Heat  
Increased body temperature  
Shared personal space



**Sounds**  
People



**Sights**  
Dim lighting  
People



**Smells**  
Chlorine  
Heated wood  
Perspiration



# Outdoor Area

## Location

1. Enter through the centre entry doors.
2. Proceed past reception and turn right.

Entry is via manual doors opening inward with a clearance of 800mm. These doors can also be opened to double doors with a clearance of 1610mm.

The outdoor pool can also be accessed from the indoor pool hall. The access door is located next to the toddler pool and aqua play area. Entry is via a manual door opening inward with a clearance of 940mm.

## Includes:

- 25 metre heated pool
- tiered spectator seating with no steps or handrails
- bench seating with no back or armrests, some with shade sails.





Outdoor Area

# 25 Metre Heated Pool

The outdoor 25 metre pool is open to the public seven days a week. During the months of June to August, the outdoor pool is closed between the hours of 12 noon to 4pm.

It is utilised for lap swimming, swimming lessons, group fitness classes, swimming carnivals, competitions, pool games, and casual swimming.

Includes:

- stepped entry point with a single handrail
- ladder entry points with handrails on both sides
- depth 1.2 metres to 2 metres
- pool temperature 27 degrees Celsius.

For lap lane availability and private lane bookings, please visit our [website](#) or call us on (03) 9885 0333.



### Lap Lane Etiquette

- Show courtesy and consideration to others at all times.
- Comply with poolside signage.
- Select a lane based on your swimming speed and stroke selection (slow, medium, fast). You may need to move to an alternate lane if you change strokes.
- Take care when passing another swimmer. Always pass to the right and return promptly to the left of the lane.
- Allow faster swimmers to pass.
- To avoid congestion at the end of the lane, move to the corner of the lane.
- During peak times avoid activities/drills that may disrupt other swimmers.
- Please co-operate with any requests made by the supervising lifeguard.

## SENSORY GUIDE



### Feel

Change in ground surface  
Being splashed  
Cool water  
Flying insects  
Increased body temp



### Feel

Increased heart rate  
Shared personal space  
Water resistance  
Weather  
Weightlessness



### Sounds

Amplified voice  
Announcements  
People | Splashing  
Starter guns (comp)  
Traffic  
Weather



### Sights

Glare  
People  
Splashing  
Sunlight



### Smells

Chlorine  
Sunscreen



# Health Club

The Health Club is split across both levels of the centre. Stepped or lift access is available.

Includes:

- toilets and change facilities
- a large gym area and range of equipment to cater for all fitness levels
- individual [personal training](#) and small group personal training sessions
- personal-training
- assisted gym sessions, which offer extra support, assistance and guidance for anybody participating in a [rehabilitation program](#)
- fitness studios.





# Toilet and Change Facilities

The health club has one set of toilet and change facilities, including two accessible toilets.

## Location

1. Go past reception.
2. Continue straight ahead down the hallway.
3. Continue past the gymnasium and the creche on the left.
4. Toilets are located after the stairs, on the left, within a hallway.

## Accessible Toilet One

### Includes:

- unisex, accessible toilet with artificial lighting
- manual door opening inward. Door clearance of 850mm. Twist lock at 1100mm AFFL
- cubicle space 2720mm x 2200mm
- grab bars to the right and behind toilet
- toilet seat at height 470mm AFFL with right hand transfer
- emergency button 730mm from toilet
- sink height 760mm AFFL with lever tap at 920mm AFFL
- shower with HHSH, grab bars, curtain and shower bench
- baby change.

## Accessible Toilet Two

### Includes:

- unisex, accessible toilet with artificial lighting
- manual door opening inward. Door clearance of 840mm. Twist lock at 1100mm AFFL
- cubicle space 2740mm x 2320mm
- grab bars to the left and behind toilet
- toilet seat at height 460mm AFFL with left hand transfer
- emergency button 950mm from toilet
- sink height 780mm AFFL with lever tap at 930mm AFFL
- shower with HHSH, grab bars, curtain and shower bench
- baby change.

Separate male and female toilets and change facilities.



## SENSORY GUIDE



### Feel

Change in ground surface  
Heating/Cooling  
Shared personal space  
(excl accessible)



### Sounds

Amplified voice  
Echo | Hand dryers  
People (excl accessible)  
Running water  
Toilet flushing



### Sights

Bright lights  
Mirror/Reflection  
People (excl accessible)



### Smells

Air freshener  
Bathroom smells  
Deodorants  
Disinfectants  
Shower products



# Gymnasium

Location: Ground level, past reception, on the left.

Includes:

- modern electronic, pin-loaded and free weight equipment
- divided cardio and weights area
- designated functional training space
- EVOLT 360 and TRX MAPS
- MyZone heart rate tracking
- Personal Success Plan
- a selection of accessible fitness equipment including hand cycle machine, free weights, bar bells, kettle bells, medicine balls and dumb bells, cable machines, TheraBands and foam rollers
- open lockers
- sanitisation and wipe stations.

Members and guests are required to bring their own workout towel.

If you have any medical conditions, we advise that you speak to your doctor prior to commencing any physical activity.

Peopled aged 12-17 years must be registered Youth members and complete an induction with gym staff in order to use gym equipment. Children under the age of 12 are not permitted to use gym equipment.



## SENSORY GUIDE



### Feel

Change in ground surface  
Fans | Heating/Cooling  
Increased body temp  
Increased heart rate  
Shared personal space



### Sounds

Announcements  
Gym equipment  
Heating/Cooling  
Music | People  
Weights clanging



### Sights

Bright lights  
Fans oscillating  
Glare  
Mirror reflection  
People



### Smells

Deodorants  
Perspiration  
Rubber matting  
Sanitiser/Wipes



# Group Fitness Studios

Ashburton Pool and Recreation Centre has a variety of popular group fitness classes for all ages and abilities. For a full list of class descriptions, please see our [website](#).

There are three fitness studios.

## Main Group Fitness Studio (Program Room 4)

### Location

1. Go past reception.
2. Continue down the hallway.
3. Go past the creche and stairway.
4. Turn right into a hallway opposite the health club change facilities.
5. The main group fitness studio is the first doorway on the left.

Access is via a manual door opening outward with a clearance of 830mm. This can be opened to double doors with a clearance of 1680mm.



## Spin Room (Program Room 5)

### Location

1. Go past reception.
2. Continue down the hallway.
3. After the stairway, veer left into a hallway.
4. The cycle studio is at the end.

Access is via a manual door opening outward with a clearance of 800mm. This can be opened to double doors with a clearance of 1600mm.



## Health and Wellness Studio

### Location – Level One

1. Go past reception.
2. Continue down the hallway and past the café.
3. Continue past the stairway and turn right.
4. Lift is on the right.
5. Exit lift and turn right.
6. Studio is on the right.

The Health and Wellness Studio can also be accessed via stairs.

Access is via a manual door opening outward with a clearance of 840mm. This door can be opened to double doors with a clearance of 1640mm.





## Group Fitness Studios (cont)

Fitness studios include:

- mirrored walls (excl spin room)
- window walls
- audio-visual screens (sprin room only)
- open lockers (excl main fitness studio)
- fans
- stages (excl health and wellness studio)
- sanitisation and wipes stations
- variety of gym equipment relevant to each class.

Classes can be booked [online](#).

Classes have a duration of 55 to 60 minutes. There are also express classes which run for 30 or 45 minutes.

### Further Information

- tell the instructor if you have any injuries before the class starts
- be early, late entry is not permitted
- be prepared with your workout gear, towel and water bottle
- let the instructor know if it's your first time in a group fitness class
- be respectful and supportive of your fellow participants and our instructors
- stay till the end of the class
- put equipment away after the class
- the minimum age to attend most group fitness classes is 12 years old for members and 16 years old for casual guests.
- the minimum age to attend Body Pump, AdrenalineHIT, Boxing, Circuit, IQ and Performance Zone is 16 years of age.
- youth members must attend a health planning session and induction with a parent/guardian before attending group fitness classes.



## SENSORY GUIDE



### Feel

Change in ground surface  
Fans | Heating/Cooling  
Increased body temp  
Increased heart rate  
Shared personal space



### Sounds

Amplified voice  
Announcements  
Cycle machines  
Feet stomping  
Music  
People



### Sights

Fans oscillating  
Mirror/Reflection  
(excl cycle studio)  
Rapid movement



### Smells

Perspiration  
Deodorant



# Stadium

Ashburton Pool and Recreation Centre has a two-court stadium. It is used for a variety of sports including basketball, netball, soccer/futsal, volleyball and badminton. The courts are also available for hire.

## Location

1. Go past reception.
2. Continue down the hallway.
3. Continue past the creche.
4. Turn right down the hallway opposite the health club change facilities.
5. Go past the main fitness studio.
6. The stadium is immediately on the left.
7. Court one is first and court two is the closest to the in pool hall door.

Entry to each court is via manual doors, opening outward with a single clearance of 780mm. These can be opened up to double doors with a clearance of 1570mm.

## Each stadium court includes:

- playing surface of floorboards
- court playing surface 28m x 15m
- seating with back and armrests. Court 2 also has bench seating with back, no armrests
- male and female toilets. These toilets are shared with indoor pool hall and can be accessed from stadium hallway area. For further information, please refer to [indoor pool hall - toilet and change facilities](#) page.

All courts are available for booking. Bookings are essential for large groups and sports, other than basketball. Bookings need to be made at least 24 hours in advance. For more information, please visit our [website](#)

Walk-in attendance is permitted for the use of basketball rings in the stadiums. Casual guests incur a fee. For further information, please visit our [website](#).



## SENSORY GUIDE



### Feel

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



### Sounds

Amplified voice  
Announcements | Applause  
Balls bouncing  
Buzzers  
(comp and games)



### Sounds

Echo  
Feet stomping  
People  
Shoes squeaking  
Sirens  
Whistles



### Sights

Bright lights  
Crowd movement  
Rapid movement  
Sporting activities



### Smells

Perspiration  
Deodorant  
Wooden floor finish



# Wellbeing and Allied Health

Ashburton Pool and Recreation Centre is committed to providing community health care support with Wellbeing and Allied Health Services. The following services are offered to support people with disabilities, injuries, and chronic health conditions:

- [exercise physiology](#)
- [physiotherapy](#)
- [Mynd wellness](#)
- [nutrition](#)

Appointments are held in our allied health suites. Clients are directed by staff members to the appropriate consulting room.

Location

Level one. Access is via the lifts or stairs.

Exercise Physiology and Physiotherapy are provided by external allied health practitioners and can be booked via the following:

- Ashburton Exercise Physiology: 1800 943 442. Bookings can also be made [online](#)
- Warner Avenue Physiotherapy: (03) 9885 06895. Bookings can also be made [online](#).

Mynd Wellness and Nutrition Services are offered in house. Bookings can be made by contacting the centre on (03) 9885 0333.

Funding schemes that are available to assist with the cost of Allied Health Services include:

- [National Disability Insurance Scheme](#)
- [Department of Veterans' Affairs](#)
- [Medicare](#)
- [WorkCover](#)
- [Transport Accident Commission](#)

For more information regarding services, referrals and bookings, please visit our [website](#).





# Creche

A childcare program is open to members and casual guests and is staffed by qualified childcare educators. Sessional care and occasional care are available. Members and casual sessions are available while you remain on the premises, as well as occasional care where you can leave the premise.

## Location

1. Go past reception.
2. Go down the hallway.
3. Go past the gymnasium.
4. The creche is on the left, immediately after the gymnasium.

Access is via a manual door opening inward with a clearance of 780mm. This can be opened to a double door with a clearance of 1450mm.

## Includes:

- indoor area with variety of toys, developmentally appropriate play equipment, arts and crafts
- rotating educational program on a fortnightly basis
- kitchenette
- children's toilet and baby change area
- open lockers
- outdoor area with a variety of play equipment.

For more information on childcare services and bookings, please see our [website](#).



## SENSORY GUIDE



### Feel

Heating/Cooling  
Shared personal space



### Sounds

Children playing  
Phones  
Toys  
Singing



### Sights

Glare  
People



### Smells

Disinfectants  
Food/Drink  
Glue  
Paint



# Café

The café is located past reception on the right.

The café offers a range of fresh food, hot and cold snacks, cool drinks, and barista-made coffee. The café follows the Victorian Government's [Healthy Choices Guidelines](#) Traffic Light System to help guide people to make healthy food choices.

Includes:

- serving counter at 920mm AFFL and coffee collection counter at 870mm AFFL
- tables and chairs with backs, no armrests. There is also a bench table with stools with back, no armrests
- visual menu located on the audio-visual screen to the left of the serving counter
- high chairs.

EFTPOS preferred.



## Feel

Heating/Cooling  
Shared personal space



## Sounds

Amplified voices (from nearby pool hall)  
Automated door  
Coffee machine



## Sounds

Fridges  
Music (from pool hall)  
People  
Water features (from pool hall)



## Sights

Bright lights  
People



## Smells

Food/Drink  
Chlorine

## SENSORY GUIDE



# Accessibility

## Throughout

- Taped phone message about services and facilities.
- Clear path of travel from outdoor to indoor areas.
- Varied outdoor terrain of concrete, asphalt and grass.
- Step free access to centre.
- Varied internal terrain of non-slip exposed aggregate concrete, floor boards, carpet and rubber matting.
- Wayfinding signage throughout.
- Interpreter service available.
- Wide, clear internal and external walkways, excluding walkway to café counter.
- Clear wheelchair circulation space, excluding lift.
- Spaces for a person using a wheelchair to sit with friends.
- Assistance animals welcome.
- Staff available to read information.
- Pen and paper for exchanging information.
- Discounted entry prices for holders of Companion, Carer and Seniors Cards.
- Storage available for mobility aids. Please inquire at reception.
- Lockers placed throughout centre with varying operational heights.
- Lockers in change facilities only available to members. Lockers outside change facilities available to casual users at a small cost. Please inquire at reception.
- Spaces throughout for pram parking.
- Music throughout centre can be turned down or off on request.
- Quiet areas can be made available on request.

## Reception

- Low height reception counter 770mm AFFL with knee clearance 620mm AFFL.
- Links Kiosk with scanner height 970mm AFFL and touch screen at 1400mm AFFL.
- Exit gate from reception area swings outward with clearance of 960mm.

- Centre entry doors with exit push button 1100mm AFFL.

## Indoor Pool Area

- Pool Hall entry with declined 4.2m floor surface and crossfall. Gradient 1:20 (4.83%).
- Water wheelchair available.
- Manual exit door from pool hall to dry area opens outward with single clearance 800mm. This can be opened to a double door with clearance 1710mm.
- Inclined 2m floor surface from warm water pool to dry area access door. Gradient 1:44 (2.27%)
- Motorised scooters permitted on pool hall deck.

## Outdoor Pool Area

- Exit turnstile gate to carpark with clearance 640mm.

## Health Club

- Lower water fountain at 820mm AFFL with knee clearance 670mm AFFL.
- Higher water fountain (bottles only) at 1000mm AFFL.
- Three consulting rooms with manual doors opening inward with clearance of 850mm.
- Female toilets with inclined 4.7m floor surface upon entry. Gradient 1:18 (5.27%).

## Lift

- Door clearance 890mm.
- Entry button operating height 960mm AFFL.
- Internal button operating height 1170mm AFFL.
- Cubicle space 1400mm X 1060mm.
- Lift buttons raised with Braille.

## Wellbeing and Allied Health

- Physiotherapy room and consulting rooms 7, 8 and 9 with manual doors opening inward with clearance 850mm.



## Creche

- Door handle to creche 1520mm AFFL.
- Manual latch gate after entry opens inward with a clearance of 870mm. Latch at 1630mm AFFL.
- Reception desk 900mm AFFL. No knee clearance.
- Manual door to outdoor play area opens inward with a clearance of 850mm. Door handle 1500mm AFFL.
- Single step down to outdoor play area.
- Children's toilet with manual door, opening inward with clearance 760mm.

## Café

- Access to café counter with clearance 800mm.
- Tables at 740mm AFFL with knee clearance 720mm AFFL.



# Safety

## Safety

- Throughout
- Entrance to carpark with pedestrian crossing, pram ramps and TGSi.
- Entry doors and surrounding glass panels with contrast safety bands at 910mm to 1100mm AFFL.
- Entry with inground mat on floor. Not colour contrast.
- Defibrillators located in the first aid room and in the outdoor pool area.
- Bins placed against walls throughout the centre.
- Wet floor signage.
- All staff with Working with Children Checks.
- Evacuation maps located throughout.
- Fire wardens on site.
- Children to be actively supervised at all times.
- Walking only.
- No smoking.
- Accessible guided tours are available.
- Illuminated exit signs.
- Security patrolled carpark after hours.
- Audible alerts in the case of an emergency.
- 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.
- For updated information on our COVID policy, please visit our website: <https://ashburton.boroondaraleisure.com.au/covid-19-updates>

## Reception

- First entry door with QR check in code at 1280mm AFFL.
- Entrance foyer with portable hand sanitiser at 1050mm AFFL.
- Sanitiser station on wall at 1300mm AFFL.
- Indoor Pool Hall
- Entry doors with contrast safety bands at 920mm to 1200mm AFFL.
- Entry doorway with raised edge on floor.

- First aid room and lifeguard station near warm water pool.
- Manual exit door from pool hall to dry area with contrast safety bands at 920mm to 1020mm AFFL.
- Sauna doors and glass side panels with no contrast safety bands.
- Contrast safety bands around surrounding pool hall windows, excluding the toddler pool and aqua play area at 980mm to 1080mm AFFL.
- All toilets and change facilities with raised edge on floor at entry.
- Set One Family change rooms with raised edge upon entry.

## Outdoor Pool Area

- Door from reception area to outdoor pool with contrast safety bands 920mm to 1020mm AFFL.
- Fully fenced outdoor area.
- Multi-level grassed area. Steps to first level with double handrails. Steps to second level with single handrail.

## Health Club

- Door to health club and surrounding windows with frosting on lower sections.
- Sanitiser stations throughout.
- Wipes station 1300mm AFFL.
- Fitness studio doors and surrounding windows with frosting on lower sections.
- Program Room 4 with wipes station 1800mm AFFL.
- Program Room 4 with sanitiser station 1360mm AFFL.
- Program Room 4 with stage colour contrasted to floor.
- Program Room 5 with sanitiser station 1380mm AFFL.
- Program Room 5 with wipes station 1330mm AFFL.
- Stairs from ground level to Health and Wellbeing Studio on level one with nosing, handrails on both sides and TGSi top and bottom.

- Health and Wellbeing Studio with wipes station 1840mm AFFL.

## Stadium

- Doors to court one with contrast safety band on left side of double door at 900mm to 1000mm AFFL.
- Doors to court two with contrast safety band on left side of double door at 910mm to 990mm AFFL.
- Hygiene station between two courts 1060mm AFFL.

## Wellbeing and Allied Health

- Physiotherapy room with glass door fully frosted.

## Creche

- Entry doors with frosting on lower section.
- Outdoor area fully fenced.

## Café

- Concrete structural pillar outside café. Not colour contrasted.





# ASHBURTON POOL AND RECREATION CENTRE



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**BOROONDARA  
LEISURE  
AND AQUATIC  
FACILITIES**

