

MARIBYRNONG AQUATIC CENTRE
 1 Aquatic Drive PO Box 196,
 MARIBYRNONG VIC 3032
 E: mac@maribyrnong.vic.gov.au
 www.maribyrnong.vic.gov.au
 Hours: Mon-Fri 5.45am-9.15pm
 Weekends & Public Holidays 8am-5.45pm
 Closed Christmas Day & Good Friday



VALID 26/06/06

MARIBYRNONG AQUATIC CENTRE



Your Total Fitness Centre
'Where the people make the place'



Your Total Fitness Centre



WELCOME

Owned and operated by Maribyrnong City Council – Maribyrnong Aquatic Centre aims to be a centre of excellence through innovative, professional leadership in community recreation driven by best practice and sustainability principles. MAC is a key regional facility offering an extensive range of health, fitness and leisure services to the people of Maribyrnong and surrounding areas and aims to provide a well-managed, proactive facility – building and strengthening our diverse community through the provision of extensive recreation opportunities in a relaxed social setting.

Opening in June 2006, Maribyrnong Aquatic Centre **builds on the friendly, quality service previously provided at Footscray Swim Centre** and strengthens its community by strongly supporting local schools, clubs and businesses and by working with health providers and industry bodies.



OUR CENTRE

Patrons are welcome to use all the facilities, either casually or as part of their membership entitlements.

Pools (3):

- Lap Pool 50m x 20m x 1.1-2m deep
- Leisure Pool with beach entry to 1m deep
- Warm water pool 12m x 10m x 1.2m deep

Recreational Swimming
 Water Safety Education

- Aquatic Programs
- Swim Schools
- Training Squads
- Gymnasium
- Personal Training
- Stationary Cycling Theatre
- Consultation and Therapy Rooms
- Spa, Sauna & Steamroom
- Group Exercise Programs
- Mind & Body Wellbeing Programs
- Specialist Programs
- Sports Development
- Community Events
- Venue & Personnel Hire
- First Aid & CPR Training
- Outdoor BBQ/picnic areas
- Childcare
- Cafe



Three heated indoor pools to cater for all your aquatic needs, whether for therapeutic activities, lap swimming or just relaxing in the pool with your family and friends. All pools have easy access, either by ramp or walk-in beach entry. The 50m pool has eight 2.5m wide lanes for lap swimming. The movable pool boom divides the pool, effectively increasing the amount of space available from 8 to 16 lanes.

The leisure pool features fountains and water play activities in the shallow end, graduating to a depth where younger children can play on pool inflatables suitable for their size and age.



The warm-water pool with ramp access, is heated to 34°C, suitable for hydro and other remedial therapies.



There is a wheelchair-accessible **Sauna** and **Steam-room** (capacity: 15 each), sunken **Spa** (capacity: 20) and **Massage and Family Therapy Rooms**. **Accessible and Family Change-rooms** open straight onto the pool deck.

Our Cafe has indoor and outdoor seating and can be accessed from both the foyer and the pool hall for your comfort and convenience. Enjoy a coffee after working out on the latest equipment in the 400sq metre **Gymnasium**. Watch videos or catch the nightly news whilst working in the **Cardio Theatre**, then move over to the strength section and finally, perform your cool-down stretches in the quiet area overlooking the city skyline. What a view!

Look through the porthole and you'll see stationary cyclists pedalling madly on a 'road to nowhere' in the atmospheric **Bike Theatre** (capacity: 30).

Our many exercise programs take place in the **Group Exercise Room** (260sq metres) with a fabulous sprung wooden floor especially designed for this type of activity. Class maximums of 50 people (depending on program type), allows us to maintain that personal connection between you and your Instructor.

PARENTS & GUARDIANS PLEASE NOTE:
 Children 10 years of age & under are not permitted to attend Maribyrnong Aquatic Centre unless they are accompanied by an adult (16 years & over). Children must be actively supervised at all times by their responsible adult, whilst in the Centre. Children 10 years of age & under who attend the Centre without adult supervision will be refused entry.

Stay 'In the Swim' by subscribing to our monthly newsletter which has all the latest news, information and events or visit our website on www.maribyrnong.vic.gov.au/mac.

WHAT'S ON @ MAC?

For further information about any of our facilities, programs or services, simply contact Customer Service. Our friendly staff will be only too happy to assist. If you have any queries, complaints or suggestions, we welcome them. We're always happy to listen.

FOR FURTHER INFORMATION:

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- Discuss your child's needs on each visit to assist staff to provide high quality care for you and your child.
- Notify Customer Service if you have a booked session that you will not be using - care can be offered to another member.

We are registered with DHS Children's Services for a maximum of 30 children at any given time. Time extensions or overlaps are not permitted. Late collection fees apply.

Bookings

Before you leave your child with us for the first time, you will be required to complete an enrolment procedure. Parents are welcome to visit any time and may join in their child's session.

Essential Information

Our qualified staff offer an array of activities for children 8 weeks to 6 years, with some flexibility to care for children up to 10 years of age. Our fortnightly early learning development program focuses on age appropriate activities, offering children stimulating and challenging learning experiences.

We offer childcare for Centre patrons. Hours are Monday to Friday 9.00am to 12noon. Not open weekends or Public Holidays. Enrolments are required and bookings essential. Fees are payable at Customer Service.

CHILD CARE





OUR STAFF

Our friendly, qualified staff offer professional planned recreation services, demonstrating an awareness of patrons' needs at various life-stages. Our staff create a relaxed and enjoyable atmosphere for your visit. Their aim is to make your leisure time fun!

Training

Maribyrnong Aquatic Centre is an accredited Training Provider for First Aid & CPR. We can deliver training in a format tailored to suit your specific needs. Our highly qualified Instructors are available on a user pays basis.

Personnel & Program Development

Our Health & Fitness Personnel can provide a range of professional services. We can develop an employee health program for your workplace, deliver your Corporate Health Day or seminar, run an activity for your Community event, a sports program for your school or do warm ups before a marathon; and we provide these at your choice of location. We are very versatile! All our Instructors undergo police checks and are suitably qualified to work with disabled clients.

OUR SERVICES

Consider us for your next meeting, seminar or training session. Our Multi-function Room comes complete with presentation equipment, kitchen facilities, variable seating arrangements, bathroom access, parking, easy access to public transport, reasonable rates...all conveniently located in a beautiful parkland setting - perfect! Catering also available.

Facility Hire

Many of our facilities are available for hire during and after hours for your group, club or organisation. eg. Pools, lap-lanes, consultation and therapy rooms, meeting rooms. Community rates available. Prices on application.

It is surprising what we can do...there's more to us than meets the eye!



OUR MEMBERSHIPS

Our membership plans are designed to give you the best possible options: Ultimate, Off-Peak, Fitness Plus, Gym & Swim, Aquatic Plus, Seniors Bonus & Children's Membership. All memberships include use of the pool facilities. Member Benefits and Discounts are included. Corporate and group rates are available (Please refer to our Fees brochure).

OUR PROGRAMS

Along with a wide choice of aquatic and land-based programs - more than most - we provide an array of community activities and events to keep you and your family entertained and active. Our programs are updated regularly to ensure they are fresh and exciting. Seasonal programs provide another level of excitement to our annual offering, along with Family Fun Days, Open Days and themed events.

Besides the popular Body® programs, we offer a range of Mind & Body Wellbeing programs, such as Yoga or Bellydancing or our special program for New Mums. Classes are available on a casual basis or as part of a membership package.

To meet the needs of our older adults, we offer specially designed programs. As accredited partners of the Council on the Ageing (COTA), we provide the very popular Living Longer Living Stronger Strength Training Program.

Our low impact and gentle exercise classes are suitable for those returning to exercise after inactivity, rehabilitation or therapy, or simply wishing to stay flexible and fit! (Please see our Timetable).



AQUATIC EDUCATION

Learning to swim can be one of the most rewarding activities you can participate in. It opens the world of aquatic entertainment for swimming, boating, water skiing, surfing, sailing, or just being safe while using pools, beaches or our inland waterways.

As an accredited teaching provider, we offer quality aquatic education for all abilities. We pride ourselves on providing activities for all age groups, starting from 6 months of age to seniors. There is something for everyone, whatever their ability or interest, ranging from aqua playgroups to swimming lessons, swim squads to aqua-aerobics. We cater for special needs pupils as well. (Please refer to our Timetable and Fees Brochure for details).

What type of swim lessons does MAC run?

We have a long association with the Royal Life-Saving Society and use the 7-level Swim & Survive system. This complete program not only teaches you how to swim, but to respect your own capabilities and to identify potential dangers by building on swimming technique, stroke development, stamina, endurance, self-preservation and basic rescue plans.

What qualifications do the teachers have?

Aquatic Education Team members have a current Teacher of Swimming & Water Safety Certificate (AustSwim), Rescue & Resuscitation Certificate and First Aid Certificate (in accordance with the RLSS Guidelines for Safe Pool Operation) plus a number of individual specialist teaching qualifications. Many of our staff have the necessary qualifications for teaching special needs clients, either as 1:1 classes or integrated into mainstream programs.

Enrolment

Firstly, make an appointment for a Swimming Lesson Evaluation, where pupils are required to perform a number of tasks to determine their ability level. Then simply select an available class time that suits.

Personal buoyancy aids are not used. Pupils need to develop their own sense of body orientation in the water.

Swim Schools

Swimming lessons are held daily during school terms (except public holidays). As with any ongoing education program, regular attendance is vital, so re-enrolments are a priority as pupils progress.

Once pupils can swim 100 metres or more, they can focus on either of TWO directions...

Junior Lifeguard Program

Don't want to compete or join a swim squad? Then this program is for you. Improving swimming ability is still a focus but substantial time is also spent learning advanced rescues, self-preservation, water-safety, teamwork and developing leadership skills. Gain your Junior Lifeguard Award, join a local Life-Saving Club, or become a professional Lifeguard. Expand your social network, do something for your community and have fun - all at the same time!

Pre-Squad

Aimed at those who want to enhance their abilities, join a swimming club or compete. Designed to improve swimming technique, ability and speed, you'll also discover the secret language of squad training, pool lane etiquette, how to train effectively, read pace clocks and use swim training aids. Our qualified Coaching Team will prepare you for squad training.

Adult Aquatic Education

Separate swimming lessons for adults of all abilities are held daily, led by qualified instructors who have a special interest in helping adults learn to swim. Three levels cater for Beginners, Adult Swim for those with basic competency needing work on stroke and technique correction to swim full laps; and Adult Squad, a training group for advanced swimmers to concentrate on stroke correction and building stamina and fitness levels whilst enjoying the company of other adults.

Clubs

Various aquatic, sporting, recreational clubs are either based at, or use our facilities. If you are interested in joining a club, please speak to Customer Service.

Aquatic Exercise Programs

Our aqua-aerobics programs offer a variety of intensity levels, ranging from low impact, gentle water workouts for those getting back into fitness from injury or for rehabilitation, through to deep water aerobics using buoyancy belts for high intensity workouts.

Women's Swim Nights

Relax and pamper yourself in visually secure surroundings with two hours of blissful swim, spa, sauna & steam every 2nd Sunday evening from 6.30-8.30pm (except Public Holiday weekends) with FREE Aqua-aerobics and basic swim coaching. Calendar available from Customer Service.

AquaPlay

Children aged 6mths-3yrs and their parents can join an aquatic playgroup, where they learn the joy of water play through songs, toys and movement. Special aqua-nappies are required.

Our booklet "It's Really Not That Tricky!" has been developed specifically for children under 3yrs for tips about developing confidence and preparing for lessons - available from Customer Service.

Pre-Schoolers' Swim Program

3-5 year olds respond well to structured learning, so lessons are consistent, with more challenges goals being set as children progress. Strong emphasis on fun and play is a proven learning technique for this age group.

School Holiday Activities

Every day during the school holidays we run activities to keep children entertained and active using our pool inflatables and waterplay features. Check with Customer Service for the latest school holiday event information. VICSwim operates here during school holidays. Registration forms can be obtained from Customer Service.

CHILDREN'S BIRTHDAY PARTIES @ MAC

Make your child's next Birthday Party a splashing success at one of our unique parties, with activities led by qualified group leaders. Party Days are Saturdays & Sundays (weekend bookings available during school holidays). All party options are for a minimum of 10 children. Ask for our Brochure & Booking Form from Customer Service.

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