

COUNCIL FACILITIES FOR LESS MOBILE SWIMMERS

(Thanks to Helen McCarthy in Sugar Dock for this information.)

Ian Thorpe Aquatic Centre has a pool that is accessible by steps. However it has very shallow water, so it is not the best to use for any serious exercise. There is also a hydrotherapy pool which has both steps and a ramp. It is heated and is a good depth all through.

This pool would be good to use but is not available all the time. There are swimming classes from 9am until about 12 or 1pm and then again from 3pm until 6pm. Also some aquarobics classes.

It is easy to get to by light rail and is accessible by lift.

The main lap pool is not easily accessible.

<http://www.itac.org.au>

Cook + Phillip Aquatic Centre also has a lap pool that would not be accessible for many people but it has two others that are. One is variable depth but has two 25m sections that would be good to use. One of these is usually free and the other has lessons in the morning and after school.

The hydrotherapy pool is small but good to use. Again the same time constraints.

This is not as easy to get to, requiring a bus and a walk which may be difficult for some people.

The City of Sydney can arrange transport if required. Contact the staff at the Pymont Community Centre on 9298 3130.

<http://www.cookandphillip.org.au>