



# Multi Purpose Pool Timetable

## Term 3, 2010

Effective from Monday the July 12<sup>th</sup> – Friday the 17<sup>th</sup> of September

<b>MON</b>	Hydrotherapy 6am – 9:15pm 110cm – 140cm	Swim School 9:30am – 2:15pm 120cm & 75cm	Hydrotherapy & Inner South 1:30pm – 3:30pm 110cm – 140cm	Swim School 3:45pm – 6:15pm 75cm	Family Play 6:15pm – 7:15pm 75cm	Hydrotherapy 7:30pm – 10pm 110cm – 140cm
<b>TUE</b>	Hydrotherapy 6am – 9:15am 110cm – 140cm	Swim School 9:30am – 2:15pm 120cm & 75cm	Hydrotherapy & Inner South 2:30pm – 3:30pm 110cm – 140cm	Swim School 3:45pm – 6:15pm 75cm	Family Play 6:15pm – 7:15pm 75cm	Hydrotherapy 7:30pm – 10pm 110cm – 140cm
<b>WED</b>	Hydrotherapy 6am – 9:15pm 110cm – 140cm	Swim School 9:30am – 2:15pm 120cm & 75cm	Hydrotherapy & Inner South 1:30pm – 3:30pm 110cm – 140cm	Swim School 3:45pm – 6:45pm 75cm	Family Play 6:45pm – 7:15pm 75cm	Hydrotherapy 7:30pm – 10pm 110cm – 140cm
<b>THU</b>	Hydrotherapy 6am – 9:15am Inner South 8:15am – 9:15am 110cm – 140cm	Swim School 9:30am – 2:15pm 120cm & 75cm	Hydrotherapy & Inner South 2:30pm – 3:30pm 110cm – 140cm	Swim School 3:45pm – 6:15pm 75cm	Family Play 6:15pm – 7:15pm 75cm	Hydrotherapy 7:30pm – 10pm 110cm – 140cm
<b>FRI</b>	Hydrotherapy 6am – 9:15pm 110cm – 140cm	Swim School 9:30am – 2:15pm 120cm & 75cm	Hydrotherapy & Inner South 1:30pm – 3:30pm 110cm – 140cm	Swim School 3:45pm – 6:15pm 75cm	Family Play 6:15pm – 10pm 75cm	
<b>SAT</b>	Hydrotherapy 7am – 8am 110cm – 140cm	Swim School 8:15am – 4:00pm 120m & 75cm		Family Play 4:00pm – 6:30pm 75cm		Hydrotherapy 6:45pm – 8pm 110cm – 140cm
<b>SUN</b>	Hydrotherapy 7am – 8:30am 110cm – 140cm	Swim School 8:45am – 1:00pm 120cm & 75cm	Family Play 1:00pm – 6:30pm 75cm			Hydrotherapy 6:45pm – 8pm 110cm – 140cm
<b>KEY</b>	The diagonal lines indicate a 15 minute changeover period that is used to move the pool floor and put in or take out lane ropes					

# MSAC's Multi Purpose Pool

The versatile Multi Purpose Pool is available to be used for a number of different activities. Below are details of the different groups that currently utilise the pool.

## Hydrotherapy

One of the uses of the multi purpose pool is for hydrotherapy. The pool is available to both members and casual visitors for self-directed gentle exercises / hydrotherapy. Noodles and aquatic dumbbells are available for use upon request. The pool is set at a sloped depth of 110cm to 140cm. During hydrotherapy times, only patrons partaking in hydrotherapy exercises and mothers with babes in arms are permitted to use the pool. To establish the best times to use the pool for hydrotherapy, please read through the Multi Purpose Pool timetable.

## The MSAC Swim School

The MSAC Swim School caters for over 2500 participants ranging from 6 months of age to over 60 years of age. All levels are catered for in an enjoyable, reassuring and educational environment. To receive information on next terms classes please ask at reception to be put on the Swim School mailing list.

## Family Play

From Monday to Sunday the Multi Purpose Pool is open for family play after swimming lessons finish and until Hydrotherapy begins. This time gives families a great chance to use the pool to play with their children in a comfortable temperature suitable for all ages.

## Inner South Community Health Service

The Inner South Community Health Service is a multi-disciplined organisation dedicated to the provision of primary health care services to the communities of St Kilda, Prahran and South and Port Melbourne. When Inner South uses the Multi Purpose Pool, half the pool is always available for public hydrotherapy use.

## Pool Features

- Access is possible via our unique raising floor, convenient hydrotherapy elevation chair or stairs with handrail.
- 10 metres x 12 metres in size
- Adjustable floor depth from 0 to 1.80 metres, that caters for all users
- Filtered by a state of the art single stream ozone and chlorine based system
- Pool Temperature 34°C

## Movement of the Floor

The Multi Purpose Pool floor enables us to cater for a variety of user groups providing them with safe and easy access. Between programmed activities requiring different pool depths, a fifteen-minute changeover period is scheduled to allow for floor movement. The floor will be raised to 00cm before and after Hydrotherapy sessions to provide easy access and egress for patrons.



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