



Broadmeadows Aquatic and Leisure Centre

41-85 Tanderrum Way
Broadmeadows Victoria
Phone 9205 2670

[Visit](#)

ACCESS KEY
A customised accessibility guide.

Updated May 2022 V1.0



Contents & Glossary

Guidelines	3
Communication Board	4
Did You Know?	5
Getting There	6
Parking	7
Welcome	8
Map Level 1	9
Map Level 2	10
Reception	11
Reception	12
Toilets	13
Staff	14
25m Pool Hall	15
25m Pool	16
Leisure Pool	17
Spa	18
Sauna and Steam Room	19
Changing Places	20
Toilets	21
50m Pool Hall	22
50m Lap and Recreation Pool	23
Toilets	24
Aquatic Group Fitness	25
Access & Inclusion Lessons	26
Health Club	27
Gym	28
Dry Group Fitness	29
Toilets	30
Stadium	31
Stadium	32
Toilets	33
Therapeutic Benefits	34
Programs	35
Facility Hire	36
Accessibility	37
Safety	38
Contact	39

Access Key - A customised accessibility guide that provides accurate and convenient information about accessing venues, events and programs. Access Keys are universally designed and suitable for all people, regardless of ability.

Actively Supervise - Parents must have their children within eyesight at all times when actively supervising.

AFFL - Above finished floor level.

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.

Casual Guest - Visitors, non-members.

Changing Places - A facility for people who cannot use standard accessible toilets. They provide extra features and more space to meet the needs of people with disabilities or additional requirements.

ESL - English as a Second Language.

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

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

Gross Motor Skills - Gross motor skills use the large muscles of the body.

HSSH - 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.

Members - A person who has paid for membership to attend and use the facilities.

MLAK - Master Locksmiths Access Key (MLAK) allows people with disability to access a Changing Places facility.

NDIS - National Disability Insurance Scheme.

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.

Guidelines

Thank you for choosing to use an Access Key for Broadmeadows Aquatic and Leisure 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.
- Accessibility information is located on page [37](#).
- Safety information is located on page [38](#).
- Download Access Key in its entirety - 39 pages in total.

Access Keys
.....unlocking
your world!



**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.

© AccessAbilityAustralia, All Rights Reserved. 2021 DISCLAIMER: All materials have been compiled from information available at time of production. They are not intended to replace professional advice including; but not limited to, access audits. All necessary care has been taken to design and produce Work(s). All measurements provided are within an approximate range. Full implementation guidelines are supplied in accordance with Work(s) in its entirety. You acknowledge and agree that you are using all services and facilities provided by AccessAbilityAustralia at your own risk and you agree to defend, indemnify, save and hold AccessAbilityAustralia harmless from any and all demands, liabilities, costs, losses and claims, howsoever suffered, including but not limited to legal fees that may arise directly or indirectly from any service provided or agreed to be provided by AccessAbilityAustralia. You agree that this indemnification extends to all aspects of the Work(s), including but not limited to implementation and usage. AccessAbilityAustralia are indemnified of all claims, liability, and expenses that may arise from use of Work(s) as per usage and acceptance of these terms and conditions. This Access Key is not to be altered by any parties without express permission of AccessAbilityAustralia.

Accessible toilet



Toilets



Changing Places



Change rooms



How much?



Drinking fountain



I don't speak English



Exercise class



I need help



Something is wrong



Gym



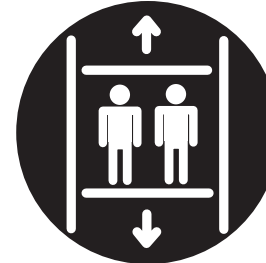
Parking



Question



Lift



Membership



Receipt



Spa



Swim



Wheelchair



Wi-Fi



Did You Know?

- Broadmeadows Aquatic and Leisure Centre is proudly supported by Hume City Council.
- Broadmeadows Aquatic and Leisure Centre is an accredited [Watch Around Water](#) centre.
- Facilities include:
 - indoor 50m pool
 - indoor 25m pool
 - beach entry leisure pool
 - spa, sauna and steam room
 - gym
 - fitness studios
 - indoor stadium
 - café.
- A range of [membership](#) options are available.
- [Swimming lessons](#) for all ages and all abilities.
- Group fitness classes for people of all abilities. Download a group fitness [timetable](#) to see what's on.
- Customised and specialised programs are available. Call 9205 2513 for more information.
- To provide feedback please call us on 9205 2670 or email balc@hume.vic.gov.au.

Aquatic Supervision Rules

- Children under the age of 5 must remain within arm's reach of a parent/guardian at all times in the water.
- Children under the age of 10 will not be allowed entry without a parent/guardian at least 16 years or older and must be **ACTIVELY** supervised at all times within the centre.
- Parent/guardians are to use their knowledge of the child's swimming ability to determine the level of supervision required over the age of 10.



Getting There



Broadmeadows Aquatic and Leisure Centre is located at 41-85 Tanderrum Way, Broadmeadows.

See Google Maps reference [here](#).

Bus

The nearest bus stop is 200 metres away on Tanderrum Way.

Train

Broadmeadows Railway Station is conveniently located 600m from the centre on Pascoe Vale Road.

For further information on how to get to Broadmeadows Aquatic and Leisure Centre, please visit [Public Transport Victoria](#).

Parking

The most convenient parking for Broadmeadows Aquatic and Leisure Centre is located directly outside the entrance on Tanderrum Way.

There are:

- six accessible parking bays located 35m from the entrance to the centre
- general parking with a 3-hour restriction during weekdays and no restrictions on weekends.

An overflow carpark is located within the Broadmeadows Central Shopping Centre carpark.

Bus parking is located directly out the front of the centre on Tanderrum Way.



Welcome



Welcome to Broadmeadows Aquatic and Leisure Centre.

Entry is via two sets of glass automated doors, both with a clearance of 1600mm.

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

Centre operating hours may vary depending on programs being run on a day-to-day basis and public holidays.

Facility hire can be arranged outside normal business hours.

There is an undercover area directly outside the entrance.

Map Level 1

Broadmeadows Leisure Centre

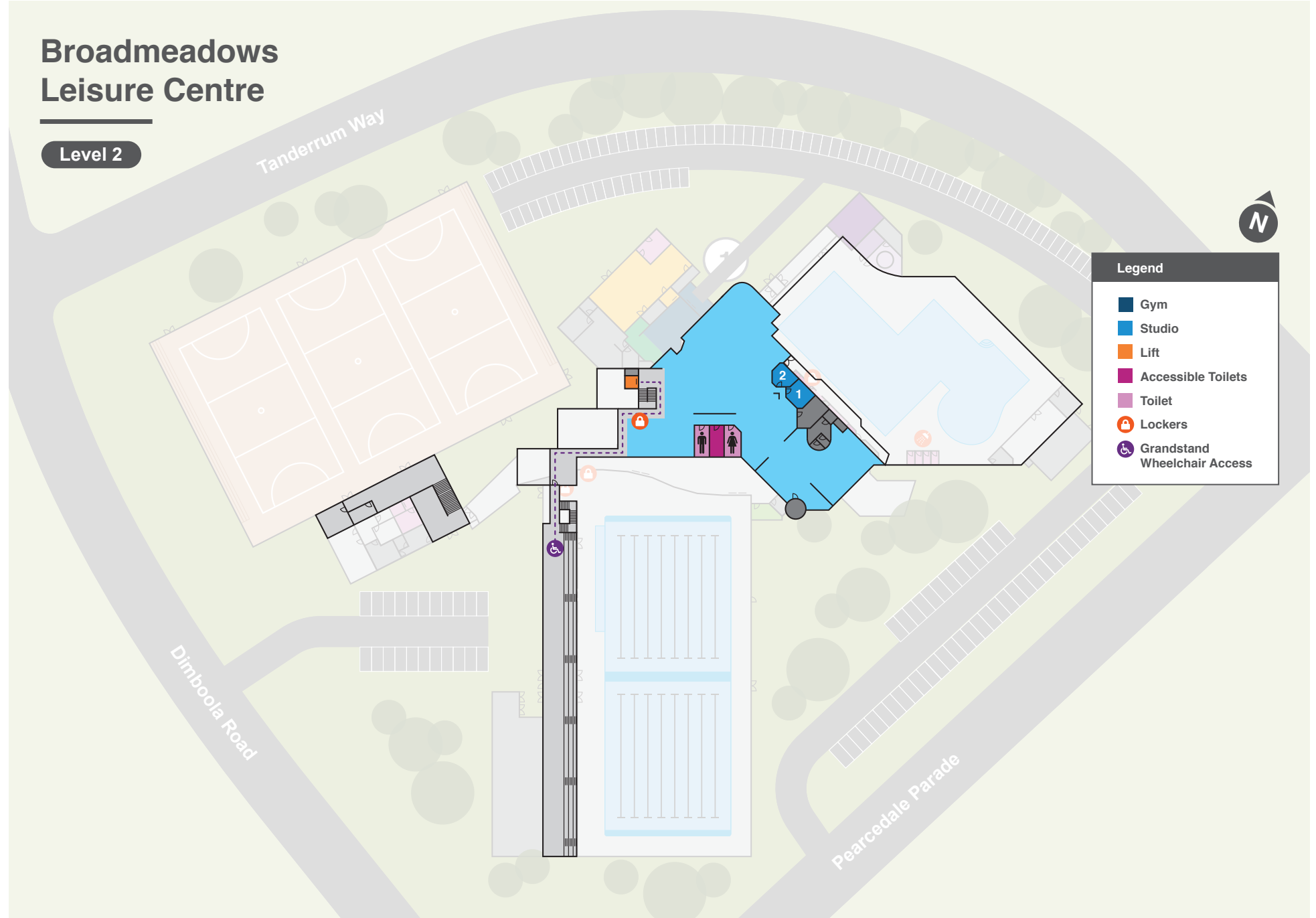
Level 1



Map Level 2

Broadmeadows Leisure Centre

Level 2



Reception



Reception

Reception is located directly ahead of the entrance.

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

There is a visual [Communication Board](#) at reception to support confident customer communication.

A low height reception counter is available.

Entry to the centre's facilities is via glass automated swing gates opening inward with a clearance of 1000mm.

Gates to the right of reception are for gym and fitness studio access. Gates to the left are for pool, café and stadium access.

All visitors and members to the centre are required to scan their ticket or wristband prior to entry. Scanners are located on each entry gate at a height of 1200mm AFFL.

Members

1. Members have a wristband or card which is scanned at the gate. Members do not need to check in at reception.

Casuals

1. Please pay for visit at reception. Cash or EFTPOS is accepted.
2. Staff will issue casuals with a pass to access the centre's facilities.
3. Scan barcode on pass to open access gate.

Wheelchairs and water wheelchairs are available for loan. See staff for assistance.

Three dry change rooms plus a unisex family change room are located directly ahead of access gates, in between the 25m pool hall and 50m pool hall.



SENSORY GUIDE



Feel
Change in ground surface
Heating/Cooling



Sounds
Automated doors
Heating/Cooling
People
Phones

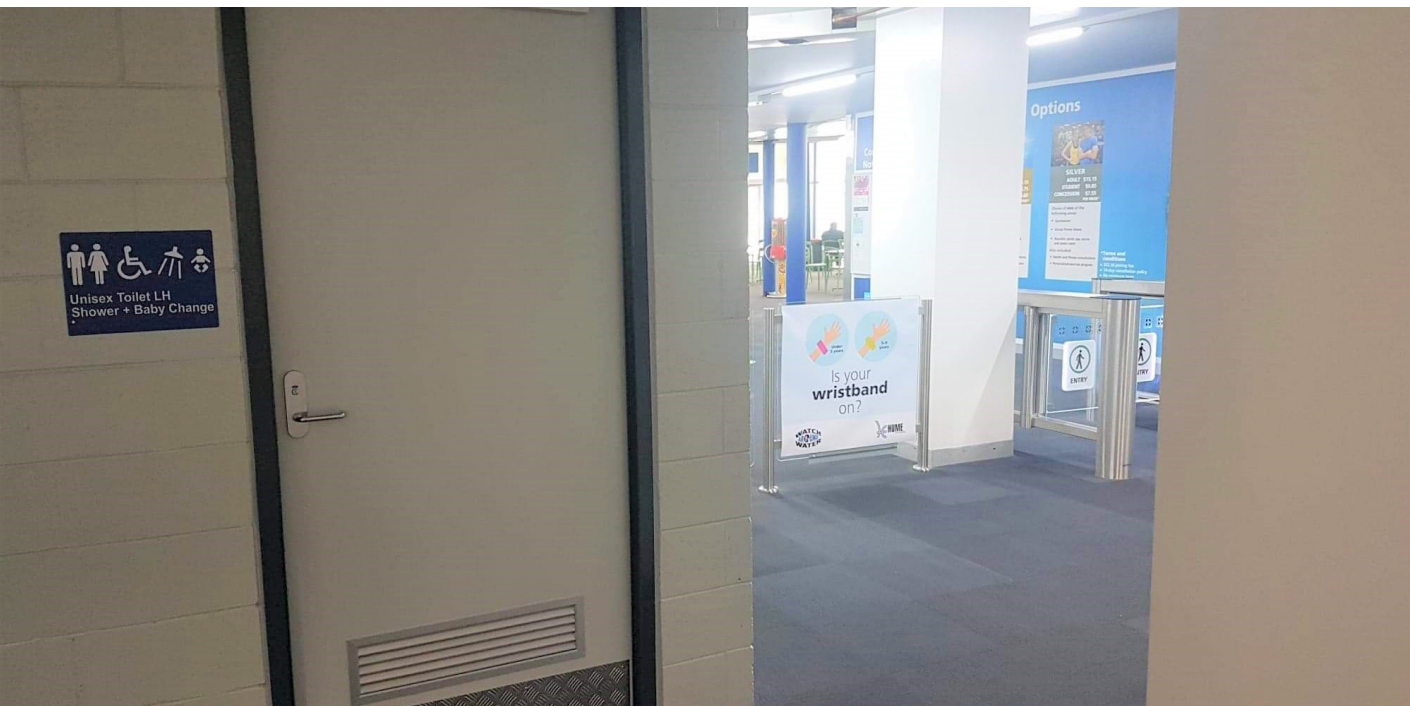


Sights
Bright lights



Smells
Chlorine
Food/Drink

Reception Toilet



One accessible toilet is located past reception, through a hallway on the left, immediately before the entry gates to the centre.

Includes:

- unisex, accessible toilet with sensor lighting
- manual door opening inward. Door clearance of 860mm. Twist lock at 1070mm AFFL
- cubicle space 2680mm X 3140mm
- grab bars to the left and behind, to the right of the toilet
- toilet height 470mm AFFL with left hand transfer
- colour contrast toilet seat
- sink height 800mm AFFL with lever tap at 900mm AFFL
- shower with HSHS, shower bench and grab bars
- baby change area.

SENSORY GUIDE



Feel

Change in ground surface
Heating/Cooling



Sounds

Hand dryer
Toilet flushing
Water running



Sights

Bright lights
Mirror reflection



Smells

Air freshener
Bathroom smells
Disinfectants
Shower products

Staff

There are a range of different staff working at Broadmeadows Aquatic and Leisure Centre.

Management, Customer Service staff and Deck Supervisors wear grey polo shirts, name badges and black pants.

Duty Supervisors wear a red polo shirt, name badge, black shorts or pants and carry radios and bum bags.

Gym staff wear a blue polo shirt, name badge and black shorts, leggings or tracksuit pants.

Swim Instructors wear a green rash vest with 'Instructor' written across the back.

Lifeguards wear international standard uniform which comprises of a bright yellow shirt with red shorts. They carry a bum bag, a rescue tube and a radio.

Group Fitness Instructors do not have a dedicated uniform.

All staff polo shirts and rash vests have Hume City Council and Broadmeadows Leisure Centre logos on the front.



25m Pool Hall



The indoor 25m pool hall is located through the foyer, on the left-hand side.

Entry is via a set of glass automated doors with a clearance of 1480mm. Entry can also be made through the male and female changerooms.

Includes:

- 25m pool
- leisure pool
- spa
- sauna/steam room
- fully accessible toilet and change facility
- unisex accessible toilet
- male and female toilets and change facilities
- pool deck shower and change cubicles
- bench seating
- lockers
- drink tap.

25m Pool Hall

25m Pool

The indoor 25m pool is utilised for swimming lessons, lap swimming, rehabilitation exercises and walking as well as free play.

Includes:

- stepped entry points with handrails on both sides.
- depth 1m - 1.8m
- pool temperature approximately 31 degrees Celsius.

For lap lane availability and private lane hire please call us on 9205 2670.



Feel

Being splashed
Humidity
Increased body temperature
Increased heart rate



Feel

Shared personal space
Water resistance
Weightlessness



Sounds

Announcements
Echo
Music
People
Running water
Splashing



Sights

Bright lights
Glare
People
Splashing



Smells

Chlorine

25m Pool Hall

Leisure Pool



The leisure pool is utilised for swimming lessons, programs and free play.

Includes:

- beach entry
- stepped entry point with single handrail
- depth 0 – 1.2m
- pool temperature approximately 33 degrees Celsius.

Please remember a water nappy. They are available for sale at reception.



Feel

Being splashed
Humidity
Increased body temperature
Increased heart rate



Feel

Shared personal space
Water features
Water resistance
Weightlessness



Sounds

Announcements
Echo
Music
People
Running water
Splashing



Sights

Bright lights
Glare
People
Splashing
Water features



Smells

Chlorine

SENSORY GUIDE

25m Pool Hall Spa

The spa is located on the far wall of the 25m pool hall.

Spa Access

1. Step up 1 small step. This step has a colour band to offer contrast to the floor.
2. Pass through two glass panels with a clearance of 915mm.
3. Entry to the spa is via steps with single handrail.

Includes:

- maximum depth 1m
- spa temperature is kept around 38 degrees Celsius
- push button operated water and air jets. Activation buttons located on the back wall, next to the window, at an operating height of 1200mm
- emergency stop button located to the left-hand side of the sauna wall at an operating height of 1650mm AFFL.

Entry Conditions

- Shower before entering.
- Follow COVID restrictions regarding the amount of people permitted in the spa.
- 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 15 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.



SENSORY GUIDE



Feel

Bubbles | Heat | Humidity
Increased body temperature
Shared personal space
Warm water
Water jets
Weightlessness



Sounds

Announcements
Echo
Music
People
Running water
Water jets



Sights

Bubbles
Bright lights
Glare
Steam



Smells

Chlorine

25m Pool Hall

Sauna & Steam Room



The sauna and steam rooms are located on the far wall of the 25m pool hall.

Sauna

Enter via manual door opening outward with a clearance of 770mm.

There is a sauna activation button located outside the sauna entry door at an operating height of 1100mm AFFL.

Steam Room

Enter via manual door opening outward with a clearance of 750mm.

There is a steam room activation button located outside the steam room entry door at an operating height of 1100mm AFFL.

Bench seating is available.

Children under the age of 15 are not permitted to use these facilities at any time.

Please ensure appropriate swimwear is worn at all times.

We recommend that patrons do not use these facilities for more than 15 minutes at a time.

Entry Conditions

- Shower before entering.
- Follow COVID restrictions regarding the amount of people permitted in these spaces.
- 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 to activate heat or oils to infuse steam room scent.
- Children under the age of 16 are not permitted to use the sauna or steam room.
- Do not use the 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 (Sauna)
Heat | Humidity (Steam Room)
Increased body temperature
Moisture (Steam Room)
Shared personal space



Sounds

People
Steam



Sights

Dim Lighting (Sauna)
Steam (Steam Room)



Smells

Chlorine
Heated wood (Sauna)
Perspiration (Steam Room)

25m Pool Hall

Changing Places

There is a dedicated fully accessible toilet and change facility at Broadmeadows Aquatic and Leisure Centre. This facility has extra features and more space to meet the needs of people with severe and profound disabilities.

Changing Places is located past the pool hall entry doors, on the right.

Includes:

- unisex, fully accessible toilet and adult change facility with sensor lighting
- Manual door opening outward. Door clearance of 860mm. Latch lock 1050mm AFFL. An MLAK is required. This can be obtained from reception. MLAK lock height 1470mm AFFL.
- cubicle space 4100mm x 2700mm
- grab bars to the left and behind toilet
- toilet height 460mm with left hand transfer
- colour contrast toilet seat
- emergency assistance alarm approximately 950mm from toilet
- sink height 800mm AFFL with lever tap 950mm AFFL

- shower with HSSH, grab bars and shower bench
- emergency assistance alarm within shower space area
- Adult change table – electronically height adjustable and manual foldable table with maximum load 220kg.
- Prism C450 ceiling hoist with hoist/carry bar with maximum load 204kg.

Please remember to bring your own sling and ensure it is compatible with the hoist. If there is any uncertainty, please do not use hoist.

This facility requires a Master Locksmiths Access Key to access. Patrons can obtain an MLAK from reception or are encouraged to bring their own MLAK. If you do not have your own, an MLAK can be ordered from the Master Locksmiths Association of Australasia Ltd by completing the MLAK Order Form. [Click here](#) for more information.



SENSORY GUIDE



Feel
Heating/Cooling



Sounds
Echo
Hand dryer
Music/Radio
Toilet flushing
Water running



Sights
Bright lights
Mirror/Reflection



Smells
Air Freshener
Bathroom smells
Disinfectants
Shower products

25m Pool Hall Toilets



One accessible is located in the 25m pool hall, immediately after the entry doors on the right.

Includes:

- unisex, accessible toilet with sensor lighting
- manual door opening outward. Door clearance of 860mm. Latch lock at 1070mm AFFL
- cubicle space 3200mm x 2740mm
- grab bars to the right and behind toilet
- toilet height 460mm AFFL with right hand transfer
- colour contrast toilet seat
- emergency assistance alarm 300mm from toilet
- sink height 800mm AFFL with lever tap 950mm AFFL
- shower with HSHS, shower bench and grab bars
- baby change area.

Separate male and female toilets including ambulant toilet, showers and change facilities.

Baby change in female facility.

SENSORY GUIDE



Feel

Heating/Cooling
Shared personal space
(excl. accessible)



Sounds

Echo
Hand dryers
People (excl. accessible)
Toilet flushing
Water running



Sights

Bright lights
Mirror/Reflection
People (excl. accessible)



Smells

Air Freshener
Bathroom smells
Disinfectants
Shower products

50m Pool Hall

The 50m pool hall is located through the foyer, on the right-hand side.

Entry is via a set of glass automated doors with a clearance of 1570mm.

Includes:

- indoor 50m lap and recreational pool
- a tiered grandstand. Lift access available
- unisex accessible toilets
- male and female toilets and change facilities
- bench seating
- lockers
- drink tap.



50m Pool Hall

50m Lap and Recreation Pool



The indoor 50m pool is utilised for lap swimming, competitions, free play and group fitness classes.

Includes:

- access ramp with handrails on both sides, approximately, 17 metres in length at a 1:14 gradient. Two steps at the bottom of ramp leading into the pool
- ladders with handrails on both sides
- depth 1.35m to 1.8m
- pool temperature approximately 28 degrees Celsius
- water wheelchairs available for loan. See staff for assistance.

For lap lane availability please call us on 9205 2670.

Private lanes are available for hire. For bookings, please contact customer service by calling 9205 2670.



Feel

Being splashed
Cool water
Humidity
Increased body temperature



Feel

Increased heart rate
Shared personal space
Water resistance
Weightlessness



Sounds

Amplified Voice
Announcements
Echo | Music | People
Running water
Splashing
Starter guns



Sights

Bright lights
Glare
People
Splashing



Smells

Chlorine

SENSORY GUIDE

50m Pool Hall

Toilets

There are two unisex accessible toilets located within the 50m pool hall on the right hand side.

Includes:

- unisex accessible toilet with artificial lighting
- manual door opening inward. Door clearance of 870mm. Latch lock at 1050mm AFFL
- cubicle space 3160mm x 2900mm
- grab bars to the right and behind toilet
- toilet height 460mm AFFL with right hand transfer
- emergency assistance alarm approximately 740mm from toilet
- colour contrast toilet seat
- sink height 800mm AFFL with lever tap 950mm AFFL
- shower with HSH, shower bench and grab bars.

Includes:

- unisex, accessible toilet with artificial lighting
- manual door opening inward. Door clearance of 870mm. Latch lock at 1050mm AFFL
- cubicle space 3160mm x 2900mm
- grab bars to the left and behind toilet
- toilet height 460mm AFFL with left hand transfer
- colour contrast toilet seat
- emergency assistance alarm approximately 600m from toilet
- sink height 800mm AFFL with lever tap 950mm AFFL
- shower with HSH, shower bench and grab bars
- baby change.

Separate male and female toilets including ambulant toilet, showers and change facilities.

Baby change in female facility.



SENSORY GUIDE



Feel

Heating/Cooling
Shared personal space
(excl. accessible)



Sounds

Echo
Hand dryers
Music/Radio
People (excl. accessible)
Toilet flushing
Water running



Sights

Bright lights
Mirror/Reflection
People (excl. accessible)



Smells

Air freshener
Bathroom smells
Disinfectants
Shower products

Aquatic Group Fitness



We offer a variety of aquatic group fitness classes for our members and guests. Please visit our [website](#) to download a copy of our group fitness timetable.

All aquatic group fitness classes are free for members who have a group fitness component attached to their membership.

For casual users, wet group fitness classes incur a fee.

Member

1. Members can choose whether they want to get their pass from reception or from the self-serve group fitness kiosk located in the gym.
2. Once you have acquired your pass, proceed to the allocated class space.
3. Give your pass to the instructor.

Casual

1. See reception to purchase a pass for the class.
2. Reception staff will provide you with a pass and direct you to where your class is operating.
3. Meet your instructor in the allocated space and provide them with the pass given to you at reception.

All group fitness classes have a limited capacity. Please arrive early to ensure your spot in the class.

Due to health and safety reasons, persons who arrive after the class has commenced will no longer be able to purchase a ticket.

SENSORY GUIDE



Feel

Being splashed
Humidity
Increased body temperature
Increased heart rate



Feel

Shared personal space
Water resistance
Weightlessness



Sounds

Amplified voice
Announcements
Echo
Music
People
Running water



Sights

Bright lights
Glare
Splashing



Smells

Chlorine

Access & Inclusion Lessons

We offer a specialised swimming program to assist learners with a range of disability to engage in swimming lessons.

Classes are designed to work with each person's ability and operate in a small group. A parent, guardian or carer is required in the water.

Download an expression of interest form from our [website](#) and return it to us so one of our staff members can contact you to arrange bookings and let you know the next step.

When arriving for your lesson

1. Scan your wristband or swim school card at the gate to enter the main foyer. If it is your first class, proceed to reception to pick up your card or wristband. Staff can provide directions.
2. Proceed to the 25m pool hall located through the foyer, on the left-hand side.
3. Meet your teacher at your allocated lane. Deck Supervisors can be located roaming around the pool deck should you require assistance locating your allocated lane.

We also offer additional general water familiarisation programs for learners with all abilities. Email leannec@hume.vic.gov.au for further information.



Don't forget to bring your bathers, goggles and a towel.



Health Club

The Health Club is located on level one.

Access is via steps with handrail on both sides. The steps are located past the reception entry gates, on the right. Lift access is also available.

Includes:

- cardio, strength and functional zones within the gym
- personal training sessions
- wheelchair accessible equipment
- lockers
- sanitisation centres
- wipes stations
- group fitness classes
- toilets.



Health Club Gym



We have a fully functional gym with a range of equipment to suit all your health and fitness needs. Our gym is staffed during all operating hours.

Includes:

- range of cardio equipment
- variety of pin loaded machines
- free weights
- boxing equipment
- functional training equipment
- wheelchair accessible equipment including hand cycle machine, bar bells, kettle bells, medicine balls and dumb bells, cable machines, wind rower, TheraBands and foam rollers. Depending on individual levels of mobility there are a number of weight assisted gym machines that can be accessed within the gym
- sanitisation centre
- lockers.

Gym access is free for members who have a gym component attached to their membership. Casual users incur a fee.

Personal training is also available. To view our personal training packages, please visit our [website](#).

If you have any medical conditions, we advise that you speak to your doctor prior to commencing any physical activity. Our gym staff can conduct an initial assessment before commencing exercise and may recommend speaking to a doctor to seek medical clearance before commencing exercise.

Teen gym memberships are available for children aged 12-15. All teen gym members must undergo an initial assessment and may have restrictions on what equipment they are permitted to use.

Casual gym sessions are not permitted for those under the age of 15.

SENSORY GUIDE



Feel

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



Sounds

Amplified voice
Gym equipment
Music
People
Weights clanging



Sights

Bright lights
Mirror/Reflection
People



Smells

Deodorant
Perspiration
Rubber matting
Sanitiser/Wipes

Health Club

Dry Group Fitness

Group fitness studios are located on the left-hand side of the gym.

We offer a variety of dry land group fitness classes for our members and guests. Please visit our [website](#) to download a copy of our group fitness timetable.

All dry group fitness classes are free for members who have a group fitness component attached to their membership.

For casual users, group fitness classes incur a fee.

Member

1. Members can either visit the reception desk or use the Hume Fit mobile application to book their place into a class
2. Once booked into a class, proceed to the allocated class space.
3. Present your name to the instructor to be marked on the attendance register.

Casual

1. See reception to purchase a pass for the class.
2. Reception staff will book you in and provide you with a pass and direct you to where your class is operating.
3. Meet your instructor in the allocated space and provide them with the pass given to you at reception.

All group fitness classes have a limited capacity. Booking-in with the Hume Fit app will secure your place in the class up to 90 minutes before the class begins. Please arrive early to ensure your spot in the class if you do not plan to use the Hume Fit app. Due to health and safety reasons, persons who arrive after the class has commenced will no longer be able to attend the class.

Please note, casual users are not permitted to join Reformer Pilates classes.



SENSORY GUIDE



Feel

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



Sounds

Amplified voice
Announcements
Feet stomping
Music
People



Sights

Bright lights
Fans oscillating
Glare
Mirror reflection
Rapid movement



Smells

Deodorant
Perspiration

Health Club Toilets



Location: Within the gym.

Includes:

- unisex, accessible toilet with artificial lighting
- manual door opening inward. Door clearance of 870mm. Latch lock at 1050mm AFFL
- cubicle space 2500mm x 2000mm
- grab bars to the left and behind toilet
- toilet height 460mm AFFL with left hand transfer
- colour contrast toilet seat
- sink height 800mm AFFL with lever tap 950mm AFFL.

Separate male and female toilets with ambulant toilet.

Stadium



Stadium



At Broadmeadows Aquatic and Leisure Centre there is a 3-court stadium available for use.

To access

- Go past reception and through the access gate to the pool foyer.
- Once in the foyer, turn right and proceed past the café.
- Enter a hallway located between the café and the 50m pool hall. This hallway is approximately 25m long with a gradient of 1:14 (7.1%). Please note there is no platform or turning circle. Proceed down this hallway until you reach the stadium entrance.
- Entry is via two manual doors opening outward with a clearance of 1570mm.

A range of sports, programs and competitions operate out of this space including basketball, futsal, netball, badminton, volleyball and other programs.

Court dimensions 16m x 30m.

Casual shooting is available for basketball and netball, casual volleyball and badminton based on court availability. Call us on 9205 2670.

The stadium is a fully bookable space.

Tiered seating which includes chairs with backrests is available.

Bench seating is also available.

SENSORY GUIDE



Feel

Change in ground surface
Increased body temperature
Increased heart rate
Shared personal space



Sounds

Applause
Balls bouncing
Buzzer | Echo
People cheering
Shoes squeaking
Whistles



Sights

Bright lights
Crowd movement
Sporting activities



Smells

Deodorants
People
Timber

Stadium Toilets

Location: Directly outside the entrance to the stadium.

Includes:

- unisex, accessible toilet with artificial lighting
- manual sliding door. Door clearance of 900mm. Twist lock at 1030mm AFFL
- cubicle space 1530mm x 2100mm
- grab bars to the right and behind toilet
- toilet height 430mm AFFL with right hand transfer
- sink height 840mm AFFL with twist tap 940mm AFFL.

Separate male and female toilets.



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 Broadmeadows Aquatic and Leisure 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.

Spa, Sauna and Steam Room

- Assists with relaxation and stress relief.
- Assists with sleep disorders.
- Helps relieve muscle and joint pain.
- Improves immune system.
- Improves circulation and blood flow.
- Promotes sensory regulation.

Aqua Aerobics

- 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.
- Can decrease risk of chronic disease.
- Assists with stress relief, decreased anxiety and better sleep.
- 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.
- Improves muscle strength in legs (spin classes).
- Promotes sensory regulation.
- Working out in a group assists with fitness motivation and accountability.

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.



Programs



We offer a range of leisure programs for our community to get active and social for a low cost. We welcome attendees from all ages and abilities. Download the [Active for All](#) brochure.

For information about the programs, we have available, call us on 9205 2513 or email leannec@hume.vic.gov.au.

When arriving for program:

1. Report to reception to make payment. Please note, invoicing can be arranged. Contact the email listed above for further information on invoicing.
2. Reception staff will issue a pass to access the program and the facility.
3. Reception staff will direct you to where your program is operating.
4. Meet your program leader at your dedicated class space.

Facility Hire



We have a range of bookable spaces at Broadmeadows Aquatic and Leisure Centre which include:

- two meeting rooms with AV equipment
- two studios
- multisport stadium
- 50m pool
- individual lap lanes.

In order to arrange bookings, call us on 9205 2513 or email leannec@hume.vic.gov.au.

Fees are provided on a case-by-case basis. Contact leannec@hume.vic.gov.au for more information.

Accessibility

Throughout

- Accessible website.
- Phone booking system available.
- Clear path of travel from outdoor to indoor areas.
- Step free access to centre.
- Wide, clear internal and external walkways.
- Assistance animals welcome.
- Wheelchairs and water wheelchairs are available for loan. See staff for assistance.
- Use the National Relay Service to contact Broadmeadows Aquatic and Leisure Centre on (03) 9205 2670. Find the right contact number or access point for your NRS channel of choice at communications.gov.au/accesshub/nrs. For help using the NRS, contact the NRS helpdesk: communications.gov.au/helpdesk.
- Exit from centre facilities to reception via an automated swing gate with a clearance of 1020mm.

Reception

- Customer service desk height 1100mm AFFL. Additional low height customer service desk 810mm AFFL with 700mm knee clearance.
- Portable EFTPOS machine.
- Discounted entry prices for holders of Companion, Carers and Seniors Cards.
- Pen and paper for exchange of information at reception.

- Staff available to read information to patrons if required.
- Information can be made available in large print upon request.

Cafe

- Chairs with backrests. Table dimensions 710mm high x 700mm wide x 330mm deep.
- Service desk height 900mm AFFL.
- Portable EFTPOS machine.
- Clear spaces in between furniture for a person to manoeuvre a mobility aid.

Pool Halls

- 25m pool deck drink tap at operating height 1100mm. No knee clearance.
- 50m pool deck drink tap push button operating height 760mm, spout 900mm. Knee clearance available.
- 50m pool grandstand with stepped access. Lift access also available.
- Mobility aids and prams are permitted on pool decks with parking available on poolside. Please do not block walkways.
- Locker hire enquire at reception.

Health Club

- Lift button operating height 1040mm AFFL. Lift door clearance 910mm. Lift internal operating buttons height 1200mm AFFL. Lift cubicle space 1650mm x 1400mm.
- Drink tap operating height 1000mm AFFL. No knee clearance.



- Self-serve kiosk operating height 1600mm AFFL.
- Couch seating.
- Entry into group fitness studio 1 via manual door opening outward with a clearance of 890mm.
- Entry into group fitness studio 2 (dedicated Reformer Pilates room) via a set of manual double doors opening inward. Singular clearance 890mm. Double clearance 1790mm.

Stadium

- Drink tap operating height 1170mm. No knee clearance.

Meeting Rooms

- Access to meeting room space via manual double door opening outward. Singular clearance 780mm. Double clearance 1550mm.
- Access into individual meeting rooms via manual door opening outward. Door clearance 880mm.
- Meeting room chairs with backrests.



Safety

Throughout

- Centre glass entry door with wide solid contrast band at 925mm to 1000mm AFFL.
- Terrain varies between carpet, vinyl, concrete and tiling.
- Floor and ground surfaces may become slippery when wet. Walking only.
- Available signage for wet floors may be displayed.
- Defibrillator located at reception.
- Evacuation maps located throughout centre.
- Children to be actively supervised at all times.
- No smoking.
- All staff are first aid qualified. If you require first aid, please speak to a staff member.
- All staff with Working with Children's Checks.
- Audible alerts in case of 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](#).

Pool Halls

- 25m pool hall internal glass doors with no contrast.
- 25m pool hall internal windows with contrast beam at 1020mm to 1070mm AFFL.
- Steam room glass door and window with no contrast.
- 50m pool hall internal glass doors with contrast band 905mm – 1030mm AFFL.
- 50m pool hall internal glass windows at 940mm to 1020mm AFFL.

- 50m pool grandstand steps with handrail on both sides and TGSi at bottom and top.
- 50m pool access ramp with handrail on both sides.
- 50m pool access ladders with handrail on both sides.
- Walking only within the pool halls.

Health Club

- Gym access steps with TGSi at top and bottom.

Stadium

- Carpeted declined hallway to stadium with no TGSi.
- Tiered seating steps with no handrail and no TGSi.



CONTACT

Broadmeadows Aquatic and Leisure Centre
41-85 Tanderrum Way, Broadmeadows 3047
Phone 9205 2670

[Visit](#)

