

Remember...

Every week, remember to bring:

- Lycra or Nylon swimwear
- Towel
- Goggles
- Slippers
- A change of warm clothes
- Your **Aqua Card**
- \$2 entry for the Pool and \$4 bus fee.

If you don't have your Aqua Card yet, please visit the **Redfern Neighbourhood Centre** (158 Redfern St. Redfern) or the

kings Cross Neighbourhood Centre

(50-52 Darlinghurst Rd, Kings Cross) **with your pension card**. The council officers take your photo and issue your card for free.

Also before we take you swimming you **must have your doctor complete our medical form**, and have it returned to us.



The most important thing to remember is to have fun!



Aqua Shuttle Info Pack

South Sydney Community Transport's Aqua Shuttle runs every Tuesday.

We have **two** runs to

The Ian Thorpe Aquatic Centre:

Residents from: Surry Hills/Woolloomooloo/
Millers Point

Pick up time starts **10:00AM**

Return trip from the pool is at **1:00PM**.

Residents from: Redfern/Alexandria/Glebe

Pick up time starts **10:35PM**

Return trip from the pool is at **1:30PM**.

Return trips with us are \$4

If you would like to go for a swim...

Please call us

9319 4439



Ian Thorpe Pool



Safety Tips

- Please be aware that the floor is wet and slippery at all times so **be careful!**
- We recommend that you wear thongs in the change rooms.
- You can hire a locker for \$2 to put your valuables in. Lockers without a lock are available for free too.
- Wear goggles and ear plugs if you are sensitive to chlorine.

Facilities

The Aquatic Centre has a number of fantastic facilities.

During your time there you can use:

- A heated 8-lane 50-metre pool
- Leisure pool with spa areas
- A hydrotherapy pool– *Please note this pool is only available between midday and 3.00 PM.*
- Sauna room
- Steam room
- Extensive change rooms with hot showers
- Lockers
- Café
- Classes: there is a morning class offered at 11:30 on a Tuesday, at a cost of \$10.

Please note SSCT is not responsible for running or organising classes.

You have to organise classes directly with the pool at extra cost.