

## **BELCONNEN/GUNGAHLIN POOLS**

### **Australian Institute of Sport Swimming Pool**

Type: Indoor heated pools

Length: 50 metre and 25 metre pools

Lanes: Eight

Location: Leverrier St, Bruce

Accessibility: open all year

Website: <http://www.ausport.gov.au/ais/visit/swimfit/swimschool/publicswimming>

Contact: 6214 1281

#### **Programs:**

- Squad Swimming
  - Canberra Amateur Swim Club
- Junior Swim School
  - Daily Monday-Sunday(mornings and evenings)
- Aquarobics
  - Two deep water classes and eight shallow water classes per week

### **Canberra International Sports and Aquatic Centre (CISAC)**

Type: Indoor heated pools

Length: 50 metre and 25 metre and leisure pool

Lanes: Ten

Location: Eastern Valley Way, Belconnen

Website: [www.cisac.com.au](http://www.cisac.com.au)

Contact: 6251 7888

#### **Programs:**

- Squad Swimming
  - ACT Swimming
- Junior Swim School
  - Monday-Saturday (8:30am-12:20pm and 3:30pm-7:30pm)
- Adult Swimming Lessons (Stroke Correction)
- Aquarobics
  - Four classes per week

### **Aquatots Macquarie**

Type: Indoor heated pool

Location: 45 Benneland Crescent, Macquarie

Website: None

Contact: 6214 1556

Email: [aquatots@netspeed.com.au](mailto:aquatots@netspeed.com.au)

#### **Programs:**

- Toddler swim classes only

### **Kings Swim Macgregor**

Type: Indoor heated pool

Length: 20 metre

Lanes: 4 full length, 2 lanes have islands in the middle

Location: Chalmers Place, Macgregor

Website: [www.kingswim.com.au](http://www.kingswim.com.au)

Contact: 6278 7868

Email: [macgregor@kingswim.com.au](mailto:macgregor@kingswim.com.au)

#### **Programs:**

- Kids Swim school
  - Toddlers to Advanced Babies
  - Mornings (Monday-Sunday)
  - Afternoons (Monday-Friday)
- Aqua Fitness
  - 13 classes (Mon, Tues, Wed and Fri at 12:30pm, Mon-Fri at night and some morning classes)

### **Gold Creek Aquatics Centre**

Type: Indoor heated pool

Length: 20 metre

Lanes: Four

Location: Curran Drive, Nicholls

Website: [www.aquatots.com.au](http://www.aquatots.com.au)

Contact: 6253 8955

#### **Programs:**

- Junior Swim School
  - Aquatots (Monday-Friday 9:30am-11:30am and 3:30pm-7pm)
  - Saturdays and Sundays (8:30am-2pm)
- Aquarobics
  - Monday, Wednesday and Friday Mornings 8:45am
  - Tuesdays and Thursdays 6:35pm
- General Lap Swimming

# CANBERRA CITY POOLS

## Canberra Olympic Pool

Type: Indoor heated pool, outdoor diving and children's pool

Length: 50 metre indoor pool

Lanes: Eight

Location: Allara St, Canberra City

Accessibility: From 1 April 2009 until 30 October 2009 outdoor pools are closed

Website: [www.canberraolympicpool.com.au](http://www.canberraolympicpool.com.au)

Contact: 6248 6799

### Programs:

- Gym and Health Club
- Swim Classes
  - Toddlers, Children and Adults
  - Monday and Wednesday (4-6pm) and Tuesday and Thursday (4-7:30pm)
  - Saturday and Sunday (9am-12:30pm)
- Aquarobics
  - Tuesdays and Fridays (12:30pm) for seniors only

## Dickson Pool

Type: Open air pool (open summer only)

Length: 50 metre

Lanes: Seven

Location: Cowper St, Dickson

**Accessibility: Closed until Monday 27 October 2009**

Website: [www.dicksonaquaticcentre.com.au](http://www.dicksonaquaticcentre.com.au)

Contact: 6247 2972

### Programs:

- Juniors Swim School
  - Austswim accredited instructors
- Seniors Swimming
  - Dickson Swimming Club

## Black Mountain Pool, O'Connor

Type: Private indoor heated pool

Location: Black Mountain School, Cockle Street, O'Connor

Website: [www.aquatots.com.au](http://www.aquatots.com.au)

Contact: 6253 8955

### Programs:

- Aquatots only
  - Monday-Friday (3pm-6:30pm)
- Full baby and pre-school program
- Private facility (only available for toddler swim school lessons)
- Disability access (ramp entrance into pool)

### **The Hyatt Hotel Pool**

Type: Indoor

Length: 15 metre

Lanes: Two

Location: Hyatt Hotel Canberra, Commonwealth Avenue, Canberra

Website: [www.canberra.park.hyatt.com](http://www.canberra.park.hyatt.com)

Contact: 6269 8540

#### **Programs:**

- Aqua Aerobics
- Lap Swimming

## **INNER SOUTH/WODEN VALLEY POOLS**

### **Manuka Pool:**

Type: Open air (summer only)

Length: 30 metre

Location: Manuka Circle, Manuka

Website: [www.manukapool.com.au](http://www.manukapool.com.au)

Contact: 6295 1349

#### **Programs:**

- Swim schools

### **Phillip Swimming and Ice Skating Centre**

Type: Outdoor

Length: 50 metre, 20 metre learner pools and toddler's pool

Lanes: Eight

Accessibility: Closed except for adult lap swimmers until 1 November 2009

Location: Irving St, Phillip

Website: [www.swimskate.com.au](http://www.swimskate.com.au)

Contact: 6282 1660

#### **Programs:**

- Lap swimming (Adults only in daylight hours. No booking required)
- Lessons (closed for winter)
  - Group – private swimming lessons by appointment
- Aquafit (closed for winter)
  - 6pm and 7pm Monday-Friday and Sunday 10am

### **Evo Health Club Barton**

Length: 25 metre

Lanes: Two

Location: Hotel Realm, 18 National Circuit, Barton

Website: [www.evohealthclub.com.au](http://www.evohealthclub.com.au)

Contact: 6162 1808

#### **Programs:**

- Lap swimming (hotel guest and health club members only)

### **Capital Hill Health Club**

Length: 15 metre

Location: Cnr Canberra Avenue and National Circuit, Rydges Capital Hill

Accessibility: Open all year

Website: [www.rydges.com](http://www.rydges.com)

Contact: 6295 3144

#### **Programs:**

- Daily Aqua Classes (call for more info)
- 7 days a week

### **Exceedfitness – Canberra Grammar School**

Type: Indoor heated pool

Length: 25 metre pool

Lanes: Six

Location: Monaro Street, Red Hill

Website: [www.exceedfitness.com.au](http://www.exceedfitness.com.au)

Email: [info@exceedfitness.com.au](mailto:info@exceedfitness.com.au)

Contact: 0402030736

#### **Programs:**

- Adult Squad Swimming
  - Triathlon – (Tue & Thu 7:00pm to 8:15pm, Sat 4:00pm to 5:30pm)
  - General - (Tue & Thu 7:00pm to 8:15pm, Sat 4:00pm to 5:30pm)
  - Stroke Correction (Tue & Thu 7:00pm to 8:15pm)
- Adult Learn to Swim
  - Group Class Thu (7:00pm-8:15pm)
- Adult Private Learn to Swim Lessons
  - Free Style Development
- Swim Clinic
  - Stroke Correction
  - 4 week block - Commencing in May 09

# TUGGERANONG/SOUTHERN CANBERRA POOLS

## **Active Leisure Centre (Erindale)**

Type: Indoor

Length: 25 metre

Lanes: Four

Location: McBryde Crescent, Wanniasa

Offers: Gym, Aerobics, Swim Classes

**Accessibility: closed for refurbishment for 6 months from 12/4/09**

Website: [www.activelec.com.au](http://www.activelec.com.au)

Contact: 6207 2777

### **Programs:**

- Squad swimming
- Juniors swimming:
  - Daily and weekends
- Aqua Aerobics:
  - Casual visits or multi-pass (10-visits)

## **Tuggeranong Lakeside Leisure Centre**

Type: Indoor

Length: 50 metre and 25 metre pools

Lanes: Eight

Location: Anketell St, Greenway

Website: [www.lakesideleisure.com.au](http://www.lakesideleisure.com.au)

Contact: 6293 3122

### **Programs:**

- Gym
- Swim classes
  - Learn to Swim for infants through to adults
- Public lap swimming always available
- Aqua Aerobics runs everyday
  - Aqua Naughts- Mon & Thurs
  - Deep Water- Tues, Thurs, Fri, Sun,
  - Deep Blitz and Hydro Fit

## **Aqua Calwell**

Type: Private residence. Indoor pool.

Location: 61 Girdlestone Circuit, Calwell

Contact: 6292 4900

### **Programs:**

- Aqua physiotherapy
- Kids Swimming Classes
  - Monday-Saturday (3-7pm)

## **Young's Swim School, Kambah**

Type: Indoor heated

Length: 15 metre

Lanes: 4 lanes

Location: 4-6 Jenke Circuit, Kambah

Website: [www.youngsswimschool.com.au](http://www.youngsswimschool.com.au)

Contact: 6231 0765

### **Programs:**

- Children's Swim School
  - Mon-Thurs (9:30am-11:30am and 3:30pm-7:45pm)
  - Fridays (9:30am-12pm and 3:30pm-6:30pm)
  - Saturdays (8am-4:30pm)

## **QUEANBEYAN**

### **Queanbeyan Memorial Swim Centre:**

Type: Indoor and outdoor heated pools

Length: 50 metre outdoor and 25 metre indoor

Lanes: Eight

Location: Crawford St, Queanbeyan

Website: <http://www.qcc.nsw.gov.au/page.aspx?page=435>

Contact: 6297 1907

### **Programs:**

- Little Nippers Swim School
  - Austswim recognised for children
- Aquarobics
  - Mondays (10:30-11:15am), Tuesdays (6:30-7:15pm) and Wednesdays (9:30-10:15am)
  - Thursday and Friday (will recommence in warmer weather)
- Lap Swimming
  - Queanbeyan Leagues Swim Club
- Royal Life Saving Society courses