

# Mill Park Leisure

## Access Key

A customised accessibility guide



*City of*  
**Whittlesea**

**Morang Drive  
Mill Park VIC 3082**

Updated November 2022 V2.0

# Acknowledgements



## Acknowledgement of Traditional Owners

We recognise the rich Aboriginal heritage of this country and acknowledge the Wurundjeri Willum Clan and Taungurung People as the Traditional Owners of lands within the City of Whittlesea.

The City of Whittlesea would also like to acknowledge the support and assistance provided by Access Ability Australia in helping to prepare the Mill Park Leisure Access Key.

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**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 and carers must have their children within eyesight at all times.

**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.

**Core strength** - Stabilises and controls your abdominal muscles, back muscles and the muscles around the pelvis which all influences the legs and upper body.

**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.

**Gantry** - An overhead ceiling hoist with a motor that moves along an overhead rail

providing a person ease of transfer.

**GOswim** - Swimming lessons which focus on contemporary, experiential, activity-based learning as a fun and engaging way for kids to learn to swim and be safe around water. GOswim swimming lessons empower students to think, discuss and decide whilst having fun in and around water.

**Gross motor skills** - Involves the use of the large muscles of the body.

**HHS** - 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.

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

**MX4** - A 45-minute functional group training program, with a capacity of 12 people. Focuses on all aspects of fitness – cardio, power, strength and endurance – for a complete exercise experience with qualified coaches.

**NDIS** - National Disability Insurance Scheme.

**Proprioception** - Awareness of position and movement of the body.

**RFID** - Radio Frequency Identification Device.

**Sensory exploration** - The stimulation of one's senses; touch, smell, taste, movement, balance, sight and hearing to facilitate exploration.

**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.

**Vestibular** - Awareness of balance and spatial orientation in order to coordinate movement with balance.

# Guidelines

Thank you for choosing to use an Access Key for Mill Park Leisure. This customised accessibility guide provides convenient information. Access Keys are universally designed and suitable for all people, regardless of ability.

This Access Key can be downloaded and saved to your preferred device for future use.

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 should 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 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 [35](#).
- Safety information is located on page [36](#).
- Download Access Key in its entirety - 37 pages in total.

Access Keys  
.....unlocking  
your world!



**Access  
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Australia**

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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.

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# Welcome

Welcome to Mill Park Leisure.

There is an undercover area directly outside the main entrance to the centre.

Entry is through two sets of double automated doors with a clearance of 1620mm.

Entry can also be made through single manual doors opening outward with a clearance of 875mm.

Seats with no back or armrests are located outside the main entry area.

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

Centre operating hours may vary depending on programs being run on a day-to-day basis. Please check before attending for availability of specific pools.

For further details please call (03) 8432 7600.





# Communication Board

## Mill Park Leisure Centre

April 2022 V1



Changing Places



Hearing loop



I don't speak English



I need help



Write it down



How much?



Membership



EFTPOS



Question



Yes



No



Drinking fountain



Parking



Phone



Exercise class



Gym



Spa



Swim



Taxi



First Aid



# Did You Know?

- [Whittlesea 2040](#): A place for all is the long-term vision for the City of Whittlesea. It guides all of Council's work and future partnerships with the community and others.
- Council is committed to equitable inclusion of all people, including people who live with a disability. You are valued for your differences, your knowledge, abilities and experiences. View [Council's role in supporting people with a disability - City of Whittlesea](#).
- [Active Whittlesea](#) 2019-2028 will guide the planning and promotion of sport, leisure and recreation programs, services and facilities within the City of Whittlesea over the next 10 years. Diversity is one of our greatest strengths, yet many groups (e.g. migrants, women and girls, people with a disability) experience significant barriers to participation. This strategy aims to address these barriers to get more people active more often.
- Mill Park Leisure is proudly owned and operated by the City of Whittlesea.
- The City of Whittlesea has taken great care to ensure accessibility for all at Mill Park Leisure. Accessible ramps, a pool pod and pool hoists ensure that a person using a wheelchair can be transferred into the water. Two Changing Places facilities are located in the Pool Hall – one with a Double Gantry, allowing transfer from the adult change table to the warm water pool, 25m indoor pool and spa. A dedicated Community Engagement Coordinator ensures ongoing improvement of processes so that people of

all ages, abilities and cultural backgrounds can access and enjoy the programs offered by Mill Park Leisure. All staff are trained to support the development of inclusive communities.

- Mill Park Leisure is a NDIS provider.
- Mill Park Leisure is an accredited [Watch Around Water](#) centre.
- A range of [membership](#) options are available.
- Please visit our [website](#) for casual entry prices.
- Mill Park Leisure offers members and guests access to the [Active World app](#).
- [Birthday parties](#) for children available.
- Mill Park Leisure is a Get Active Kids VIC provider. This Victorian Government initiative offers rebates that parents can redeem towards programs such as swimming lessons, sporting competitions, gymnastics and Teen Gym Memberships. For more information on eligibility and how to redeem vouchers, please visit our [website](#).
- Follow us on [Facebook](#) and [Instagram](#)
- To provide feedback, please visit our [website](#) or call us on (03) 8432 7600.

## Aquatic Supervision Rules

### Children under 5 years old

- Will be issued a pink wristband from reception upon entry.
- Children under 5 years old must be constantly supervised by a parent/guardian.

- Adequate supervision requires the parent/guardian to accompany the child in the water and remain within arm's reach of the child at all times.

### Children under 10 years old

- Will be issued a yellow wristband from reception upon entry.
- Children under 10 years old will not be admitted without an appropriate parent/guardian. The parent/guardian must be 16 years or over and adhere to all conditions of entry.
- Children under 10 years old must be constantly supervised by a parent/guardian while in the aquatic area of the centre.
- The parent/guardian must position himself or herself to have a clear view of the child with no physical or structural barriers between them and the child.

### Children 10 years and older

- For children 10 years and older, parents must use their knowledge of the child's swimming ability to determine the level of supervision required.
- Parent /guardians are not required to be present in the centre.
- No photography permitted in the centre.

# Getting There

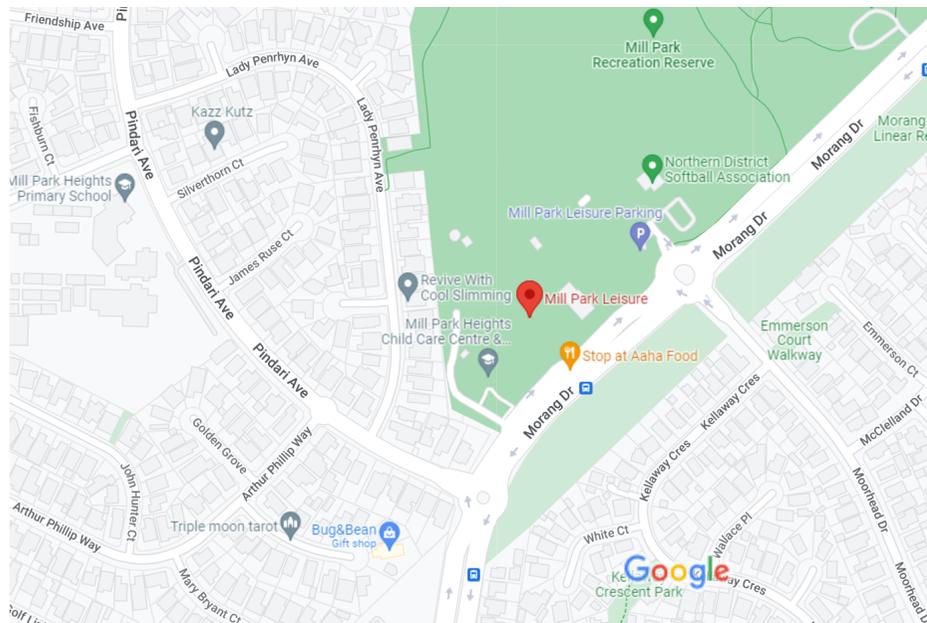
Mill Park Leisure is located at 33 Morang Drive, Mill Park.

See Google Maps reference [here](#)

The nearest bus stop is on the corner of Morang Drive and Centenary Drive, 670 metres from the centre.

The Mernda train line and bus services 564 and 569 will take you to Mill Park Leisure.

For further information on how to get to Mill Park Leisure, please visit [Public Transport Victoria](#).



Map data ©2022 100 m



# Parking

The most convenient parking for Mill Park Leisure is within a designated car park on-site. The car park is accessed from a roundabout on Morang Drive.

Included:

- eleven accessible parking bays 25 metres from the entrance to the centre
- 210 general parking bays with no restrictions
- bus drop off zone at the PTV bus stop outside the centre on Morang Drive.

There is also nearby street parking with no restrictions.

Bike racks available at the front of centre.



# Mill Park Leisure Centre



- Legend**
- Reception
  - Cafe
  - Meeting Room
  - Sauna
  - Childcare
  - Kitchen
  - Gym
  - Program Room
  - Amenities
  - School Change Facilities
  - Unisex Accessible Change & Amenities
  - Staff Only
  - 1 Main Entrance
  - Entry gates
  - Public Showers
  - Wheelchair Seating
  - 24 Hour Access to Gym
  - Drinking Fountain
  - Changing Places
  - + First Aid
  - Female Toilet
  - Male Toilet
  - Ambulant Toilet
  - Child Toilet
  - Baby Change Table



[www.millparkleisure.com.au](http://www.millparkleisure.com.au)

# Mill Park Leisure Centre Staff

Customer Service, Duty Managers, Gymnasium Instructors and Childcare staff wear blue and black polo shirts with the Mill Park Leisure logo with black pants or shorts. These staff also wear clear, large print name tags.

Lifeguards wear international standard uniform which includes a bright yellow and red long sleeve shirt with red shorts. The word 'Lifeguard' is across the front and back. They carry a bum bag, a kickboard and a radio.

Swim instructors wear black rash vests.

Group fit instructors wear active wear.



# Reception

Reception is directly ahead of the entrance, to the right.

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

There is a visual Communication Board at reception to support confident customer communication.

Wheelchair entry with a clearance of 1180mm.

Children to collect the appropriate coloured wristband for the pool from reception.

## Members

1. Enter through the turnstiles directly ahead of the entry doors.
2. Members scan their RFID sticker, wristband or barcode from the Active World app at the scanners located at each turnstile. Turnstiles are at a height of 720mm AFFL and have a clearance of 560mm.

## Casual Guests

1. Enter through glass entry point with a clearance of 1010mm.
2. Please pay for visit at reception. Cash or EFTPOS is accepted.
3. Discuss what program you would like to access. Cash or EFTPOS is accepted.

A counter assistance bell is located at the front desk.

Seating options in reception include bench seats with no back or armrests.

Audio-visual screens display information regarding centre facilities.

Manual water wheelchairs are available for use. Please enquire with staff at reception or in the pool hall.

Portable hearing loop for use in land based classes are available. Collect at reception.

There is merchandise stand near reception with sporting apparel, swimwear and essential accessories.



## SENSORY GUIDE



### Feel

Change in ground surface  
Heating/Cooling  
Shared personal space



### Sounds

Automated doors  
Café sounds  
Counter assistance bell  
Heating/Cooling  
People  
Phones



### Sights

Bright lights  
People  
Glare



### Smells

Chlorine  
Food/Drink

# Health and Wellbeing

Being involved in regular moderate physical activity can provide numerous advantages. Listed below are the associated therapeutic benefits of participating in activities available at Mill Park Leisure.

## 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

## Hydrotherapy

- Encourages sensory exploration
- Facilitates development of gross motor skills
- Functional retraining for work
- Increased flexibility
- Increased aerobic fitness
- Increased muscular strength
- Relief of muscular tension and decreased pain
- Promotes sensory regulation

*“Physical activity helps to decrease inflammation and helps strengthen the body’s immune system”.*

## Spa and Sauna

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

## Aquatic Group Fitness

- 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
- Assists with stress relief, decreased anxiety and better sleep
- Decreases risk of chronic disease
- Encourages social interaction and community participation
- Helps improve brain functionality and memory
- Helps improve mood

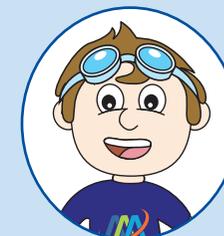
- Helps improve posture
- Helps reduce joint and muscle pain
- Improves cardiovascular fitness
- Increases energy levels
- Promotes sensory regulation

## 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
- Improve mental health
- Improves muscle strength in legs (spin classes)
- Promotes sensory and emotional 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.



# Pool Hall

The pool hall is an accessible area for people of all ages and abilities to enjoy a range of aquatic activities, both fun and therapeutic.

It is located past reception and café, on the right. Entry is through a set of glass, automated doors with a clearance of 1920mm.

Includes:

- two Changing Places
- change rooms and toilets
- warm water pool
- indoor 25 metre pool
- learn to swim pool
- leisure pool with water play equipment
- spa
- sauna
- bench seating throughout, with no back or armrests. Tables and chairs are also available. Seats have backs, no armrests
- lockers are located in front of the entrance door along the left side of the walk way near the shallow end of the 25-metre pool
- lockers are RFID band/sticker activated. Casual guests can purchase a locker at the locker station by scanning a debit/credit card.



## Pool Hall

# Changing Places

There are two dedicated Changing Places at Mill Park Leisure.

Changing Places are 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.

Users are required to provide their own sling. Please ensure it is compatible with the hoist. If there is any uncertainty, please do not use hoist.

Changing Places facilities require a Master Locksmiths Access Key to access. Users are encouraged to bring their own MLAK keys. 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.

If you do not have access to your own MLAK key, please speak to a staff member for assistance.



## Pool Hall

# Changing Places One

Location - In the pool hall, on the left, before the spa.

Includes:

- unisex, fully accessible toilet and adult change facility with sensor lighting
- MLAK Key required for access
- push button entry 1000mm AFFL
- sliding door. Door clearance 1070mm. Push button lock 1180mm AFFL
- cubicle space 3050mm x 4150mm
- retractable grab bars on both sides of toilet
- colour contrast toilet seat
- toilet height 460mm AFFL with left- and right-hand transfer
- sink height 815mm AFFL with lever tap 1020mm AFFL
- shower with HSHS, grab bars and shower bench
- privacy screen
- signage detailing operating instructions for the safe use of the change table and ceiling hoist located on the wall next to the adult change table

- double gantry allowing transfer from adult change table to the warm water pool, indoor 25m pool and spa. Please ask staff at reception for the T-Bar required to use the gantry
- adult change table – electronically height adjustable and manual foldable table with maximum load 220kg
- Guldmann ceiling hoist with hoist/carry bar with maximum load 200kg.

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.



## SENSORY GUIDE



### Sounds

Announcements  
Echo | Hand dryer  
Music  
Toilet flushing  
Water bubbling  
Water running



### Sights

Bright lights  
Mirror/Reflection



### Smells

Air Freshener  
Bathroom smells  
Chlorine  
Disinfectants  
Shower products

## Pool Hall

# Changing Places Two

Location - In the pool hall, opposite the children's leisure pool.

Includes:

- unisex, fully accessible toilet and adult change facility with sensor lighting
- MLAK Key required for access
- push button entry 1140mm AFFL
- sliding door. Door clearance 1070mm. Push button lock 1160mm AFFL
- cubicle space 3090mm x 4150mm
- retractable grab bars on both sides of toilet
- colour contrast toilet seat
- toilet height 470mm AFFL with left- and right-hand transfer
- sink height 815mm AFFL with lever tap 960mm AFFL
- shower with HSSH, grab bars and shower bench
- privacy screen
- signage detailing operating instructions for the safe use of the change table and ceiling hoist located on the wall next to the adult change table
- adult change table – electronically height adjustable and manual foldable table with maximum load 220kg
- Guldmann GH3+ model ceiling hoist with hoist/carry bar with maximum load 200kg.



## SENSORY GUIDE



### Sounds

Announcements  
Echo | Hand dryer  
Music  
Toilet flushing  
Water bubbling  
Water running



### Sights

Bright lights  
Mirror/Reflection



### Smells

Air Freshener  
Bathroom smells  
Chlorine  
Disinfectants  
Shower products

## Pool Hall

# Toilets and Change Facilities - Set One

Location: In the pool hall, on the left.

### Accessible toilet one includes:

- unisex, accessible toilet with sensor lighting
- manual door opening inward. Door clearance 870mm. Twist lock 1050mm AFFL
- cubicle space 3080mm x 2230mm
- grab bars to the left and behind toilet
- colour contrast toilet seat
- toilet height 470mm AFFL with left-hand transfer
- sink height 800mm AFFL with lever tap 990mm AFFL
- shower with HSSH, grab bars and shower bench.

### Accessible toilet two includes:

- unisex, accessible toilet with sensor lighting
- manual door opening inward. Door clearance 870mm. Twist lock 1050mm AFFL
- cubicle space 3090mm x 2300mm
- grab bars to the right and behind toilet
- colour contrast toilet seat
- toilet height 470mm AFFL with right-hand transfer

- sink height 610mm AFFL with lever tap 1020mm AFFL
- shower with HSSH, grab bars and shower bench.

### Male and female facilities include:

- ambulant toilets
- baby change area
- communal change areas with showers
- bench seating with hooks.

A separate change area for schools is located past the accessible toilets.

### Includes:

- manual door opening inward with clearance 860mm. Twist lock
- sensor lighting
- small waiting area with a kitchenette and storage area
- communal change area, with the option to separate the area in half
- bench seating
- unisex ambulant toilets



## SENSORY GUIDE



### Feel

Heating/Cooling  
Shared personal space  
(excl accessible toilet)



### Sounds

Announcements | Echo  
Hand dryers | Music  
People  
(excl accessible toilet)  
Toilet flushing  
Water running



### Sights

Bright lights  
Mirror/Reflection  
People  
(excl accessible toilet)



### Smells

Air freshener  
Bathroom smells  
Chlorine  
Disinfectants  
Shower products

## Pool Hall

# Toilets and Change Facilities - Set Two

Location: In the pool hall, opposite leisure pool.

### Accessible toilet includes:

- unisex, accessible toilet with sensor lighting
- manual door opening inward. Door clearance 870mm with twist lock 1100mm AFFL
- cubicle space 2390mm x 2780mm
- grab bars to the left and behind toilet
- colour contrast toilet seat
- toilet height 470mm AFFL with left-hand transfer
- sink height 820mm AFFL with lever tap 980mm AFFL
- shower with HSSH, grab bars and shower bench.

### Other facilities include:

- four family change rooms. No toilets or showers
- two family change rooms with showers
- unisex ambulant toilet
- three baby change tables
- open showers.



### Feel

Heating/Cooling  
Shared personal space  
(excl accessible toilet)



### Sounds

Announcements  
Echo | Hand dryers | Music  
People (excl accessible toilet)  
Toilet flushing  
Water running



### Sights

Bright lights  
Mirror/Reflection  
People (excl accessible toilet)



### Smells

Air freshener  
Bathroom smells  
Chlorine  
Disinfectants  
Shower products

## SENSORY GUIDE

## Pool Hall

# Warm Water Pool

The warm water pool is the first pool on the right.

It is utilised for hydrotherapy and gentle exercise. It can also be used for aquatic group fitness classes, swimming lessons, private bookings and is available for public use.

It is recommended that people call ahead or check online for availability. Our aquatic group fitness timetable is available [online](#), on the [Active World app](#) or phone (03) 8432 7600.

Includes:

- gantry entry from the nearby Changing Places
- pool hoist
- access ramp with handrails on both sides. Ramp length 16m with maximum gradient 1:15
- stepped entry point with handrails on both sides
- Depth 1 to 1.4 metres
- water temperature 34 degrees Celsius.

Warm water pool access is restricted to people aged 16 years and over unless part of a program or with management approval.



### Feel

Being splashed  
Heat/Humidity  
Increased body temperature  
Increased heart rate  
Shared personal space



### Feel

Water resistance  
Warm water  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo  
Music  
People



### Sights

Bright lights  
Glare  
People  
Splashing



### Smells

Chlorine

## Pool Hall

# Indoor 25 Metre Pool

The indoor 25 metre heated pool is past the warm water pool, on the right.

It is utilised for lap swimming, swimming lessons, group fitness classes, swimming carnivals, competitions, pool games and recreational swimming.

Includes:

- pool pod with maximum load 250kg
- pool hoist
- gantry entry from the nearby Changing Places
- access ramp with handrails on both sides. Ramp length 19.5m with maximum gradient 1:15
- stepped entry point with handrails on both sides
- ladder entry points with handrails on both sides
- depth 1 to 1.8 metres
- water temperature 28 degrees Celsius.

For lap lane availability and private lane bookings (schools), please visit our [website](#) or call us on (03) 8432 7600.



### Lap Lane Etiquette

- Show consideration of others at all times.
- Comply with signage within pool hall.
- Select a lane based on your swimming speed and stroke (slow, medium, fast). You may need to move lanes if you change strokes.
- Pass other swimmers to the right and return promptly to the left of the lane.
- Allow faster swimmers to pass.
- At the end of the lane, move to the corner to avoid congestion.
- Avoid activities/drills that may disrupt other swimmers.
- Please co-operate with any requests made by the supervising lifeguard.

## SENSORY GUIDE



### 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  
Splashing  
Starter guns  
(during comp)



### Sights

Bright lights  
Glare  
People  
Splashing



### Smells

Chlorine

## Pool Hall

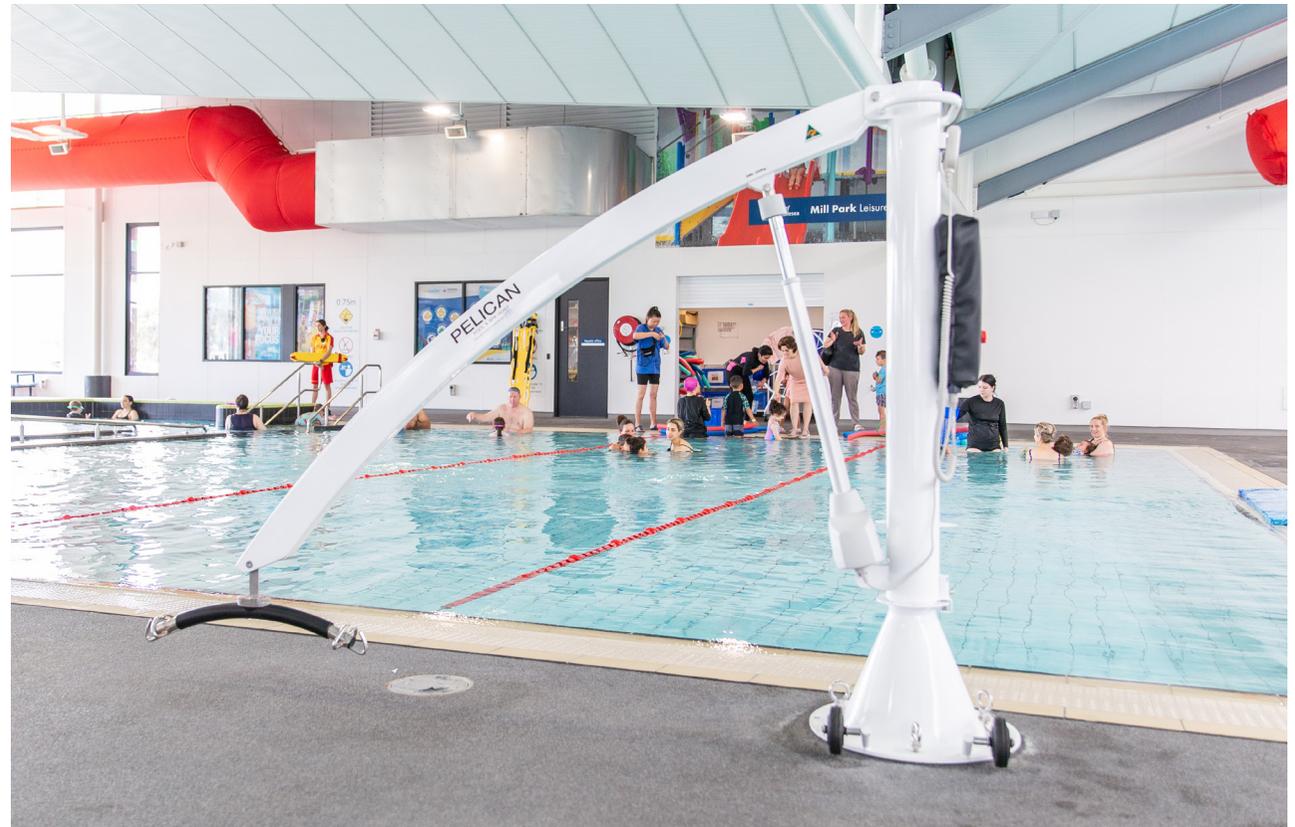
# Learn to Swim Pool

The learn to swim pool is next to the leisure pool and water play equipment.

It is utilised for swimming tuition for people of all ages and abilities. For further information on swimming lessons and to enrol, please visit our [website](#).

Includes:

- pool hoist
- access ramp with handrails on both side
- one stepped entry point with handrails on both sides
- depth 0.75 to 1 metre
- water temperature 32 degrees Celsius.



### Feel

Being splashed  
Humidity  
Increased body temperature  
Increased heart rate  
Shared personal space



### Feel

Warm water  
Water resistance  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo | Music | People  
Running water  
Splashing  
Water features



### Sights

Bright lights  
Glare  
People  
Splashing  
Water features



### Smells

Chlorine

## Pool Hall

# Leisure Pool with Water Play Equipment

The leisure pool is on the far right.

This interactive water feature has a water bucket, spray nozzles, jets, valves and slides.

Includes:

- beach entry
- accessible water play features on ground level
- stepped access points with handrails on both sides leading to more water play/slides
- water bucket that periodically splashes water over this area
- depth 0 - 0.75 metres
- water temperature 32 degrees Celsius.

Operating times can be viewed on our [website](#).

### Rules

- Walking only.
- Wait until the person in front of you exits the slides before taking your turn.



### Feel

Being splashed  
Humidity  
Increased body temperature  
Increased heart rate  
Shared personal space



### Feel

Warm water  
Water features  
Water resistance  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo | Music | People  
Running water  
Splashing  
Water features



### Sights

Bright lights  
Glare  
People  
Splashing  
Water features



### Smells

Chlorine

# Pool Hall Spa

The spa is located on the left, past the Changing Places.

Spa users are required to wear a wrist band. For casual users the spa is an additional cost.

Includes:

- gantry entry from Changing Places
- pool hoist
- stepped entry with single handrail
- depth 0.9 metres
- water temperature 32 degrees Celsius.



## 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 or as signed.
- 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 16 are not permitted in 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 | Warm water  
Increased body temperature  
Shared personal space  
Water jets  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo  
Music | People  
Spa bubbling  
Water jets



### Sights

Bubbles  
People



### Smells

Chlorine

# Pool Hall Sauna

The sauna is on the left, past the spa.

Access is through a manual door opening outward with a clearance of 890mm.

Sauna users are required to wear a wristband. For casual users the sauna is an additional cost.

There is two-tiered, stepped access to seating within the sauna.



## 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.
- Children under the age of 16 are not permitted to use the sauna.
- 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

Dry air  
Heat

Increased body temperature  
Shared personal space



### Sounds

People



### Sights

Dim lighting



### Smells

Chlorine  
Heated wood  
Perspiration

# Aqua Aerobics

Aqua aerobic classes are held in both the warm water pool and indoor 25 metre pool.

Aqua aerobics uses the resistance of water to automatically increase the intensity of your workout, helping to increase your strength and overall health.

Aqua Fit classes is a workout in water that is inclusive of every fitness level and every age.

Aqua WW is a warm water exercise designed to improve muscular strength, cardiovascular fitness and flexibility in an environment that has minimal impact on the joints.

For timetable information, please visit our [website](#).

Members and casual guests can participate in aquatic group fitness classes. Casual guests incur a fee.

Classes can be booked via the Active World app or at reception and run for 45 minutes.

Cash and EFTPOS are available.



## Feel

Being splashed  
Heat/Humidity  
Increased body temperature  
Increased heart rate



## Feel

Shared personal space  
Water resistance  
Weightlessness



## Sounds

Amplified voice  
Announcements  
Echo  
Music  
People  
Running water



## Sights

Glare  
People  
Splashing



## Smells

Chlorine

# Health Club

The Health Club is opposite reception.

Includes:

- change facilities and toilets
- cardio, strength and functional areas w
- small group training sessions (MX4 training), catering for all fitness levels
- [personal training](#)
- selection of disability friendly gymnasium equipment
- lockers
- sanitisation and wipe stations
- group fitness studios
- Reformers Pilates.



# Change Facilities and Toilets

### Accessible Toilet

Location: Far right corner of gymnasium in a hallway.

Includes:

- unisex, accessible toilet with sensor lighting
- manual door opening inward. Door clearance 860mm AFFL. Twist lock 1110mm AFFL
- cubicle space 4070mm x 2240mm
- grab bars to the left and behind toilet
- colour contrast toilet seat
- toilet height 470mm AFFL with left-hand transfer
- sink height 800mm AFFL with lever tap 1010mm AFFL
- shower with HSSH, grab bars and shower bench.

Other toilets and change facilities are located in the centre of the health club, opposite the fitness studios. They include:

- separate male and female toilets, with ambulant
- communal change area within both male and female toilets
- showers
- lockers with control panels at varying heights.



## SENSORY GUIDE



### Feel

Change in ground surface  
Heating/Cooling  
Shared personal space  
(excl accessible toilet)



### Sounds

Announcements | Echo  
Hand dryer  
Music  
People (excl accessible toilet)  
Toilet flushing  
Water running



### Sights

right lights  
Mirror/Reflection  
People  
(excl accessible toilet)



### Smells

Air Freshener  
Bathroom smells  
Disinfectants  
Shower products

# Health Club Gymnasium

Opposite reception, access to the gymnasium is through a manual door, opening inward with a clearance of 900mm.

There is also a door which allows 24/7-hour access. This door is located after the first set of entry doors to the centre, on the left, within the airlock. This manual door opens inward and has a clearance of 875mm. Members access the gym area with their wristband, barcode on phone or with their RFID sticker.

Includes:

- a variety of gym equipment including cardio machines, pin loaded machines, barbells, dumbbells, and functional training equipment
- rock climbing wall
- a selection of accessible fitness equipment including hand cycle machines, free weights, bar bells, kettle bells, medicine balls and dumb bells, cable machines, wind rower, TheraBands and foam rollers instructional videos are available for each piece of equipment.

Members and guests are required to bring their own workout towel.

If you have any medical conditions, we advise that you speak to your doctor prior to commencing any physical activity.

Children under the age of 12 are not permitted to use gym equipment.



## SENSORY GUIDE



### Feel

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



### Sounds

Announcements  
Echo | Music  
Gym equipment  
Heating/Cooling  
People  
Weights clanging



### Sights

Bright lights  
Fans moving  
Glare  
Mirror/Reflection  
People



### Smells

Deodorants  
Perspiration  
Rubber matting  
Sanitiser/Wipes

# Health Club

## Fitness Studios

Mill Park Leisure has a variety of popular group fitness classes. Classes cater to a range of ages and abilities. For a full list of class descriptions please visit our [website](#).

There are three fitness studios and each includes a stage and mirrored wall.

### Cycling Studio

#### Location

1. Go past reception.
2. Continue down foyer, past the gymnasium.
3. Go through doors and take second left.
4. The cycling studio is on the right, near the waiting area.

Access is via a manual door opening inward with a clearance of 860mm.



### Wellness Studio

#### Location

1. Go past reception.
2. Continue down foyer, past the gymnasium.
3. Turn left down a hallway.
4. Go through doors and take second left.
5. The wellness studio is on the right, past the cycling studio.

Access is via a manual door opening inward with a clearance of 860mm.



### Main Group Fitness Studio

#### Location

1. Go past reception.
2. Continue down foyer, past the gymnasium.
3. Turn left down a hallway.
4. Go through doors and take second left.
5. The main group fitness studio is at the end of this hallway.

Access is via a manual door opening inward with a clearance of 860mm. Opens to a double door with clearance of 1800mm.



## Fitness Studios (cont)

Fitness studios include:

- mirrored walls (excl spin room)
- window walls (excl spin room)
- fans
- stages (excl wellness studio)
- sanitisation and wipes stations
- variety of gym equipment relevant to each class; spin bikes, reformer beds, steps, matts, weight plates, barbells and stretch bands.

Bookings for fitness classes are made through the [Active World app](#) for members and casual guests. Alternatively, bookings can be made reception.

Virtual classes are available. These classes are timetabled. Please see our [website](#) for more information.

Portable hearing loop for use in classes are available. Collect at reception.

Group fitness classes vary in times from 30-55 minutes.

There is an open plan waiting area outside the fitness studios, with chairs with back and armrests.



### SENSORY GUIDE



#### Feel

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



#### Sounds

Amplified voice  
Announcements  
Feet stomping  
Music  
People



#### Sights

Bright lights  
Fans moving  
Glare  
Mirror/Reflection  
Rapid movement



#### Smells

Deodorant  
Perspiration

# Exercise Physiology

Mill Park Leisure offers exercise physiology. An allied health professional can provide safe and effective exercise interventions for people with medical conditions, injuries or disabilities. These interventions can take place in private consulting rooms within the health club, within the warm water pool or in the health club cymnasium.

Please visit our [website](#) for more information on Exercise Physiology.

Funding schemes that are available to assist with the cost of allied health services include:

- [National Disability Insurance Scheme](#)
- [Department of Veterans' Affairs](#)
- [Medicare](#)
- [WorkCover](#)
- [Transport Accident Commission](#).



# Café

The café is located past reception, on the right.

It offers a wide range of fresh, tasty, and nutritious options. The café follows the Victorian Government's Healthy Choices Guidelines [Traffic Light System](#) to help guide people to make healthy food choices.

Includes:

- serving counter 910mm AFFL
- countance assistance bell
- various configurations of tables and chairs – some with back and armrests
- visual menu. Menu items are colour coded according to the Traffic Light System
- large print menu available at counter
- highchairs be available
- secondary serving counter in pool hall at a height of 890mm AFFL.

Cash and EFTPOS are accepted



## SENSORY GUIDE



### Feel

Heating/Cooling  
Shared personal space



### Sounds

Announcements  
Coffee machine  
Counter assistance bell  
Fridges  
Music  
People



### Sights

Bright lights  
Glare



### Smells

Food/Drink  
Chlorine

# Outdoor Exercise and Leisure Space

Location: Far end of the pool hall.

Mill Park Leisure has a landscaped outdoor space for exercise, play and relaxation. There is space in this area for people to retreat, relax and unwind if feeling overstimulated in the centre.

There are two entry doors to this space, both located near the leisure pool.

Door one (on the left) is a manual door, opening inward with a single clearance of 930mm. This can open to a double door with a clearance of 1860mm.

Door two (on the right) is a manual door, opening inward with a single clearance of 840mm. This can open to a double door with a clearance of 1730mm.

Includes:

- a variety of exercise equipment
- play equipment
- a soccer/basketball court
- barbecues
- sheltered areas.



## SENSORY GUIDE



### Feel

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



### Sounds

Announcements  
Balls bouncing  
Barbecues sizzling  
Flying insects  
Nature | People  
Traffic



### Sights

Flying insects  
Glare  
Nature  
People



### Smells

Barbecues  
Nature  
Sunscreen

# Accessibility

## Throughout

- Varied internal terrain of non-slip concrete, tiles, laminate and carpet.
- Clear path of travel from outdoor to indoor areas.
- Step free access to centre.
- Wayfinding signage throughout.
- Wide, clear internal and external walkways.
- Clear wheelchair circulation space.
- Spaces for a person using a wheelchair to sit with friends.
- Taped phone messages about events, services and facilities.
- Assistance animals welcome.
- Hearing loop available at reception.
- Staff available to read information if required.
- Pen and paper available for exchanging information.
- Discounted prices for concession, carers, companion and seniors card holders - members and casuals.
- Portable EFTPOS machines.

## Café

- Round table height 735mm AFFL and knee clearance 720mm AFFL.
- Rectangular table height 735mm AFFL and knee clearance 680mm AFFL.
- Coffee table height 490mm AFFL.
- Consideration for special dietary requirements.

## Pool Hall

- Water wheelchairs available.
- Bench seating height 625mm AFFL.
- NDIS funded 1:1 swimming lessons available.
- Water fountain opposite 25m pool. Lower-level fountain height 705mm AFFL and knee clearance 640mm AFFL. Higher-level fountain eight 850mm AFFL and knee clearance 700mm AFFL.
- First school entry via a double automatic sliding door with a clearance 1680mm.
- Second school entry with single door opening outward. Single clearance 860mm and double door clearance 1810mm.

- Set two open communal change room opposite leisure pool with three baby change tables height 900mm AFFL knee clearance 710mm AFFL.

## Health Club

- Manual door from gymnasium to main fitness studio opening inward with a clearance of 970mm.
- Instructor voices amplified with surround sound during classes.
- Water fountain in functional zone of gymnasium. Lower-level fountain height 680mm AFFL and knee clearance 620mm AFFL. Higher-level fountain height 840mm AFFL and knee clearance 680mm AFFL.
- Water fountain in cardio zone of gymnasium. Lower-level fountain height 680mm AFFL and knee clearance 610mm AFFL. Higher-level fountain height 830mm AFFL and knee clearance 680mm AFFL.
- Water fountain in main fitness studio. Lower-level fountain height 695mm AFFL and knee clearance 630mm AFFL. Higher-level fountain height 840mm AFFL and knee clearance 690mm AFFL.

- Three consulting rooms with entry through manual doors opening inward with a clearance of 760mm.
- Program room 4 with single clearance of 880mm and double clearance of 1820mm.

## Creche

- Waiting area with a coffee table and chairs with back and armrests.
- Manual entry door opening outwards with clearance 860mm.
- Airlock entry gate opening inward with operating height 1660mm AFFL.
- Creche includes two children's toilets, a kitchenette, a storage room and open lockers.

## Outdoor Exercise and Leisure Space

- Barbecues with operating height 950mm AFFL. Buttons on top of barbecues.
- Grassed area to exercise equipment and soccer/basketball area.

# Safety

## Throughout

- Carpark with pedestrian crossing and pram ramps with TGSi.
- Floor and ground surfaces may become slippery when wet. Walking only.
- Wet floor signage available.
- All staff with Working with Children Checks.
- Evacuation maps located throughout.
- Fire wardens on site.
- First aid room on premises.
- Defibrillators located in the pool hall and gymnasium.
- Children to be actively supervised at all times.
- No smoking.
- Illuminated exit signs.
- 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](#).

## Reception

- Merchandise stall to the right.

## Pool Hall

- Structural beams throughout.

## Health Club

- Low hanging switch cords for fans.

## Outdoor Exercise and Leisure Space

- Fully fenced.



# Mill Park Leisure



## Contact

### Mill Park Leisure

T: 03 8432 7600

### Address

33 Morang Drive  
Mill Park VIC 3082

E: [mpl@activewhittlesea.com.au](mailto:mpl@activewhittlesea.com.au)

[www.millparkleisure.com.au](http://www.millparkleisure.com.au)

### City of Whittlesea

T: 03 9217 2170 (general information)

TTY: 133 677 (ask for 03 9217 2170)

### Postal address

Locked Bag 1, Bundoora MDC VIC 3083

E: [info@whittlesea.vic.gov.au](mailto:info@whittlesea.vic.gov.au)

### Address

25 Ferres Boulevard  
South Morang VIC 3752

[www.whittlesea.vic.gov.au](http://www.whittlesea.vic.gov.au)

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