

## **IAS PERFORMANCE SUPPORT**

### IAS SUPERVISED SESSIONS & OTHER GYM ACCESS

*Where our partner gyms permit access to IAS athletes outside of the supervised sessions, this access is granted on the basis that the athlete only performs their IAS program. It is not a 'free pass' to use the gym for other purposes.*

The Strength & Conditioning Program runs in line with school term dates, breaking for the holiday period.

### **WOLLONGONG ATHLETES**

- 1) UOW Sports Hub (Building 9, University of Wollongong)

#### IAS supervised sessions:

- a) Monday: 6:15am-7:30am and 4:30pm – 5:30pm
- b) Wednesday: 6:15am – 7:30am
- c) Friday: 4:30pm – 5:30pm

No free access outside supervised sessions

- 2) Lakeside Leisure Centre (192 Kanahooka Rd, Kanahooka)

Not supervised by IAS staff: Free access once registered

14 years & over: 6am-6pm (Mon-Fri)

### **SHELLHARBOUR ATHLETES**

Shellharbour TAFE Gym (Building B, 11 College Ave, Oak Flats)

IAS supervised sessions: Wednesdays 4:30pm-5:30pm

Free access once registered

All ages: Tuesday 4pm-7:30pm & Thursday 5:30pm-7:30pm

### **SHOALHAVEN ATHLETES**

- 1) Bay & Basin Leisure Centre (The Wool Rd, Vincentia)

IAS supervised session: Tuesdays 6:30am-7:30am

Not supervised by IAS staff: Free access once registered

16 years & over: use of facilities during staff hours

Under 16 years: 2:30pm-5:30pm (Mon, Tues, Wed, Fri)

2) Barnstorming Fitness (12/35 Cumberland Ave, South Nowra)

IAS supervised session: Thursdays 6:45am-7:45am

No free access outside supervised session

3) Ulladulla Leisure Centre (139 Warden St, Ulladulla)

No supervised IAS session

Not supervised by IAS staff: Free access once registered

15 years & over: 6am-7pm (Mon to Fri)

Under 15 years: 3:30pm-4:30pm (Mon, Wed, Fri)

4) Nowra Aquatic Park

Free casual swimming

5) Bomaderry Aquatic Centre

Free casual swimming

6) Shoalhaven Indoor Sports Centre

Free casual court usage



## KIAMA ATHLETES

Kiama Leisure Centre (1 Havilah Pl, Kiama)

IAS supervised session: Tuesdays 6.30am-7.30am

Not supervised by IAS staff: Free access once registered

All ages: 6am-7pm (Mon to Fri)

## WINGECARRIBEE ATHLETES

Moss Vale War Memorial Aquatic Centre (8 Kirkham St, Moss Vale)

IAS supervised session: Thursdays 6:45am-7:45am

Not supervised by IAS staff: Free access once registered

14 years & older: 6am-8pm Monday to Friday

Under 14 years: No free access outside of supervised session

