



New fitness centre nears completion

The new Amberley Base Gym and physical fitness centre, nearing completion on the old Matson Oval site, will provide a world class facility that will help ensure the RAAF and the Army are 'Fit to Fight'.

The multi-million dollar project includes a new gymnasium and indoor pool building comprising two indoor basketball courts, spin, boxing, cardio, and weights rooms, two squash courts, central change and shower facilities, administration areas, store rooms, and associated plants rooms.

A large mural featuring sportsmen overlooks the centre's 50 metre, eight-lane indoor Olympic heated pool with suspended assault course.

The multipurpose area can be configured for indoor soccer, badminton, netball and volleyball games and also boasts a climbing/abseiling wall.

The main exercise room will be equipped with \$450,000 of new exercise equipment, plus gear from the existing gym, and features rubber flooring imported from the USA.

The building also has separate areas for cardio and spin training, squash courts as well as basketball courts with sprung wooden floors.

Outdoors, there is a rugby league field, which incorporates a synthetic surface,

all-weather athletics track; a separate full-size AFL oval; a team change building; a run/dodge/jump course and cricket nets.

The four tennis courts have the same playing surface as Melbourne's Rod Laver Centre and the two beach volleyball courts feature sand brought in from the Whitsundays.

Contractors Thomas and Coffey commenced the project in late April 2008, starting with the demolition of the old clubhouse.

The approximately 3,317m² air-conditioned building is built on 10mm thick collapsible formwork due to substandard soil conditions.

A specialised truck was needed to transport the building's massive prefabricated support trusses.

The rafters in the main roof of the building are 920x130mmx20.6 metre long laminated timber beams weighing up to two tonne each.

After the site was levelled, an underground irrigation system was installed under the playing fields and high-grade TS 2,000 topsoil and 'Aussie

Cooch' turf was laid.

The combination of the topsoil type and the drainage system allows for the recommencement of 'play' within ten minutes following a downpour.

Stormwater run-off is collected in swales before being channelled into a 4.1MegaLitres (4,100,000 liters) 'Atlantis' tank, the largest tank of its type in the southern hemisphere.

The Atlantis tank water is used for the irrigation of the sports field and general landscaping.

Separate tanks also collect water used for the toilets in the ablutions block.

Associated works include civil and road works, site services and landscaping to link with the new Living In Accommodation and Mess precinct being constructed under a separate contract to the west of the gym site.

The site landscaping features drought resistant native plants to encourage koalas as well as nesting birds and animals to the area.



Above: Billy Davitt, Senior Consultant with managing contractor Thinc Projects with WHSO Dan Cleverley from contractor Thomas and Coffey outside the new Amberley Gym.