



# Media Release

5 March 2020

## **Cockburn ARC health club open 24/7 from 9 March 2020**

The Cockburn ARC health club will open 24 hours a day from 9 March after overwhelming feedback from members.

From Monday, 9 March, 2020, all new active or flexi lifestyle memberships will automatically include 24/7 access at no extra cost.

Members were surveyed in January and December 2019 with responses consistently asking for the health club gym to be open 24/7 to provide added flexibility for those striving to fit regular exercise into their daily routine.

Cockburn ARC Manager Brett McEwin said the possibility of round-the-clock gym access had always been part of long term planning for the centre, if demand was demonstrated.

“The request came from a broad cross section of members including FIFO and shift workers, working parents with young children and also from early morning risers on weekdays and weekends. We expect Saturday morning prior to 7am will be among our most popular new time slot,” Mr McEwin said.

Mr McEwin said there would be no across the board fee hike for members.

Current active or flexi lifestyle members who wanted 24-hour access just need to register on the Cockburn ARC website and complete a short online induction.

“ARC is always evolving, and as we come up to our third anniversary, the centre remains focused on responding to customer needs and meeting our motto of ‘more people, more active, more often’,” Mr McEwin said.

“When we canvassed our members last year we received more than 1,000 submissions both times and a strong recurring theme was they would like the flexibility that 24/7 access provides.”

Mr McEwin said the new opening hours would only include ARCs gym, and not the



# Media Release

pools, group fitness, cafe or crèche areas. Areas outside the gym will be inaccessible with virtual and physical barriers in place out of hours.

Security staff will be available to walk members to their car during the night, and recent CCTV upgrades will offer added security.

ENDS

For more information contact:  
Media and Communications Officer  
City of Cockburn  
T: 08 9411 3551  
E: [media@cockburn.wa.gov.au](mailto:media@cockburn.wa.gov.au)