



SENSORY



HEARING



SEEING



PHYSICAL

SENSORY GUIDE

DISTRACTIONS

There is a small swimming equipment shop on the ground floor near main reception. Vending area on first floor.

SOUNDS

Music from a radio station is being played in the changing rooms from ceiling speakers.

BUSY/QUIET AREAS

The main reception area as you walk into the building can get busy during peak times. Quiet areas include both viewing areas on the first floor.

ESSENTIAL SUPPORT

One PA/carer can go free when supporting an individual with a disability. However you do need to become a Lifestyle member. Forms are available at reception.