



AUTISM FRIENDLY PRE VISIT GUIDE

Welcome to South Lake Leisure Centre

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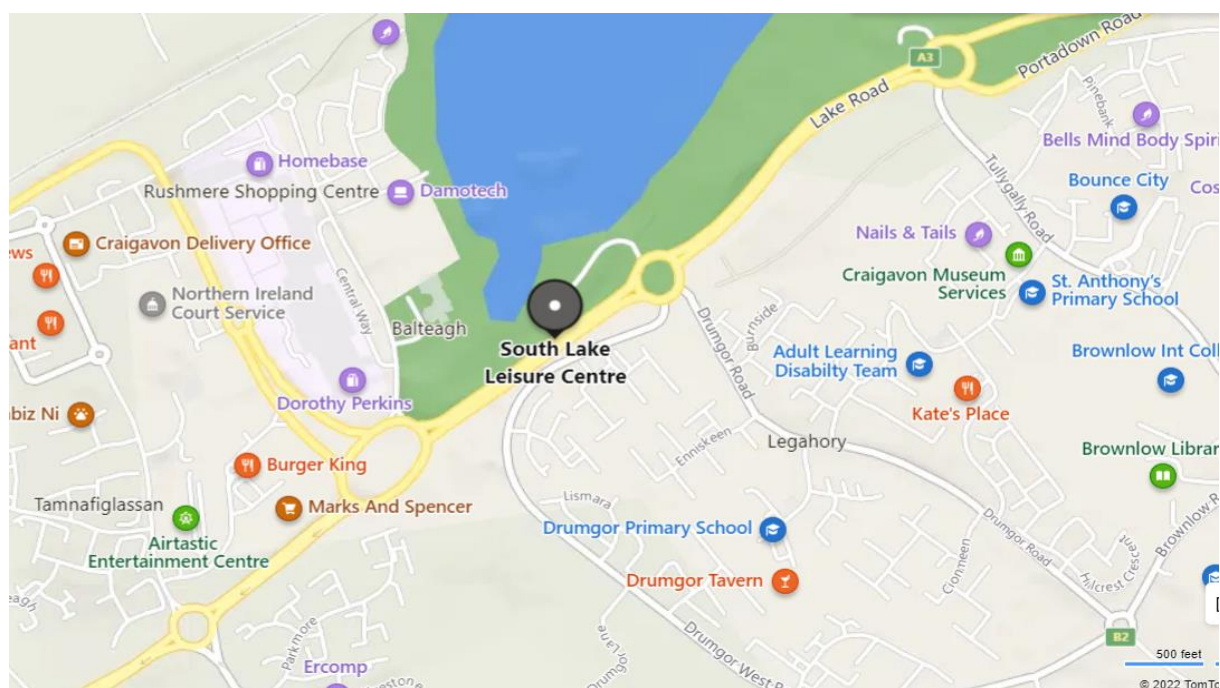
**Armagh City
Banbridge
& Craigavon**
Borough Council

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WELCOME TO SOUTH LAKE LEISURE CENTRE



Location of South Lake Leisure Centre - 1 Lake Road, Craigavon, BT61 1AS



The leisure centre is located on Lake Road, which can be easily accessed by car, bus, cycle paths and walking.

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Everyone feels different when trying something new.
There are new sounds, smells and you may not know what to expect.

When you arrive at South Lake Leisure Centre, you enter via the carpark. There are ample spaces that include accessible spaces and spaces for parents with small children.



Entrance 1 – This is the lakeside entrance into South Lake Leisure Centre



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Entrance 2 – This is the riverside entrance into South Lake Leisure Centre



Reception Area – Welcome to South Lake Leisure Centre



Upon arrival at Reception, you can speak to a member of staff and they will advise you where you should go.

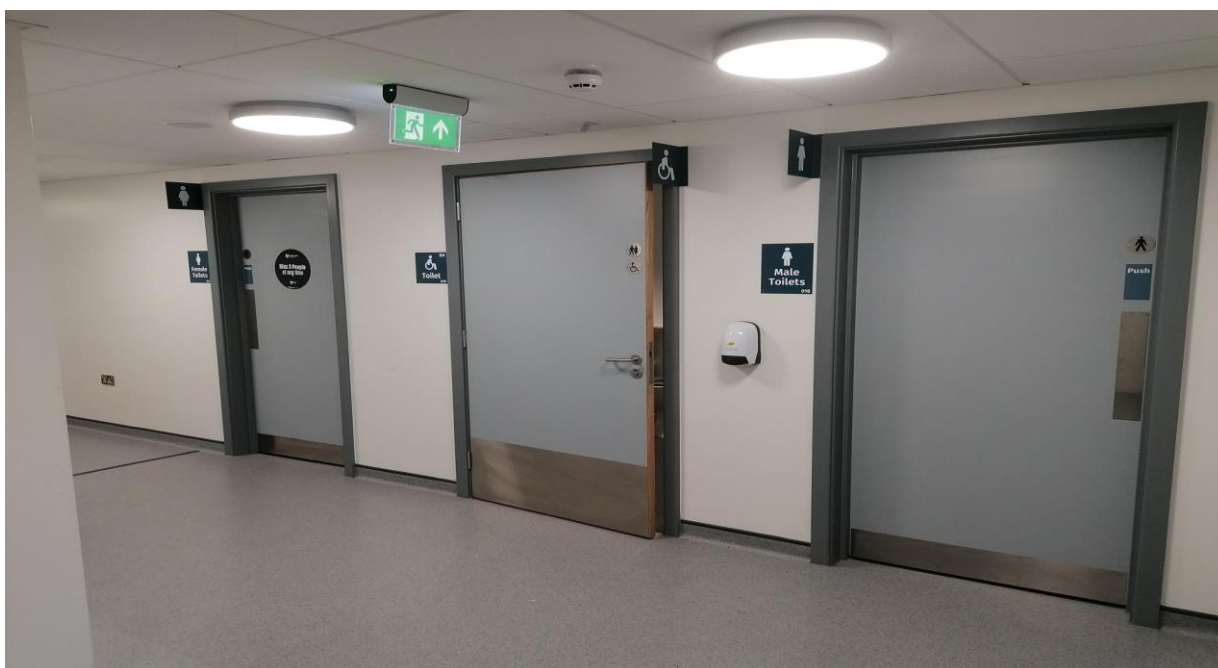
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Ground floor

Café incredABLE – Open every day. You can buy freshly prepared snacks and meals, and hot and cold drinks. You can sit in the cafe or take your food and drink away.



Ground Floor Toilets - These are located on the right hand side of the café. Enter via the double doors into the corridor that has access to Male, Female, Baby Changing and Accessible facilities.



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Squash courts - There are two squash courts located close to reception.



Soft Play - The soft play area includes a climbing frame for children between the ages of 3-8 years and a Baby Area for ages 0-2 years.

This area facilitates children's fun sessions and birthday parties.



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Sensory Room – This is a quiet space for individuals and their family/carer. The room includes lights, colours, sounds, sensory soft play objects and aromas. Please speak to reception to use this room.



South Lake members and public users will enter via the gates at reception to gain access to activities located in the main hall, poolside, gym, classes and the health and well-being suite.



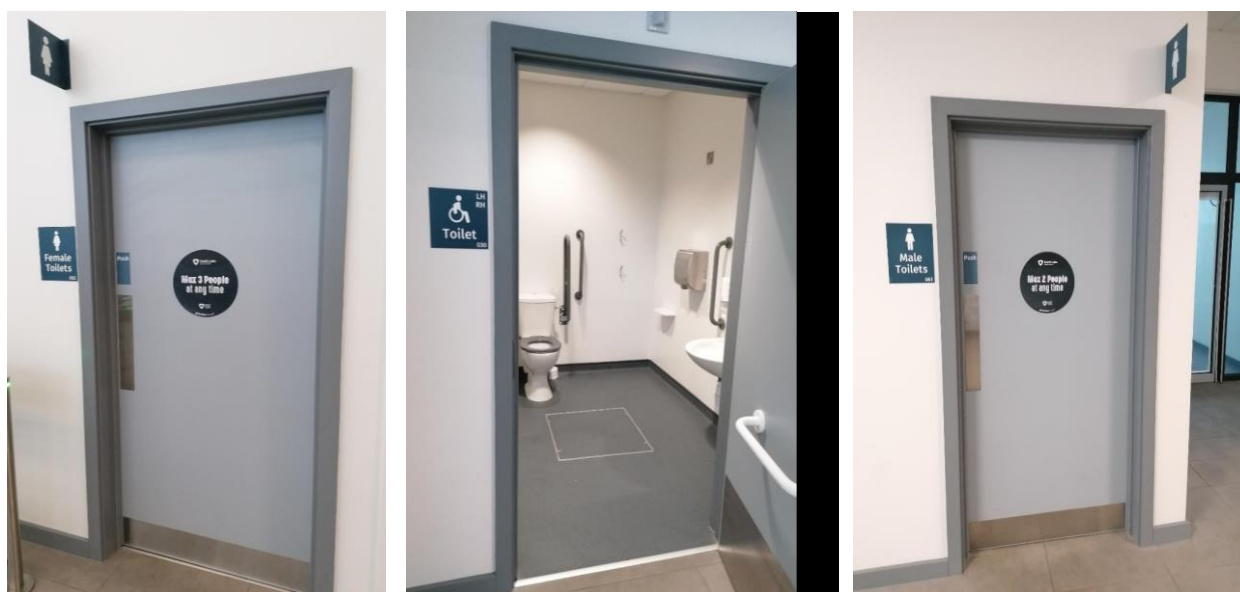
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Lifts - The centre has two lifts accessed just beyond the main entry gates at reception, located on the right hand side.



Lifts can be challenging to use due to the small space inside. You may feel anxious and worried. Please ask a staff member if you would like help to use the lift.

Toilets: These are located through the entrance gates and on the left hand side opposite the lifts, there are Male, Female and Accessible facilities and a Changing Places Toilet.



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Sports Hall - The Main Hall is for sports such as Gymnastics, Badminton, Football, Volleyball, Martial Arts and Netball. This can be a very noisy environment.



Activity Rooms - There are four activity rooms within the centre. These can be used for parties, meetings, training sessions and exercise classes.



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Water Sports - The water sports centre has a range of water-based activities including windsurfing, water skiing and paddle sports.



First Floor

Village Changing facilities, wet side - The village changing is available for everyone, it has cubicles to change in. You need a coin to use the lockers.

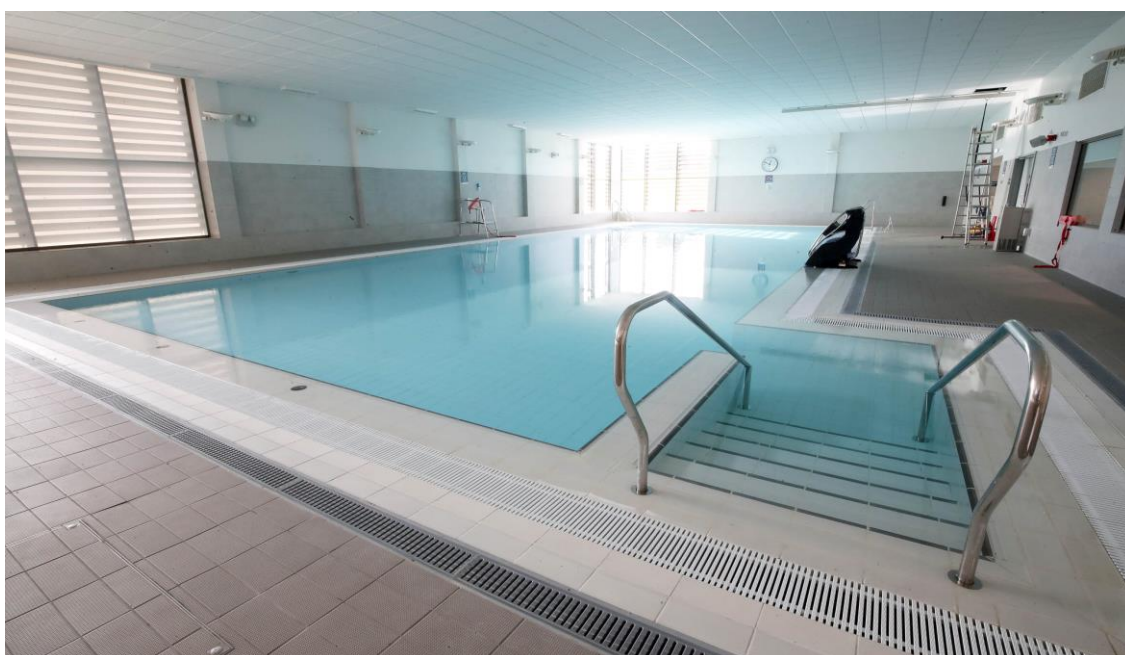


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Main Pool Hall – This is a very large pool. It can be split into smaller areas. The depth of the pool can be changed for different users, please check the depth before entering.



Teaching Pool – This is a smaller pool. Sometimes it is quieter in here if the Splash Pool is closed, but it can be very noisy if there are other children in the Splash Pool.



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Splash pool – This area has slides, fountains and water spray. It can be a noisy area.



Second Floor

Village Gym Changing facilities – this changing area can be used by everyone, there are cubicles to change in. Showers and hair dryers can make this area noisy.



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Dance Studio x 2 - Studio rooms are used for activities, such as Aerobics, Fitness classes, Pilates, Yoga.



Indoor Cycling Studio - Located beside the Dance Studios. This can be a busy room with up to 40 people in it. The music is usually loud and the lighting can change.



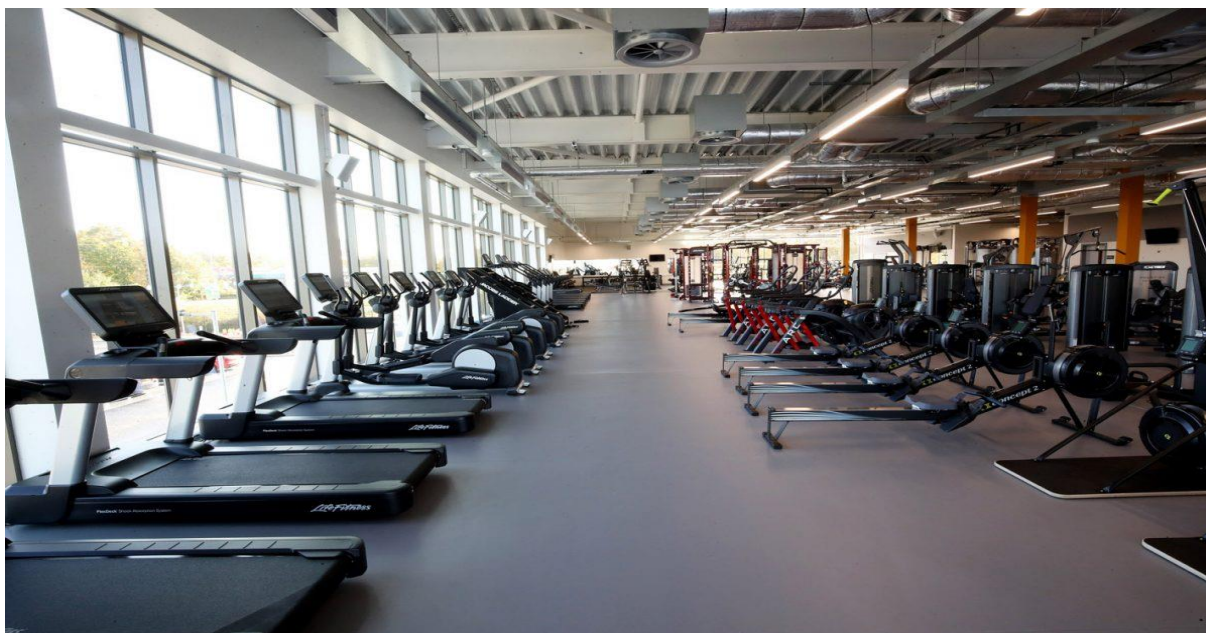
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Health and Well-being Suite – An area for therapies and beauty treatments. It includes a sauna room, steam room, vitality pool, loungers, treatment rooms, manicure/pedicure area and a relaxation room for anyone receiving treatments.



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Fitness Suite – This is a very large gym, usually there are lots of people in here. Music and machines can be noisy. An instructor can show you how to use the equipment.



Third Floor

Viewing gallery – this area looks over the pool. There are lots of seats and spaces for wheelchairs.



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For assistance, please speak to a member of staff, they can be identified by their uniform.



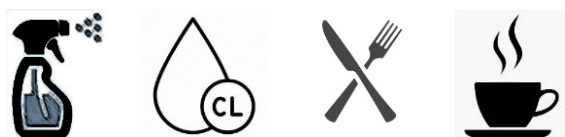
Noises in South Lake Leisure Centre

Talking, music, water splashing, laughing, sports and exercise, call outs, alarms and whistles



Smells in South Lake Leisure Centre

Cleaning products, chlorine, food, coffee



We look forward to welcoming you to South lake Leisure Centre and we hope you enjoy your visit.

For further information please contact
Armagh City, Banbridge and Craigavon Borough Council

 0300 0300 900

 info@armaghbanbridgecraigavon.gov.uk

 armaghbanbridgecraigavon.gov.uk

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