



At Dingwall Leisure Centre we aim to be as inclusive as possible, therefore this page has been specifically created to offer information and advice to customers who may find having knowledge of our changing and showering facilities of benefit before visiting the centre.

**Wetside Changing** – swimming pools (steam & spa pool):

Customer changing facilities for the pools, Steam room and Spa pool are of a modern 'changing village' layout offering a disabled cubicle at the entrance to the changing village with no gender specific areas. The set-up means that the pool, steam room and spa pool users can access individual private cubicles for changing before and after bathing.

In the main showering facilities in the wet side, are of a communal nature simply offering customers a 'rinse down' and swimwear should still be worn. Within this area is access to a private disabled shower cubicle.

Lockers are located throughout the Changing Village and operate on a £1 refundable deposit entry system.

**Dry side changing** – sports halls, Fitness room, strength room and dance studio.

As the sports centre is of a slightly older architectural design, the changing facilities are of a gender-specific communal layout. Both the male and female changing rooms are open plan layout and do not offer any individual cubicles for changing.

Each of the male and female changing rooms lead off to their respective toilet and shower areas. The male showering is of a communal nature with no individual cubicles, whereas while the female showers are still 'open' they have cubicles offering a basic level of showering privacy.

Lockers in the dry side are located within both the changing rooms and these operate with either a £1 coin or a locker tokens which these can be purchased at reception, as well as in the lounge area within the sports centre and operate on a £1 refundable deposit key system and the keys can be obtained from reception.

**Charges for changing & showering**

The showering and changing facilities are obviously free when taken along with one of the activities offered at Dingwall Leisure Centre however charges apply for individuals and non-members wishing to use the facility solely for changing/showering.



Towels and costumes can be purchased from reception.

**Further pre-visit information**

We hope the details on this page of the website offers sufficient information to customers looking to find out about Dingwall Leisure Centre's changing and showering facilities. However, if any customer requires additional information or would like to have a tour around the whole facility including the changing/showering areas before visiting, this can be arranged by calling 01349 781552 and asking to speak to the Supervisor.