

At Invergordon 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.

ILC have provided specific changing areas for our customers who might need more assistance than others to get changed.

The dryside accessible change area is located on the ground floor, across from the reception area.

Within this area we have provided:

- A height adjustable adult-sized changing bench
- A ceiling tracking hoist system
- A shower with a seat
- Adequate space in the changing area for the disabled person and up to two assistants
- Toilet with hand rail and room for assistance
- A large waste bin for disposable pads

The wetside accessible change area is located on poolside. Within this area we have provided:

- A height adjustable adult-sized changing bench
- An adjustable shower with chair if required.
- Adequate space in the changing area for the disabled person and assistant.
- Toilet with hand rail and room for assistance
- A large waste bin for disposable pads

### **Wetside Changing** – Swimming Pools

Customer changing facilities for the pools are separated into individual private changing cubicles as well as a female change & a male change and male & female toilets.

In the male changing rooms there is lots of space, with two communal showers as well as a baby changing unit.

In the female changing rooms there is plenty of space, with two communal showers as well as a baby changing unit and a nappy bin.

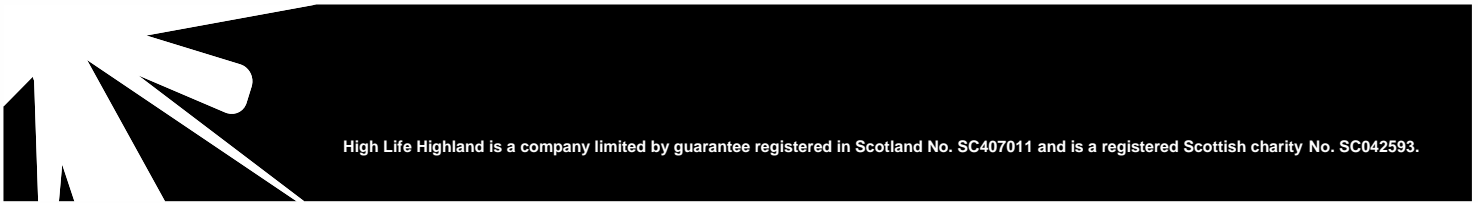
Lockers are provided on poolside at a charge of £1 (returnable)

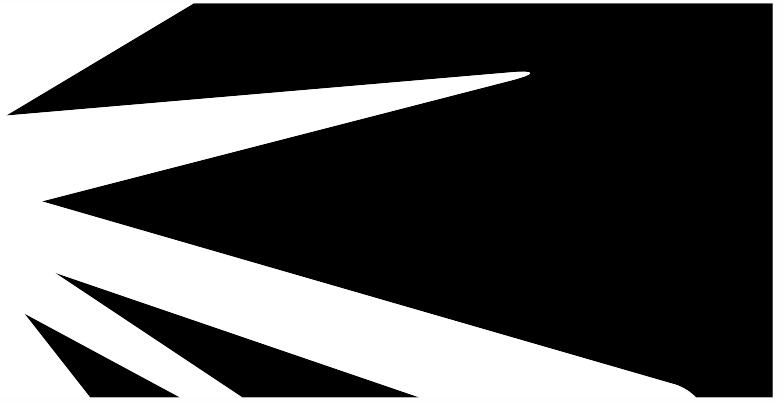
### **Dryside changing** – Games hall, Fitness suite, Studio, Squash Courts

As the facility is of a slightly older design, the changing facilities are of a gender-specific layout comprising of communal changing space and showers.

The male changing rooms have communal showers, with the urinals, sinks and toilet cubicle within the same area.

The female showers have 4 separate shower cubicles with shower curtains for privacy as well as sinks and toilet cubicles.





There are lockers in both areas, so customers are advised to use these for securing any valuables.

**Charges for changing & showering**

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

Towels, shampoo, conditioner and shower gel can be purchased at 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 Invergordon Leisure Centre 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 781561 and asking to speak to the Supervisor.

