

At Lochaber 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.

Lochaber Leisure Centre have provided specific changing areas for our customers who might need more assistance than others to get changed

Within the areas we have provided

- A height adjustable adult-sized changing bench
- A tracking hoist system
- A shower
- Adequate space in the changing area for the disabled person and up to two carers
- A toilet with room for the carers
- A screen to allow the disabled person and carer some privacy
- A large waste bin for disposable pads

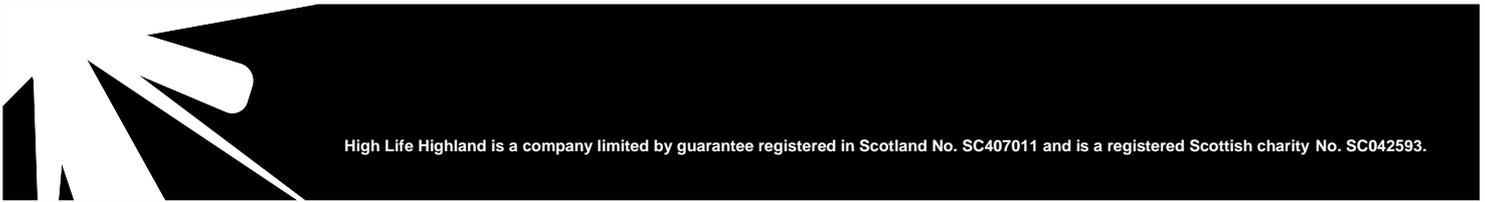
The changing area is located in the main foyer area, with easy access to the swimming pool, and the fitness suite. Our Hydrotherapy pool has all of the above facilities, but has a portable electric hoist.

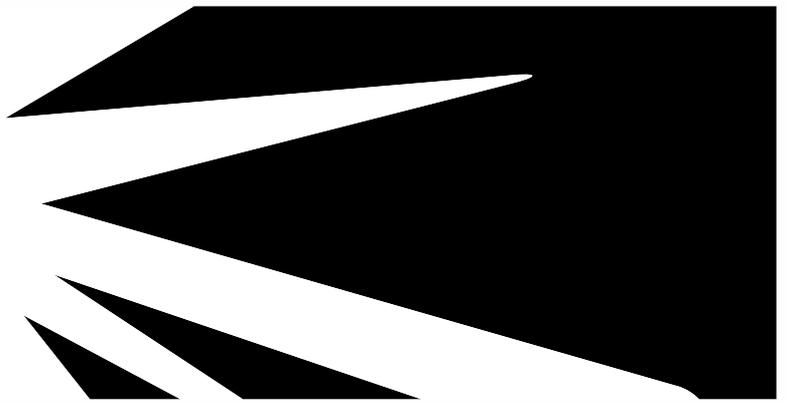
**Wetside Changing** – swimming pools and health suite (sauna, steam):

Customer changing facilities for the pools and health suite are gender specific areas. We provide a Gents, Ladies, and Family changing rooms. This set-up means that pool and health suite users can access individual private cubicles for changing before and after bathing.

In the main, showering facilities in the wetside are of a communal nature simply offering customers a 'rinse down' and where swimwear should still be worn. Private showering is available and can be accessed in the Gents and ladies changing rooms.

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





### **Dryside changing** – sports halls, gym, 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 changing areas, with bench style seating.

Each of the male and female changing rooms led off to their respective shower rooms. The male showering is communal, whereas while the female showers are cubicles offering showering privacy.

Lockers in the dryside are located within both the changing rooms and operate on a £1 deposit.

### **Charges for changing & showering**

The showering and changing facilities are obviously free when taken along with one of the activities offered at Lochaber 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 main 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 Lochaber 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 01397 704359 and asking to speak to the Duty Officer.