

At Thurso 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.

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

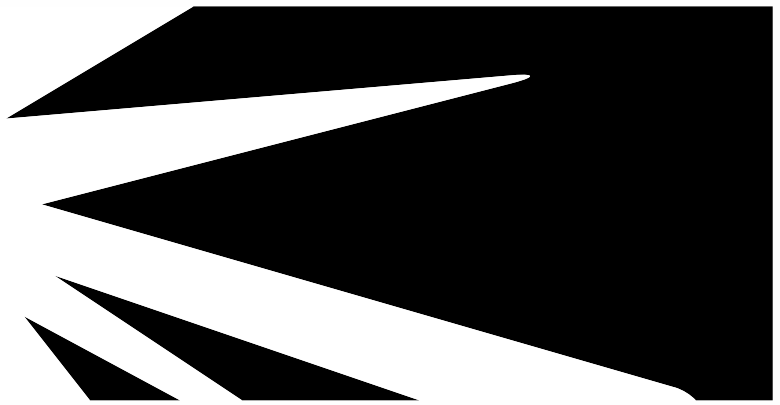
Within the wet-side area we have provided

- 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 centrally placed toilet with room either side for the carers
- a large waste bin for disposable pads

The changing place area is located opposite the wet change entrance within the wet side of the facility

Within the dry-side area we have provided

- a shower
- adequate space in the changing area for the disabled person and up to two carers
- a centrally placed toilet with room either side for the carers
- a large waste bin for disposable pads
- 4 Storage Lockers
- The changing place area is located to the right of the female changing area of the dry side facility.



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

Customer changing facilities for the pools are of a modern 'changing village' layout with no gender specific areas. The 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 wet side are of a communal nature simply offering customers a 'rinse down' and where swimwear should still be worn. Private showering is available within selected cubicles.

Lockers are located throughout the Changing Village and operate on a £1.00/token deposit.

Dryside changing – gym, studio

The changing facilities are of a gender-specific communal layout. Both the male and female changing rooms are open.

Each of the male and female changing rooms lead off to their respective shower rooms. The male changing area has one private showering facility available; the female changing area is the same.

Lockers in the dry-side are located within both the changing rooms and operate on a £1.00/token deposit.

Charges for changing & showering

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

Further pre-visit information

We hope the details on this page of the website offers sufficient information to customers looking to find out about Thurso 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 01847 893260 and asking to speak to the Leisure Supervisor.