

Camden Leisure Centre Accessibility Guide



Welcome to the Leisure Centre Guide for People with Disabilities



Forward by Tim Lawler- Chair of Pro-Active Camden



Camden wants to make sure that all leisure centres are inclusive and accessible to Camden residents.



This guide gives information about each leisure centre in Camden and focuses on accessibility.



Each leisure centre has its own page to help you choose the leisure centre that is right for you.



There is a tear away page at the end of the guide that will help remind you of the exercises you can do each time you go to the leisure centre.



We hope this guide will help you keep active and healthy!

Yours Sincerely,










Central YMCA



112 Great Russell St. WC1B 3NQ

Phone: 0207 343 1700



Building Accessibility

-  Access Ramps
-  Accessible public transport links
-  Hand Rails
-  Reception desk is wheelchair friendly
-  Step free access to all levels
Fully accessible lifts




Equipment

-  Accessible Cardio and Weight Machines
-  Hoist in the pool area




Inclusive activities and information

-  Disability specific sessions
-  Centre promotes inclusive activities and regularly updates programme information

Staff

-  Staff are aware of all accessibility issues
-  Staff receive disability awareness training
-  Fitness instructors have disability fitness qualifications

Additional Information

-  No hoist in the changing rooms
-  No disabled parking available
-  Timetables are not available in easy read



Step free access into the centre










Hoist in the pool area

Swiss Cottage Leisure Centre




Adelaide Road, NW3 3NF

Phone: 0207 974 2012



Building Accessibility

-  Disabled Parking
-  Accessible Public Transport
-  Hand Rails
-  Reception desk is wheelchair friendly
-  Step free access to all levels
-  Fully accessible lifts
-  Accessible toilets in basement (ask at reception for the key)




Equipment

-  Accessible cardio and weight machines
-  Flatbed Pool Hoist available
-  Moveable floor in pool




Inclusive activities and information

-  Disability specific sessions
-  Centre actively promotes inclusive activities and regularly updates programme information

Staff

-  Staff are aware of all accessibility issues
-  Staff receive disability awareness training
-  Instructability trained staff and volunteers

Additional Information

-  No hoist in the changing rooms
-  Time tables in easy read are not available
-  Not all doors in the centre are accessible (staff can support disabled customers to open the doors)



Accessible weight and cardio machines



Moveable floor in the training pool

Pancras Square Leisure

5 Pancras Square, N1C 4AG

Phone: 0207 974 5555

Building Accessibility

- Step free access into the building
- Fully accessible lifts
- Changing places facility
- Disabled parking
- Ramps and handrails throughout the building

Equipment

- IFI equipment- cardio and weights
- Portable hoist that can be used around the centre
- Chair hoist in the pool
- Specialist disability equipment- Motomedes

Inclusive activities and information

- Centre highlights which sessions are inclusive
- Print outs of programme information can be requested at reception

Staff

- Staff receive disability awareness training
- Staff are briefed on disability offer and accessibility issues

Additional Information

- There are currently no disability specific sessions at the centre
- There is not a flatbed hoist in the pool



Motomedes



Changing Places Facility on Ground Floor

Building Accessibility



Step free access into the building



Fully accessible lifts



Disabled parking



Ramps and handrails throughout the building

Equipment



IFI equipment- cardio and weights



Portable hoist that can be used around the centre



Chair Hoist in the pool



Accessible changing facility in the pool area

Inclusive activities and information



Centre highlights which sessions are inclusive



Print outs of programme information can be requested at reception



There are specific sessions for people with disabilities

Staff



Staff are aware of all accessibility issues



Staff receive disability awareness training



Staff and volunteers have disability fitness qualifications

Additional Information



No hoist in the small pool



The pavement and curbs outside can create some accessibility issues



Some of the signage around the building is hard to see



Accessible Pools



Step free access to the building



Talacre Sports Centre

Dalby Street, NW5 3AF

Phone: 0207 974 8765

Building Accessibility



Step free access into the building



Fully accessible lift



Disabled parking



Ramps and handrails throughout the building



Hearing loop available

Equipment



Trampoline Hoist



Accessible toilets and changing rooms

Inclusive activities and information



Centre highlights which sessions are inclusive



Print outs of programme information can be requested at reception

Staff



Staff are aware of all accessibility issues



Staff receive disability awareness training

Centre actively encourages an inclusive environment



Additional Information



Some of the signage around the building is hard to see

Easy read timetables are not available at the centre



Trampoline Hoist



Inclusive trampolining activities

The Armoury

25 Pond Street, London NW3 2PN

Phone: 0207 431 2263

Building Accessibility



Access ramps into the building



Reception desk is wheelchair friendly



Staff support at main entrance



Ground floor is fully accessible

Inclusive Activities and Information



Staff can support members to identify sessions that are suitable



Staff with specialist disability training can be identified

Staff



Staff attend disability awareness training



Staff are encouraged to take an inclusive approach in the centre

Additional Information



There is not an accessible lift in the building



Easy read timetables are not available at the centre



There are no adapted cardio or weight machines



There is no hoist available



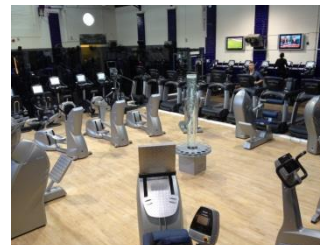
There are no specific disability sessions at the centre



There are access ramps into the building



Staff can provide support to disabled members.



The ground floor gym is fully accessible.



Gym Induction- My Programme



Cardio Exercise:

Machine:
How often:

Level:

Time:

Machine:
How often:

Level:

Time:

Machine:
How often:

Level:

Time:

Machine:
How often:

Level:

Time:



Weights:

Type:
Number of reps:

How Heavy:
How often:

Type:
Number of reps:

How Heavy:
How often:

Type:
Number of reps:

How Heavy:
How often:

Type:
Number of reps:

How Heavy:
How often:



Stretches: