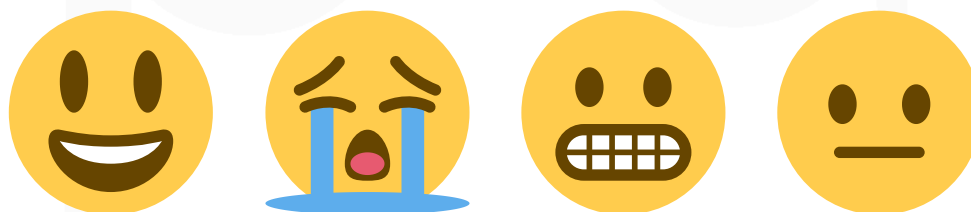


# My Visit to Crumlin Leisure Centre



Everyone feels different when visiting a new place or trying something new. There are new sounds, smells and you may not know what to expect.

You may feel like this:



At The Crumlin Leisure Centre, we understand how visiting somewhere new for the first time can be a stressful experience for some of our service users.

We want to make sure that everyone has the best experience possible on every visit, so to make things easier we have created this Pre-Visit Guide so you, your child, young person or adult you are visiting with can be prepared and know what to expect.

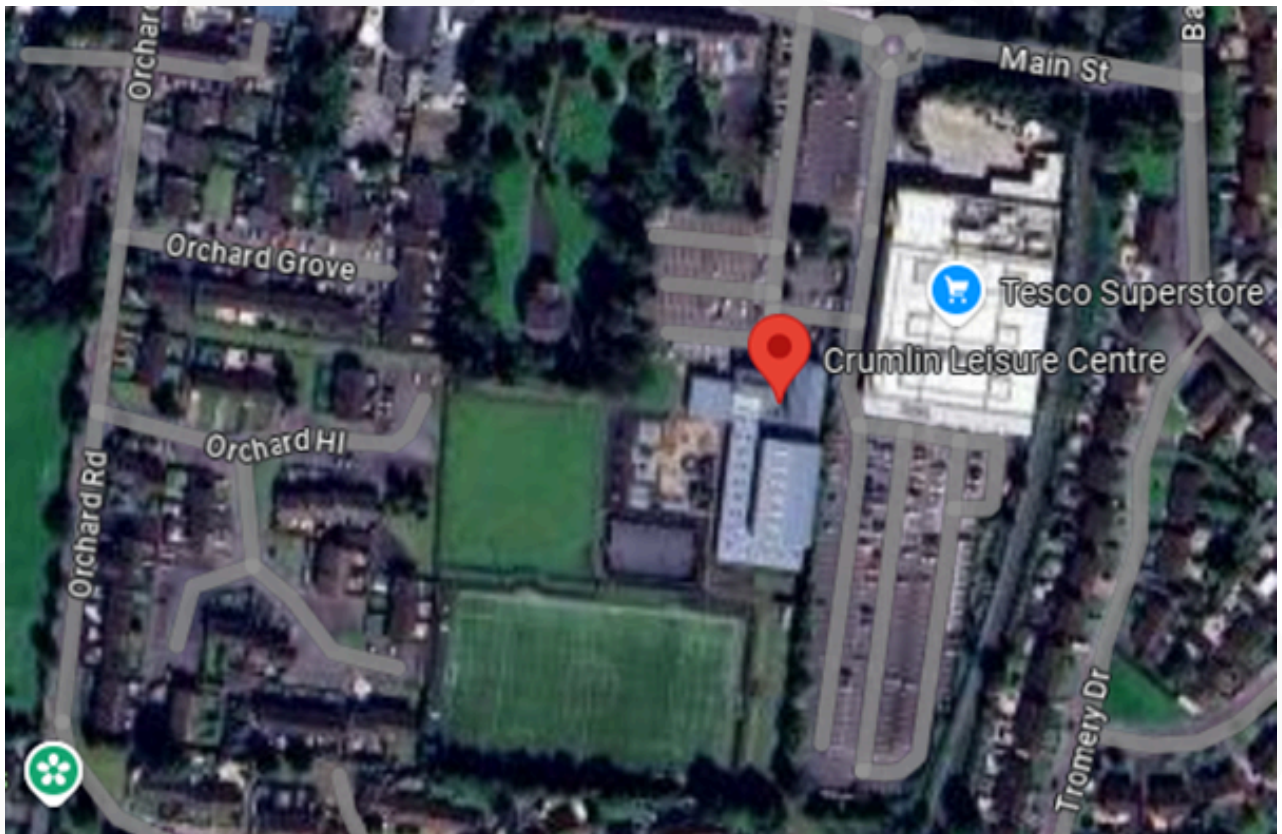
If you require any more assistance, please do not hesitate to call our Centre where our staff will be glad to answer any further queries.

We hope you enjoy all the facilities The Crumlin Leisure complex provides.

Opening Hours  
Mon-Fri 09:00AM-10:00PM

Sat-Sun 09:00AM-04:00PM

# Location of Crumlin Leisure Centre



Crumlin Leisure Centre can be accessed via bus, car & by foot.



# Arriving at Crumlin Leisure Centre



- Parking is free for all users.
- The car park is located at the front of the building.
- The car park type is open air/surface.
- There is/are Blue Badge parking bay(s) within the car park.
- The route from the car park to the entrance is accessible to a wheelchair user with assistance.
- The car park surface is tarmac.
- There is a dropped kerb between the car park and the venue.
- The car park does not have a height restriction barrier





# Fitness Suite at Crumlin Leisure Centre

The Fitness Suite at crumlin LC features

Music will be played, and machines will be running. It can be noisy at peak times



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It is normal to feel overwhelmed; however, our staff are there to help you.



# Vending

A selection of snacks and cold drinks are available to purchase located at reception

Swimming accessories also available



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Enjoy your drinks and snacks.



# Sensory Room

The Sensory room looks like this



This room has

- Lights in it, which you can change to all different types of colours.
- Bean bags to help you relax
- A bubble tube so you can enjoy the relaxing movement

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Use this time to take a breath and relax.





# Sports Hall

The Sports Hall looks like this



The indoor sports at Crumlin Leisure Centre is played like, football, basketball, netball, table tennis and badminton.

When there are activities in this hall it can get very noisy.





# The Grow Room

This where the indoor fitness classes like yoga, Pilates and event judo take place.

The Grow Room looks like this



When there are activities in this room it can get very noisy.



# The Outdoor 3g Pitches

The outdoor sports take place like football, rugby and GAA football.

The outdoor looks like this.



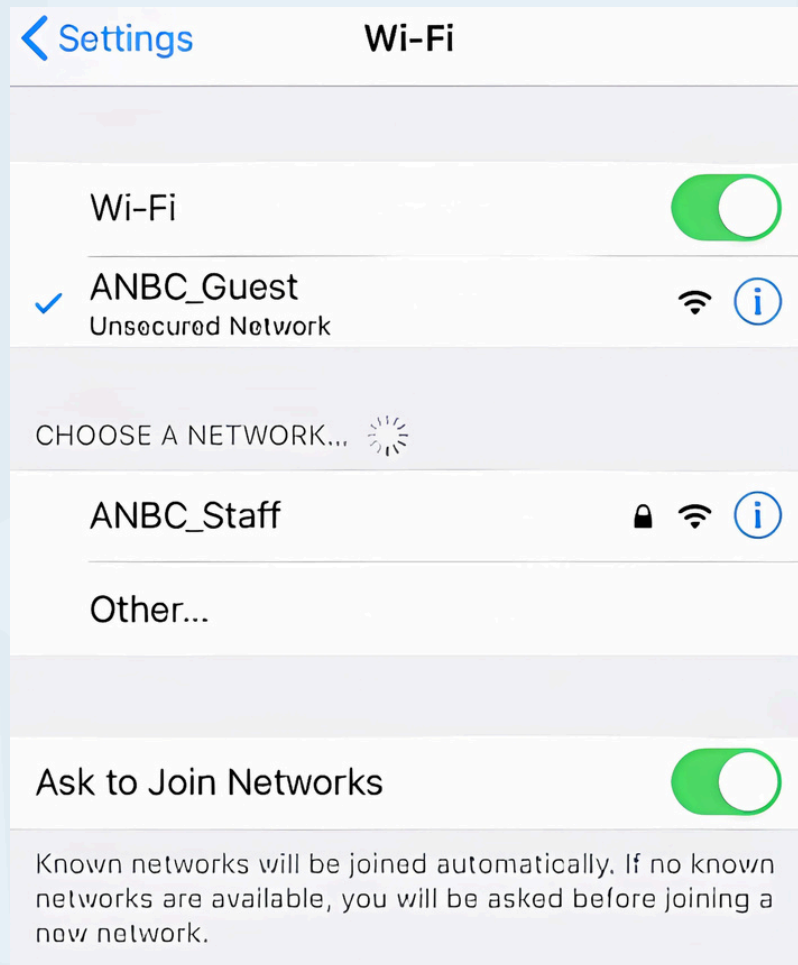
All these pitches are 3g with floodlights so you can use them all year round.

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# For access to the internet, please see below.

No password is required.



## What if I need help?

Always make sure that you tell \_\_\_\_\_ if you feel nervous or anxious and use \_\_\_\_\_ to keep calm.

Staff are all there to ensure your needs are met; if you need any adjustments, for example, turning down the lights/music, they will be able to do so upon request.

Always make sure you stay close to whoever you come to the centre with and tell them if you are feeling worried or have any questions.



If you have questions during your visit to Crumlin Leisure Centre, please speak to the Duty Manager.

All staff are available to assist you. For additional requirements or suggestions, contact the Duty Manager.

We hope this guide helps you navigate the facility easily.

**Thank you for visiting Crumlin Leisure Centre**