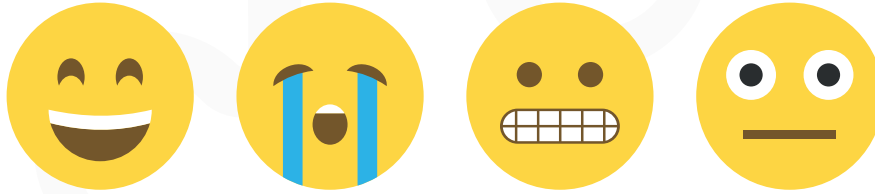


My Visit to Antrim Forum Leisure Centre



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 -



Location of Antrim Forum Leisure Centre



The Antrim Forum can be accessed via bus, car & by foot. Antrim Bus/Train station is a 10-15 minute walk from the entrance of the building.



When you arrive at The Antrim Forum, walk up the main driveway towards the temporary front doors (construction work currently being carried out).

The following pictures will be updated when all construction works are completed.

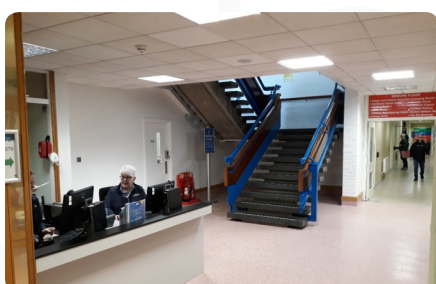


Temporary side entrance



Temporary Entrance Doors

This is the temporary entrance until works are finished (June 2019)



**Welcome to The Antrim Forum
Temporary Reception Area**



Coming for a class, swimming or just visiting?

Go to reception and they will point you in the right direction



On the Ground Floor you will find.....



Male and Female Toilets



Entrance door to The Spa



The building has a main lift accessed from the far end of the ground floor corridor.

Lifts can be challenging to use due to the small spaces inside. Please try and ensure someone is there with you when using it

You may feel like this -





The children's soft play area known as CAVEMAN CAPERS is located on the ground floor also. You need to follow the Caveman's footprints on the floor, this will lead you to the entrance.

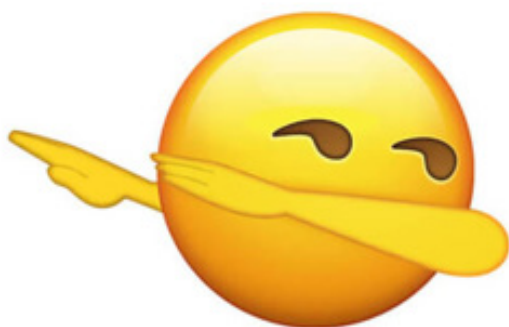


"Caveman Capers can be quite a noisy area when it is busy". There are foam earplugs available at the soft play reception on request, to help overcome this problem and make your visit a more pleasurable one.



In the soft play area there is a TV which may be on at the time of your visit or a radio that may be playing. Both of these will be turned down or OFF on request.

**Remember:
You're there to have FUN!**





The Leisure Centre's sports halls, called The Magee Halls, are also on the ground floor accessed via several doors along the main ground floor corridor and GLASS corridor. At the end of the glass corridor opposite reception you will find The New Hall, where many sports such as Football, Badminton, Netball and Hockey can be played.



The Magee Hall



The New Hall



Sports halls can be very noisy places. We have foam ear plugs available from our main reception on request to make your experience a bit more enjoyable.

Meeting Rooms

There are various meeting rooms located on the ground floor within the Antrim Forum.

These can be used for various reasons, such as

1. Birthday parties
2. Exercise classes
3. Conferences
4. Workshops



The Templepatrick Room

This room is normally used for Meetings, Birthday Parties and Table Tennis

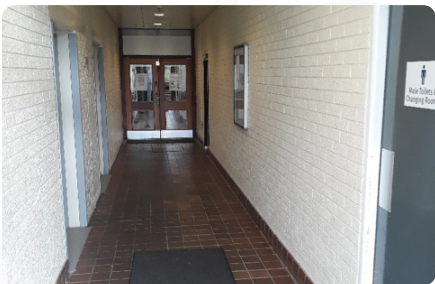


The Function Suite

This room is normally used for Meetings, Exercise classes like Yoga, Pilates, Zumba and will sometimes be referred to as the SPIN Studio (see following picture)



The SPIN Studio



At the very end of the ground floor corridor you will find the rear door which will take you outside towards the grass Football Pitches, Synthetic pitch and Antrim Stadium athletics track.



Outside the Back Door you will find this sign.



The Synthetic Pitch (Marks Arena)



The Antrim Stadium



First Floor

Moving up the Front stairs to the First floor you will see that the rooms and locations are marked in the Blue section of the sign. There is **NO** access to the Top floor from this staircase.

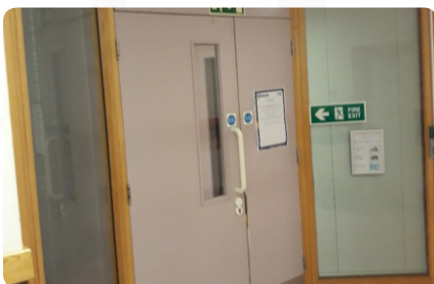


On the First floor you will find a further half flight of stairs which has a wheelchair accessible lift should you require it.

Please ask a member of staff if you require use of this lift



You will find the Squash Courts clearly marked as shown.



Opposite the Squash Courts you will find the Dance Studio/Conference Room



Activities that take place in here are meetings, exercise classes such as Urban Rebound, Pilates, Body Blitz and DanceFit sessions.

There may be loud music playing in this room when classes are in progress. Ask at reception for foam earplugs if required!!!!

The Swimming Pool

Also on the First floor corridor you will find the entrance to the Swimming Pool.

The swimming pool hall can be a very noisy place!

You may experience lots of different noises such as:

- Water running over pool edge into gutters.
- People splashing water through swimming and play.
- People laughing, shouting and playing boisterously.
- Lifeguards blowing whistles.
- Public announcement systems being used.



Swimming Pool and Changing Rooms



Top Floor

Antrim Forum Fitness Suite



The Fitness Suite

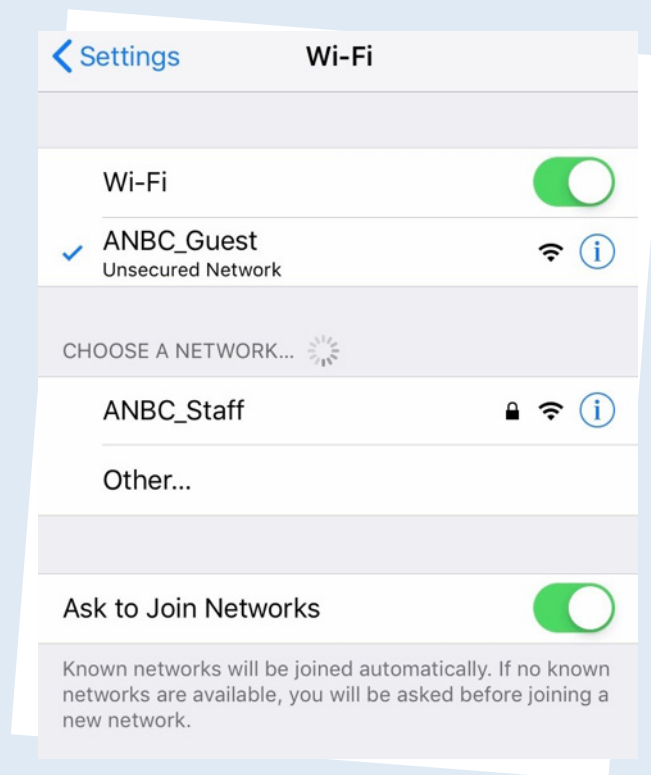
The fitness suite is a very noisy area. You will hear lots of different noises such as:

- Loud music playing.
- Heavy weight equipment clanging and banging together.
- People talking loudly or shouting at times.
- The whirr of machines being used by customers.
- Public announcement systems being used
- Two way radio activity & staff instruction.



This area is staffed at all times if you have any problems or issues please speak to a member of staff who will be glad to help you.

For access to the internet, please see below
No password is required



During your visit to The Antrim Forum if you have any questions or queries, regarding ANY part of our facilities or your experience there, please ask to speak to either the Duty Manager or one of the Autism Champions.

All staff will be able to assist you while in the building or using any of the facilities if required.

Should you have any further requirements or suggestions for improvement again please ask to speak to either the Duty Manager or one of the Autism Champions.

We hope this guide helps you navigate your way around the facility and makes it easier when on site.

**Thank you for visiting
THE ANTRIM FORUM**



