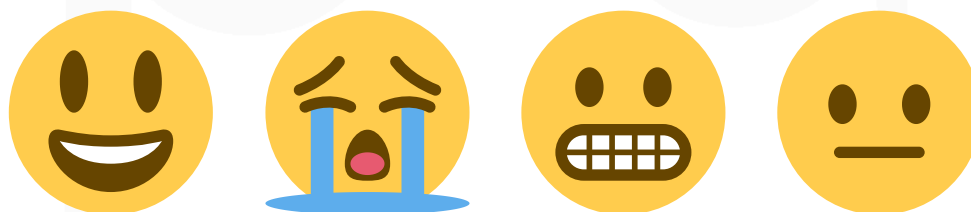


My Visit to Valley Leisure Centre



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 Valley 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.

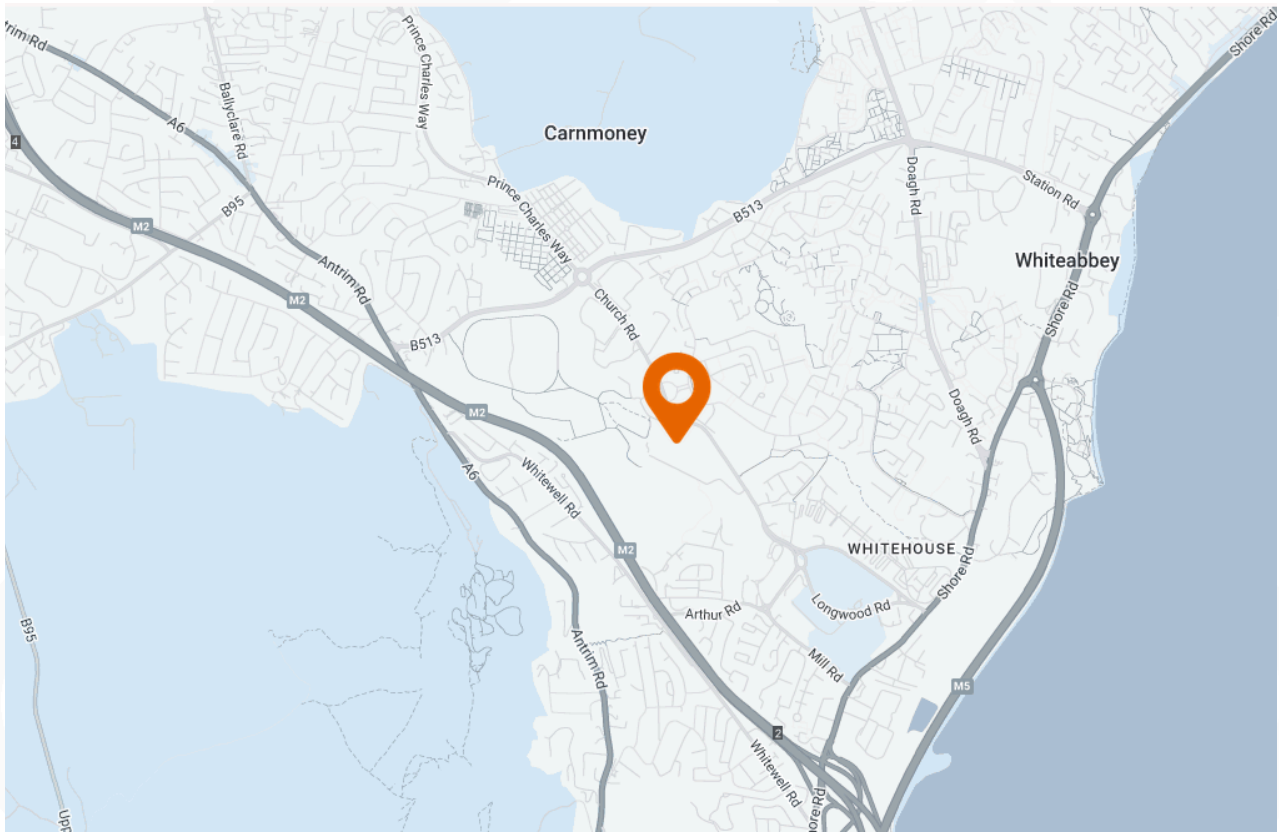
We hope you enjoy all the facilities The Valley Leisure complex provides.

Opening Hours
Mon-Fri 06:00AM-10:00PM

Sat-Sun 08:00AM-04:00PM

Holiday Closures
Closed 12th July, 13th July,
Christmas Eve, Christmas Day,
Boxing Day & New Years Day

Location of Valley Leisure Centre



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



Arriving at Valley Leisure Centre



When you arrive at the Valley Leisure Centre you can park in the car park.



A two minute walk will bring you to the centre front doors.



Our main reception area can be very busy. It can sometimes be loud.



For any information, go to reception and they will point you in the right direction.



Our staff are highly trained and friendly people who are here to help you.

They will always be visible, walking around the centre ready to answer any questions you may have and assist you with whatever you may need - so don't be afraid to stop and ask!

Activities at Valley Leisure Centre



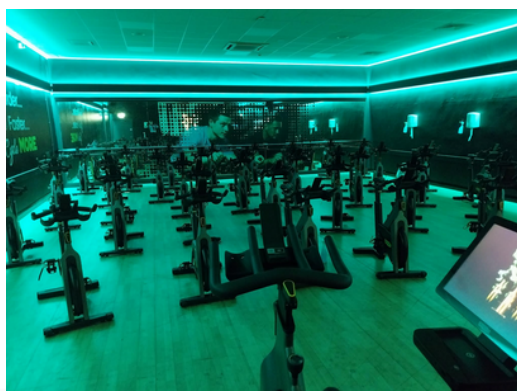
The Main Hall



Keep Fit Classes Studio



Martial Arts Hall



Indoor Cycle Studio

The Swimming Pools

The swimming pool can be a very noisy place

You may experience lots of noises, such as

- Water running over the edges of the pools
- Water running from the showers on poolside
- People splashing and playing in the water
- Lifeguards blowing their whistles
- The water falling from the mushroom
- Public announcements over the tannoy

The lifeguards on the poolside are there to help you and will be happy to answer any questions you may have.



The swimming area has 2 pools, a slide and a platform to help you into the pool.



There is also a swimming pool viewing gallery.

You can sit here and watch the activities taking place in the swimming pools.

Playzone

Playzone is a great place to burn off some energy and have a lot of fun!

You will walk up the stairs beside the reception area and into the Playzone or you can take the lift.



The Playzone looks like this:



Remember: You're there to have FUN!



Sensory Room

The Sensory Room is a calming space to regulate, relax and recharge, helping you feel more comfortable with your surroundings.

The Sensory Room looks like this:



Use this time to take a breath and relax.



Fitness Suite

The fitness suite is on the top floor
You can get to it by using the stairs or the lift.



The fitness suite can be a very noisy area. You will hear noises such as:

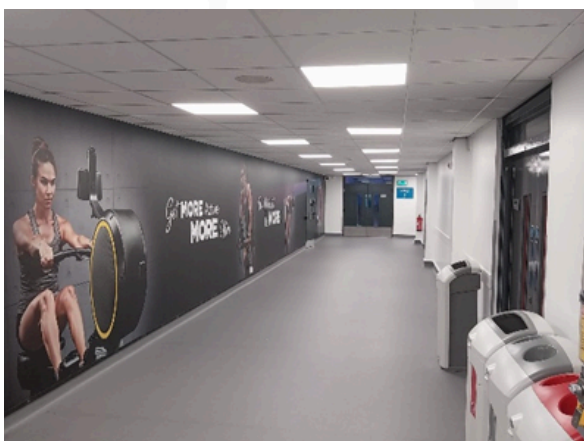
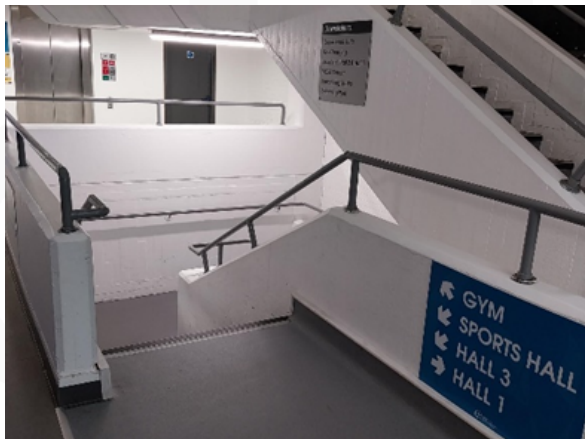
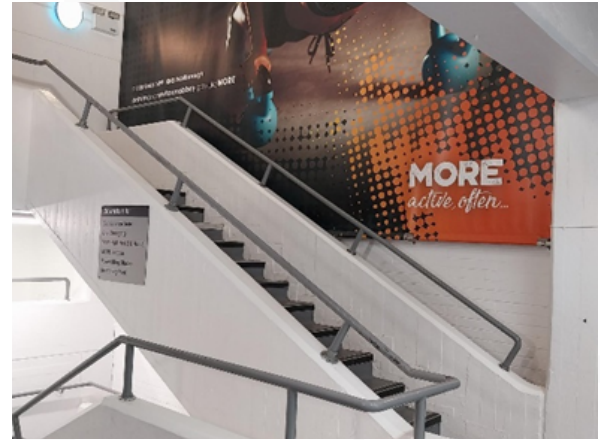
- Loud background music
- Heavy weights equipment banging together
- People talking loudly / shouting
- The whirr of the fitness machines being used
- The two way radios or centre tannoy.

This area is staffed at all times.
If you have any questions please speak to a member of staff who will be happy to help you.



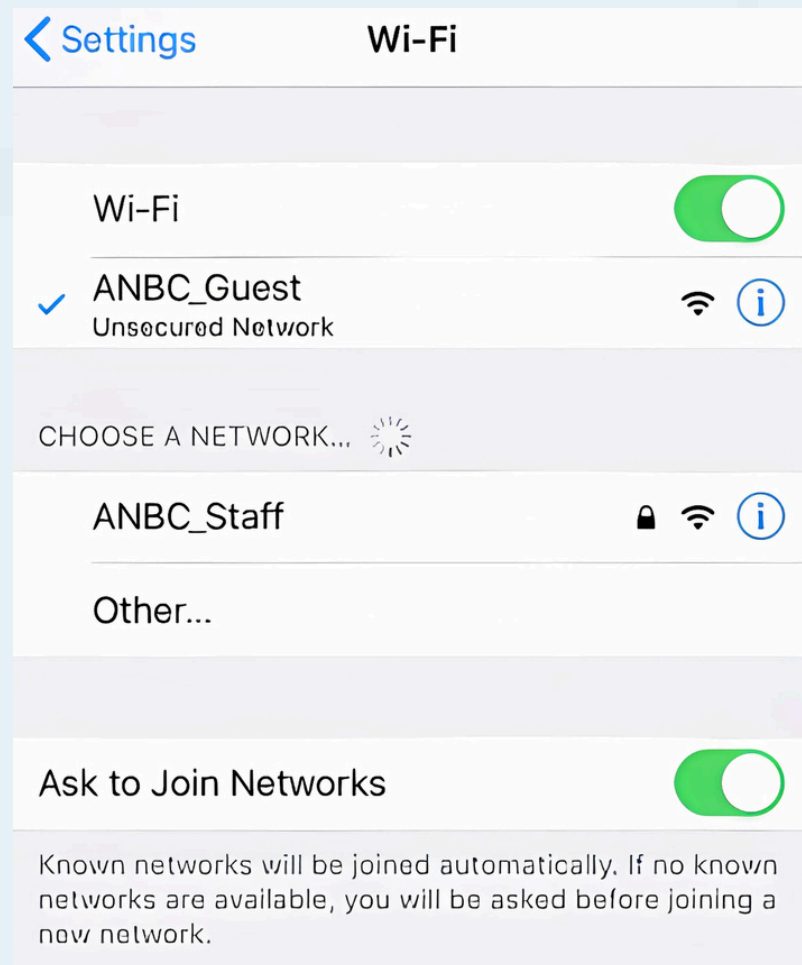
Access All Areas

To get around the centre we have corridors/stairs and lifts



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 Valley Leisure Centre, please speak to the Duty Manager or an Autism Champion.

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

We hope this guide helps you navigate the facility easily.

Thank you for visiting Valley Leisure Centre