

# My Visit to Ballyearl Arts and 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:



Here, at Ballyearl Arts and 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.

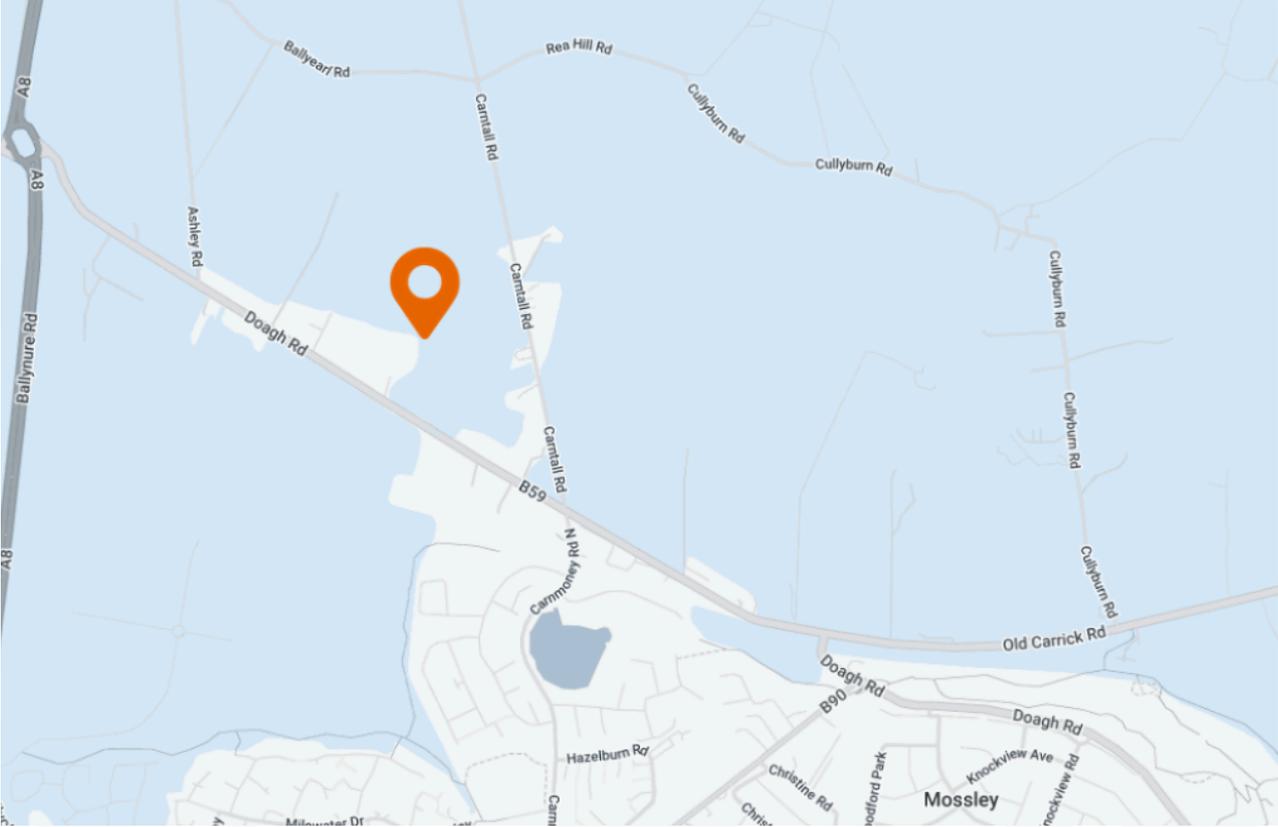
If you require any more assistance, please do not hesitate to call our centre where our staff will be glad to answer any further queries.

We hope you enjoy all the facilities Ballyearl Arts and Leisure Centre complex provides.

**At Ballyearl Arts and Leisure Centre, you can go to:**

- The Fitness Suite
- Fitness studios and the spin studio for classes
- A squash court
- A Driving range with Toptracer Technology
- A Par 3 Course

# Location of Ballyearl Arts and Leisure Centre



Ballyearl Arts and Leisure Centre can be accessed via train, bus, car & by foot. Mossley West Bus/Train station is a 15 minute walk from the entrance of the building.



# Entering Ballyearl Arts and Leisure Centre



Once you arrive at Ballyearl Arts and Leisure Centre, you will see the car park; it looks like the image on the left.

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You will walk up to the main entrance doors, which look like the image on the left. You will press the door button; the door will open for you.

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Then you will walk through the door, and it will look like the image on the left.

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Our main reception area can be a busy part of the centre. It can sometimes be loud, as there are a lot of people using the entrance doors. The reception area looks like the image on the left.

This is where you can pay for single use of the Fitness Suite, Squash Courts, Driving Range, Par 3 Golf Course and Classes.

You will have to stay close to

\_\_\_\_\_ while you pay for your chosen activity.

You can use your

\_\_\_\_\_ to stay relaxed.

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Our staff are highly/specialist 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!

Our staff uniform is pictured on the left.

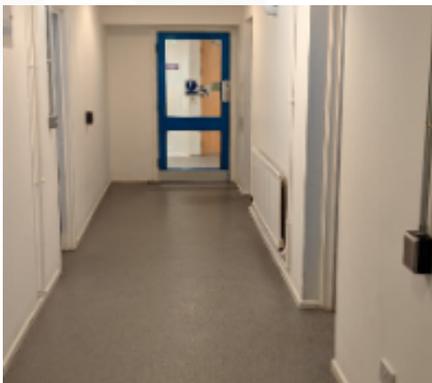
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Access to the Fitness Suite, squash courts, toilets, changing areas and classes are through this door (picture on left). You will scan your membership card/ticket on the left.

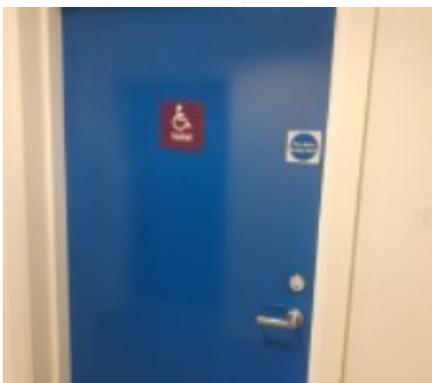
Once you scan your membership card/ticket the door will open for you. It will look like the image on the left.

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The picture on the left is what the first corridor looks like.

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On this corridor you can access the toilets. We have the accessible toilet on the first right; the door looks like this:

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The inside of the accessible toilet is shown in the picture on the left.

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The Men's toilet is the second door on the right. The door is shown in the picture on the left.

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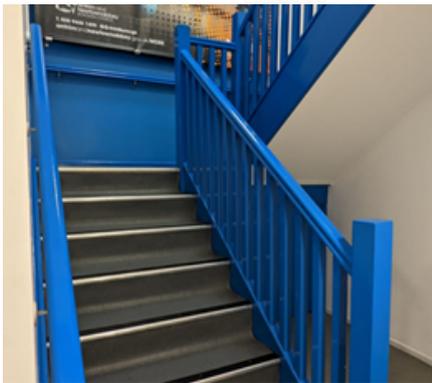
The inside will look like the image on the left.

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You may feel like this:



# Going to the Fitness Suite



Going to the Fitness Suite is a great way to keep active and healthy!

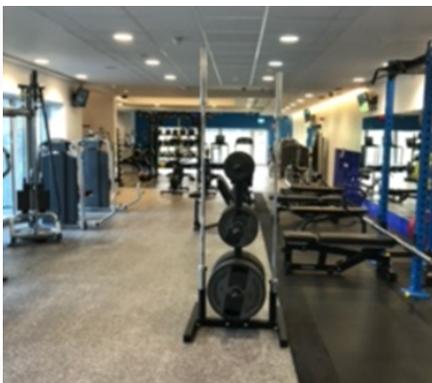
Once you pay for the Fitness Suite and leave the main reception area, you will walk up these stairs:

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Once you walk up the stairs you will be looking for the Fitness suite door which looks like the picture on left.

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The image on the left shows what the Fitness Suite looks like when you enter. There may be speakers or televisions playing music and making sounds.

Here you can use resistance machines and cardio machines.

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There are many different machines and equipment you can use in the Fitness Suite.

Our staff are always on hand to help you.

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# Lifts

There are two lifts for public use available at Ballyearl Leisure Centre.

The first lift is located to the right from reception (pictured on the left below) and the second is beside the men's changing area (pictured on the right below).



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The lifts are platform lifts.

The floors which are accessible by these lifts are G-UG.

These platform lifts access a small level change.

Wall mounted information boards are not provided at lift landings.

Staff do not need to be notified for use of the lift.

The clear door width is 97cm (3ft 2in).

The dimensions of the lifts are 145cm x 104cm (4ft 9in x 3ft 5in).

There are separate entry and exit doors in the lift.

It's normal to feel unsure about lifts. You may feel like this:



# Changing Areas

You can use these changing rooms to get a shower after your work out.

The entrance to the Male Changing Area is pictured below:



You will enter the changing area via the door above. When inside there are lockers, which will need a £1 coin to lock the lockers. There is also a seating area and bench area so you can place your things when getting ready/changed after a workout.



The male showers are also located in this area; they are communal. However, you can get changed in one of our cubicles, and then lock your clothes securely in a locker.

The showers look like the picture on the left.

The entrance to the Female Changing Area is pictured below:

You can enter the changing area via the door.



When inside there are lockers, which will need a £1 coin to lock the lockers.

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There is also a seating area and bench area so you can place your things when getting ready/changed after a workout.

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The female showers are also located in this area; they are communal. However, you can get changed in one of our cubicles, and then lock your clothes securely in a locker.

The showers look like the picture on the left.

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# Squash Courts

There are three squash courts in Ballyearl Arts and Leisure Centre. Two of them are glass.



## Squash Court 1 and 2

There is a ramp/slope to access this area.  
The ramp/slope is located leading to the main squash courts..  
The ramp/slope gradient is slight.  
The ramp/slope is permanent.  
A seating area is available for use (pictured above).

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## Squash Court 3:

There is a/are step(s) to access this area/service.  
The step(s) is/are located at the corridor court entrance.  
There is/are 1 step(s) to the area/service.  
The step(s) is/are shallow (2cm - 10cm).

The entrance to Squash Court 3 is pictured below.



# Attending a Fitness Class

You can attend a variety of fitness classes at Ballyearl Arts and Leisure Centre.

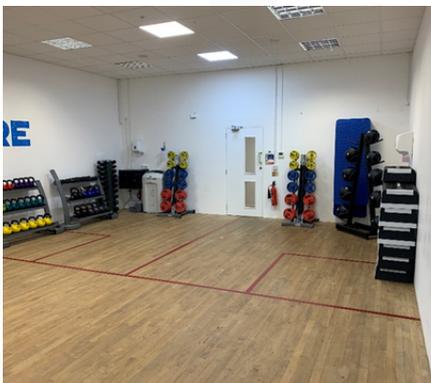


The door to Fitness Studio 1 is pictured on the left.

- There is a ramp/slope to access this area/service.
- The ramp/slope gradient is slight.
- The ramp/slope is permanent.
- This is where our fitness classes take place.

If you're coming to a class, there will always be an instructor in this room to help you.

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The inside of the Fitness Studio is pictured on the left.

Equipment is already in this room, and the instructor will tell you what will be needed for that class.

If you require any help or guidance, the instructor is there so just ask them about the activity/exercises you will be participating in.

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If you are attending a spin class, it will be in Studio 2, and the door will look like the picture on the left.

In this class an instructor will be present to help you to adjust the bike to suit your height. They will give instructions for movements and commands that you can easily follow.

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Ballyearl Arts and Leisure Centre also offers virtual classes which are led by an instructor that will appear on the screen.

They will lead the class virtually and they will guide you with instructions on how to participate in the class. At this time the spin studio will look like the image on the left.

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# TopTracer or Driving Range



Once you are at the reception desk, you can pick from different options for buckets of golf balls, and if you wish to use the TopTracer screens.

The entrance to Driving Range looks like the picture to the left and is near the reception desk.

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Once you walk up the stairs, you will use a ticket that reception has given you; you will use the barcode on the ticket and scan it at the Ball Machine. Make sure you put a bucket in one of the bucket holders to collect your balls. The buckets are beside the machine and are green.

The Ball Machine is pictured on the left.

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Once the balls have been dispensed you will see the Driving Range Bays; they look like the picture on the left.

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The lower bays (bays 1-12) have a power tee, so you will need to put the balls from your green bucket into the feeder. (lift the black lid). The bays will look like the image on the left.

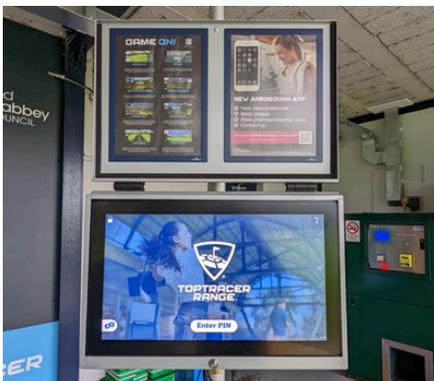
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Please note the upper bays do not have a power tee.

The upper bays look like the picture on the right. The balls can be put onto the black holder, and you have to set the balls onto the tee yourself.

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If you have purchased use of the TopTracer screen, you will need your ticket. The ticket from reception will have a 4-digit code at the bottom of the ticket; you must enter this 4-digit code to access the screen. All the bays' upper and lower levels have a TopTracer screen.

The TopTracer screens look like this:

Once you have entered your code onto the screen, it will ask you to log in. If you have a TopTracer login, you can use this; if not, you can continue as a guest, and you can enter your name on this screen.

After you have logged in, you will have access to the game modes. These include closest to pin, longest drive and access to other virtual golf courses.

If you need any assistance with accessing the screen, please contact a member of staff at the reception desk. They can help you if you are finding it hard to access logging into the screen.

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# Par 3 Golf Course

To access the Par 3 course, you need to go into the reception desk to pay. Here you have the option to play 9 holes or 18 holes. The reception desk also has score cards available so remember to get one before going out to the course.



To access the Par 3 Golf Course, you need to go to the gate shown in the picture.

To gain access gate of the golf course, you must press the buzzer on the left (also in the picture), which will release the gate. It does make a buzzing noise. Please remember to push the gate to open.

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You need to walk down the grey path, and you will come to the 1<sup>st</sup> tee.

The 1<sup>st</sup> tee is pictured on the left.

This is where you will start your round of golf. If you need help to find the next tee there is a map on the score card.

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Once you have completed the course, you can use the air blower. This is used to clean the grass off your shoes and trolleys if required. The air blower is pictured on the left.

It can be found close to the 1<sup>st</sup> tee, and it is also on your way out of the course.

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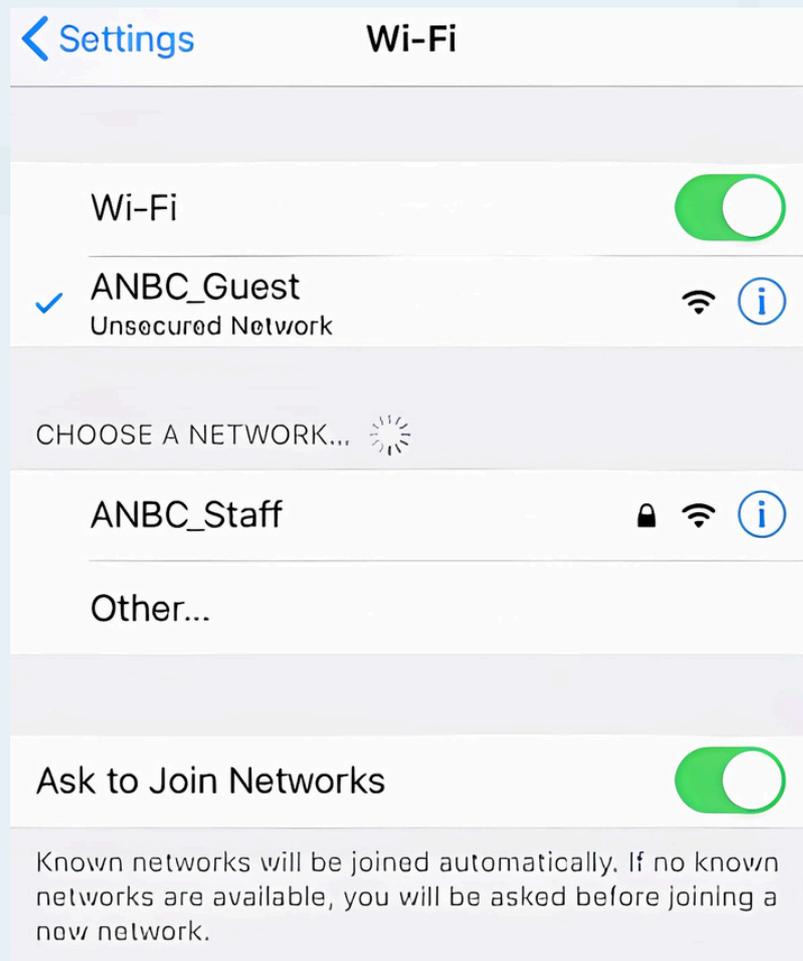
To exit the course you need to walk down the grey path again (same one you used to enter the course).

You must press the Green Exit button shown on the left. Pressing this button releases the gate and will allow you exit the course.

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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 Ballyearl Arts and 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 Ballyearl Arts and Leisure Centre**

