

My Visit to

Antrim Forum Leisure Centre





When you arrive at The Antrim Forum, walk up the main driveway towards the front doors.



Welcome to The Antrim Forum Reception Area

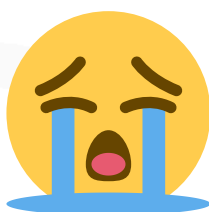


Coming for a class, swimming or just visiting?
Go to reception and they will point you in the right direction.



On the Ground Floor you will find...
The café, the sports hall, toilets, changing facilities, the sensory room and soft play.

You may feel like this:





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. Fitness classes
3. Conferences
4. Workshops



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 Templepatrick Room



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 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.



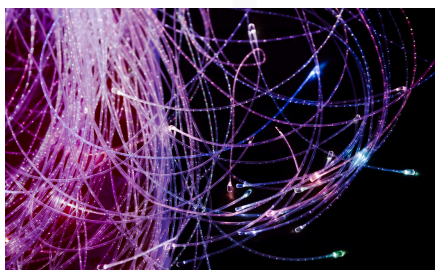
Caveman Capers can be quite a noisy area when it is busy. There are foam earplugs available at the soft play reception on request, to help overcome this problem and make your visit a more pleasurable one.



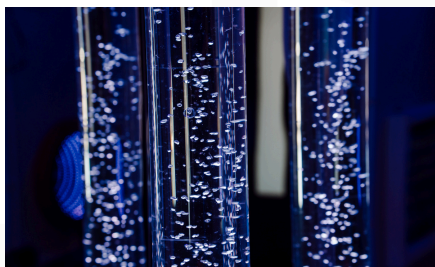
In the soft play area there is a TV which may be on at the time of your visit or a radio that may be playing. Both of these will be turned down or OFF on request.

Remember: You're there to have FUN!





The Sensory Room is located on the ground floor. You need to follow the arrows on the directional signage, this will lead you to the entrance.



The Sensory Room is a calm, quiet space. It is a calming and relaxing place if you feel overwhelmed or anxious, you can come here.



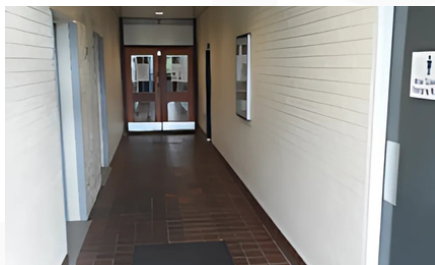
This room may not always be quiet as those using the resources may make lots of noises as a way for them to relax.

Remember: You're there to have FUN!





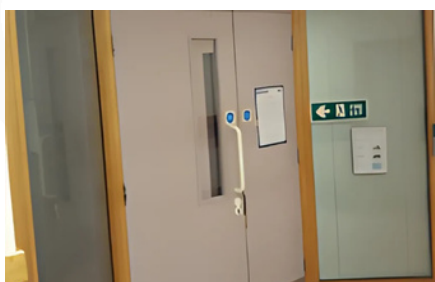
The Northern Ireland Centenary Stadium



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 a Fitness Studio.

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

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.

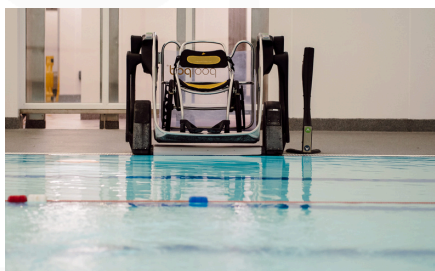


The Swimming Pool. There is a Main Pool and a Learner Pool.



The changing rooms at the swimming pool.

There will be hairdryers in this area so it will be noisy.



The Main Pool has a Pool Pod.



The Swimming Pool has accessible changing and showering facilities.

There is also a Changing Places Facility.



On the second floor you will find

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.



The Indoor Cycle Studio



The Fitness Studio

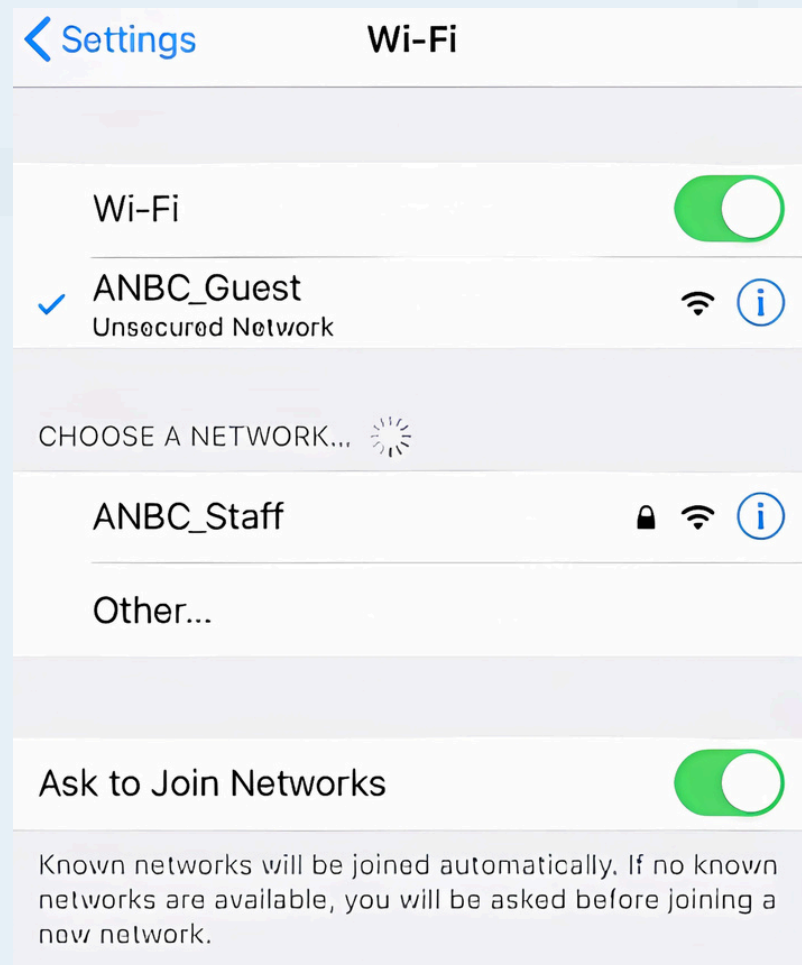
Lifts can be challenging to use due to the small spaces inside. Please try and ensure someone is there with you when using it.

You may feel like this:



For access to the internet, please see below.

No password is required.



If you have questions during your visit to The Antrim Forum, 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 The Antrim Forum



