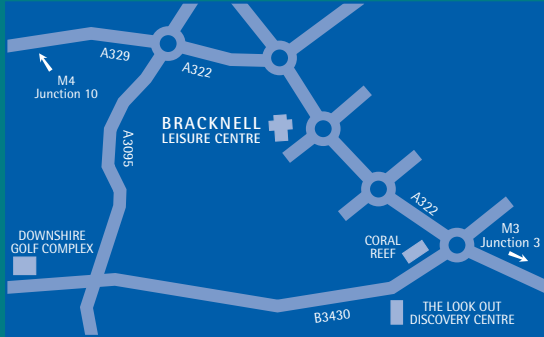


HOW TO FIND US



BRACKNELL
LEISURE CENTRE



BRACKNELL
LEISURE CENTRE

Be Entertained...

OPENING TIMES

Monday - Friday	6.30am	10.00pm
Saturday - Sunday	8.00am	9.00pm
Bank Holiday	10.00am	4.00pm

Areas within the Centre open at different times. Please refer to appropriate leaflets for details.

This leaflet can be made available in large print, Braille, on audio cassette or DVD. Copies in other languages may also be obtained. Please contact Bracknell Leisure Centre. Tel: 01344 454203 or Minicom 01344 352405.



Time Out Café & Bar

The Time Out Café & Bar is the ideal place to meet and unwind during a visit to Bracknell Leisure Centre.

The warmly decorated and comfortable venue offers a mouth-watering menu and an excellent choice of snacks.

- Badminton
- Boccia
- Table Tennis
- Keep Fit
- Trampolining
- Swimming
- Athletics
- BodyWorks Gym
- Forest Spa



Bracknell Leisure Centre

Bagshot Road, Bracknell, Berkshire, RG12 9SE

Tel: 01344 454203 Fax: 01344 868511

Email: blc.enquiries@bracknell-forest.gov.uk

Web: www.bracknell-forest.gov.uk/be

BLC/DAA5/V.1/6/07



Activity Brochure for People with Disabilities



WHAT NEXT...

WELCOME

There is a Disability Support Team based at Bracknell Leisure Centre to offer advice and assistance to people with disabilities.

The team is available to help you take part in leisure and sporting activities at the Leisure Centre.

If you need a lot of help to take part in activities you will need a carer, friend or support worker to come with you.

You will also need to wear appropriate clothing and trainers when visiting Bracknell Leisure Centre.

Be Entertained...

What to do now:

- When you arrive at Bracknell Leisure Centre, go to the main reception and ask where you need to go for your activity.
- If you need assistance, ask for the Disability Support Team or a Duty Manager who will be happy to help you.
- Enjoy your activity!



For further information please contact
Bracknell Leisure Centre

01344 454203

ACTIVITIES...



Trampolining



Badminton



Swimming



Keep Fit



BodyWorks Gym

A health assessment and induction is required



Athletics



50+ Recreational Sessions

- Classes for people over 50



Squash

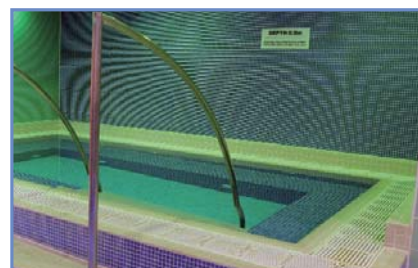


Boccia

- This is a game similar to bowls but played from a seated position



Football



Forest Spa

- Includes sauna, steam room and much more
- Health benefits of hydrotherapy and relaxation



Table Tennis/Polybat

- Polybat - adapted table tennis for people with restricted movement

MEMBERSHIP...

About Membership:

If you attend activities on a regular basis, you may wish to become a Member to reduce the cost.

Membership gives you discounted rates on all your activities.

There are many membership schemes to choose from. Please contact the Disability Support Team for more information.

Access:

1. There are ramps or lifts for various floor heights in the Centre. There is lift access to the three temperature controlled pools and direct lift access between the Forest Spa and the swimming pools.
2. We have disabled parking spaces close to the Centre entrance and there are automatic doors for easy access.
3. Poolside changing has disabled changing rooms and there are hoists for entry and exit of the pools. The same facilities are available in the Forest Spa.

OTHER LEISURE FACILITIES...

Activities are also available at other sports and leisure sites:



CORAL REEF
WATERWORLD

Coral Reef

Bracknell's Water World, Nine Mile Ride,
Bracknell, Berkshire RG12 7JQ

Tel: 01344 862525



DOWNSHIRE
GOLF COMPLEX

Downshire Golf Complex

Easthampstead Park, Wokingham, Berkshire RG40 3DH

Tel: 01344 302030



EDGBARROW
SPORTS CENTRE

Edgbarrow Sports Centre

Grant Road, Crowthorne, Berkshire RG45 7JL

Tel: 01344 776211



SANDHURST
SPORTS CENTRE

Sandhurst Sports Centre

Owlsmoor Road, Sandhurst, Berkshire GU47 4SD

Tel: 01344 778836



THE LOOK OUT
DISCOVERY
CENTRE

The Look Out Discovery Centre

Nine Mile Ride, Bracknell, Berkshire RG12 7QW

Tel: 01344 354400