



Changing Places – Changing Lives here in

Arnold

Arnold Leisure Centre

High Street, Arnold NG5 7EE
Tel: 0115 9670114 or 0115 956 0733



Opening Times

Monday:	7.30am -10pm
Tuesday:	7.30am -10pm
Wednesday:	7.30am -10pm
Thursday:	7.30am -10pm
Friday:	7.30am -10pm
Saturday:	8am - 5.30pm
Sunday:	8am - 9.30pm

Access	The toilet is locked on arrival, key held at reception.
Changing bench	Shower/changing bed fixed to the wall and folds away. Not height-adjustable. Maximum weight:
Hoist	Oxford Mobile hoist in toilet. Maximum weight:
Toilet	Centrally placed toilet with room either side for carers.
Sling	Please provide your own sling.
Who can use the toilet?	Anyone using the Leisure Centre, Theatre or Library.

Health and Safety Information

Access and use of these facilities is on the premise that:

- You provide your own sling.
- You are experienced in using the equipment provided and know how to do so safely.
- Where access is by RADAR key, you lock up the facilities after use.

Further Information about the Venue

A concessionary rate is offered for people with disabilities, as well as free admission for one carer to all fitness activities. Arnold Leisure Centre is also the venue for the Bonington Theatre.