



Changing Places – Changing Lives here in

Rushcliffe

Cotgrave Leisure Centre

Woodview, Cotgrave NG12 3PJ

Tel: 0115 989 2916

cotgrave@parkwood-communityleisure.co.uk



Opening Times

Monday:	7am – 9.30pm
Tuesday:	7am - 9pm
Wednesday:	7am - 9.30pm
Thursday:	7am - 9pm
Friday:	7am - 9pm
Saturday:	7am - 7pm
Sunday:	8am - 9pm

Access	The Changing Places facility is located on the ground floor in the poolside village. Locked on arrival – please ask at reception for the key.
Changing bench	Height adjustable, adult sized, free changing bench.
Hoist	Two ceiling track hoists. One runs from the changing bench to the shower; one is over the toilet.
Toilet	Located in the corner of the room.
Sling	Please provide your own sling.
Who can use the toilet?	Anyone using the Leisure Centre/ anyone in the area who needs to use it.

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

Reduced rate swimming sessions for disabled swimmers and Carers go free. The first floor gym can be accessed by lift.