



Changing Places – Changing Lives here in

Sutton-in-Ashfield

Lammas Leisure Centre

Lammas St, Sutton-in-Ashfield NG17 2AD
Tel: 0115 9670114 or 0115 956 0733



Coming in September 2011

Opening Times

Monday:	7am -11pm
Tuesday:	7am -11pm
Wednesday:	7am -11pm
Thursday:	7am -11pm
Friday:	7am -11pm
Saturday:	7am -11pm
Sunday:	7am -11pm

Access	
Changing bench	Maximum weight:
ist	Maximum weight:
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.

Coming in September 2011

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

The leisure centre has loads of sporting and physical activities on offer, including:

- large and small pool with disability and quiet sessions
- gym with IFI equipment
- fitness studio
- group exercise studio
- spinning studio
- squash courts
- sports hall – with boccia on Fridays
- crèche
- 6 lane indoor bowls
- ice rink including sledges