

Activities for people with a disability at Local Leisure Centre's

If you have a disability then don't forget to see if you can qualify for the [leisure link scheme](#) as you could save money each time you attend the leisure centre and qualify for free swimming.

Specific service provision at Hermitage and Hood Park leisure centres

Car Park

- Dedicated car parking spaces with easy access to the leisure centre

Reception area

- Easy access with no steps
- Induction loop fitted
- Lowered reception counter

Swimming Pool

- Low gradient steps
- Pool hoist
- Disabled changing room. The changing room at Hermitage leisure centre features a hoist

Fitness Suite

- The fitness suite at Hood Park leisure centre is situated on the ground floor with easy access
- The fitness suite at Hermitage leisure centre is situated on the first floor with lift access
- Both fitness suites are fitted with easy access recline bikes which allow for you to step through the bike instead of over, arm bikes where the seat can be removed to allow access by wheelchair users and cable machines with full wheelchair access

Hermitage leisure centre

Dedicated swimming sessions for disabled people

- Day - Thursday
- Time - 7pm until 8pm
- Cost - FREE for [Leisure Link members](#)

Hood Park leisure centre

Dedicated swimming sessions for disabled people

- Day - Saturday
- Time - 6.30pm until 7.30pm
- Cost - FREE for [Leisure Link members](#)

Junior have a go club

This session features multi sport activities for children aged 7-16 years old who have physical and or mental needs. Activities on offer include boccia, skittles, football, kurling and table top games.

- Day - Thursday
- Time - 5pm until 6pm
- Cost - £2.80

Castle Donington college

Space session

- A supervised safe play session for children within the autistic spectrum.
- Day - Saturday (1st and 3rd of each month). Please note that this changes to Thursdays during the school holidays
- Time - 10am until 12noon
- Cost - £3
- Activities - Trampoline, bouncy castle, balls, climbing frame, rope swing, sports games and arts and crafts

Ibstock leisure complex

Dedicated Swimming Sessions for disabled people

- Day - Friday
- Time - 6.30 until 8pm
- Cost - FREE for **Leisure Link members**

Contact details

Hermitage Leisure Centre

Telephone:01530 811215 - Bookings and enquiries01530 811240 – Administration Email:

hermitagelc@nwleicestershire.gov.uk

Hood Park Leisure Centre

Telephone:01530 412181 - Bookings and enquiries01530 416499 – Administration Email:

hoodparklc@nwleicestershire.gov.uk

Ibstock Leisure Complex

Telephone:01530 265836 Information & Bookings01530 265835 Administration Email:

leisure@ibstockcollege.leics.sch.uk

Measham Leisure Centre

Telephone:01530 274061 - Bookings and enquiries01530 274062 – Administration Email:

meashamlc@nwleicestershire.gov.uk

Castle Donington College

Telephone:01332 810528 - Bookings and enquiries Email:

castledonington.sportscomplex@nwleicestershire.gov.uk

Other Local Activities

360 Play (multi activity play centre)

Meridian Leisure Park, Leicester, LE19 1JZ. Tel: 0116 289 4731. www.360play.co.uk

1st Friday of each month is a session for special needs children, 6.30pm – 8.30pm

£5.00 per child (adults free) – siblings/friends welcome to attend, free registration/membership

Scamps (playgroup)

At the University of Leicester, led by university students, for children with mental and physical difficulties and their siblings

Sundays (in university term time) 2pm – 3.45pm

Contact: gmg13@le.ac.uk for info.

Memphys Special Outreach Service (details are in the Parent Participation News)

Saturday Clubs:

5-11 years, 9.30am – 12.30pm at Clarendon Park Road, Leicester

Over 11 years, 10am – 1pm at Braunstone Avenue, Leicester

Access to the Saturday clubs is by referral only, need to contact Peter Coopey on 0116 238 7828, pete.coopey@gmail.com

Buddy Scheme (no new referrals being taken at present)

Contact Prasadhi Patel on 0116 282 3659, prasadhi.patel@memphys.org.uk