

# SPORT FOR ALL

Have you ever wanted to take part in Sport/Exercise activities but feel you can't because of your disabilities?

Clacton Leisure Centre offers a wide range of

## ACTIVITIES FOR ALL

- ◆ We have a large car park with 10 disabled bays
- ◆ Wheelchair friendly level access
- ◆ Low level counter
- ◆ Hydraulic chair lift which can be accessed during any swimming session and for easy access to our spa area
- ◆ 3 disabled swimming sessions throughout the week
- ◆ Lift to Lifestyles Fitness Suite
- ◆ Specialised gym equipment for wheelchair users and tactile screens for the visually impaired
- ◆ 5 instructors specially trained to meet all your needs

There are many more activities available including Table Tennis and Badminton. We may also be able to offer specialist sessions for Archery and Basketball on request.

Please call For more information on 01255 686692/686691

The Inclusive Fitness Initiative (I.F.I) is working to ensure that disabled people gain equal access to gym based physical activity.

Clacton Leisure Centre has been I.F.I accredited since 2005.