SWIMMING BUDDIES

Fun & Friendship through Swimming

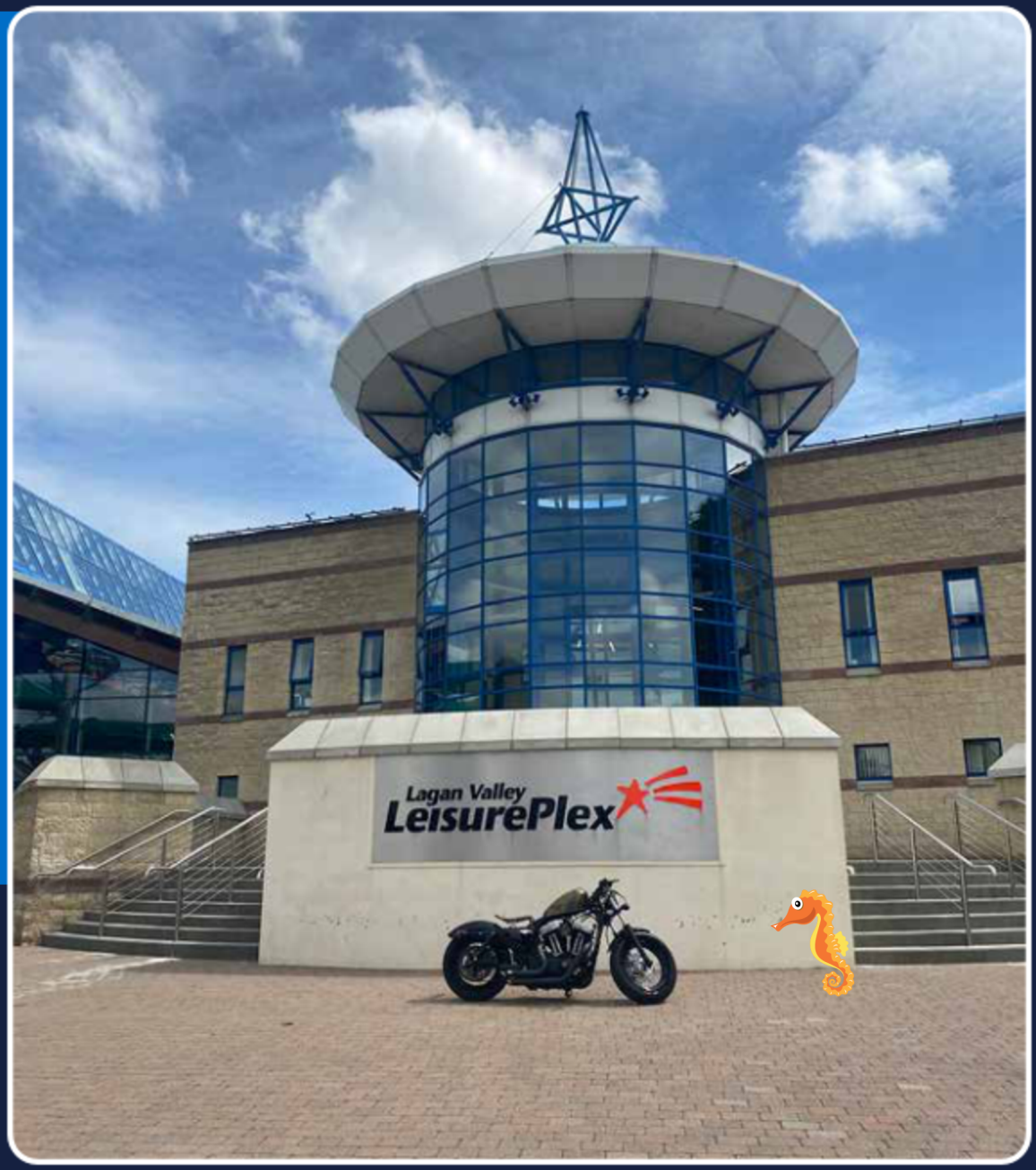
Our Journey to Lagan Valley LeisurePlex

This guide will give you an insight to your journey to the pool and some new faces you will meet along the way.



Let's follow Sammy Seahorse...

Welcome to Swimming Buddies at Lagan Valley LeisurePlex.

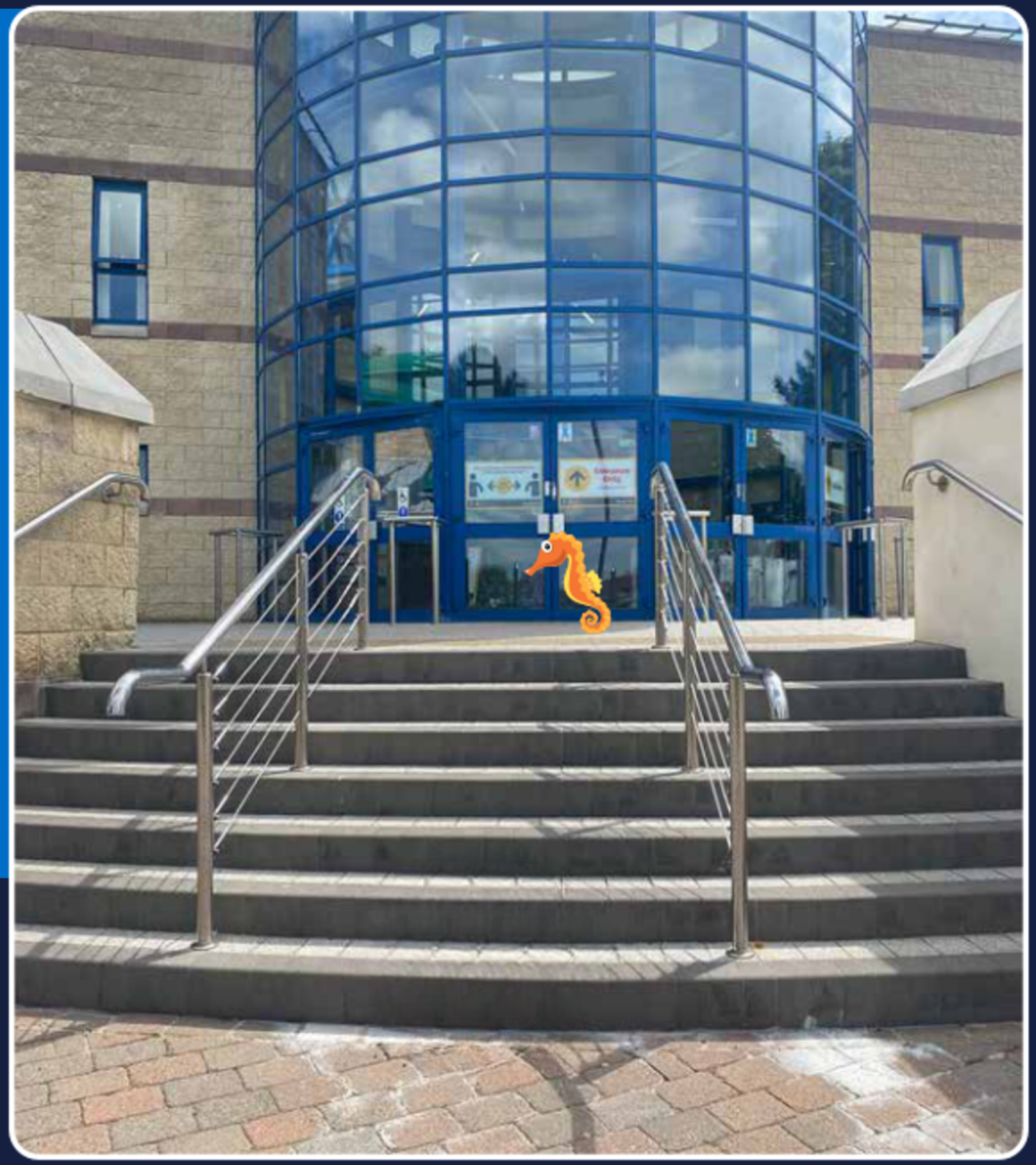


1

This is were we park our car.



Welcome to Lagan Valley LeisurePlex.



3

This is were we enter the building.



4

Please say ‘Hi’ to the reception team.



5

This is the entrance lobby towards the pool area.



6

Turn left and go down the stairs.

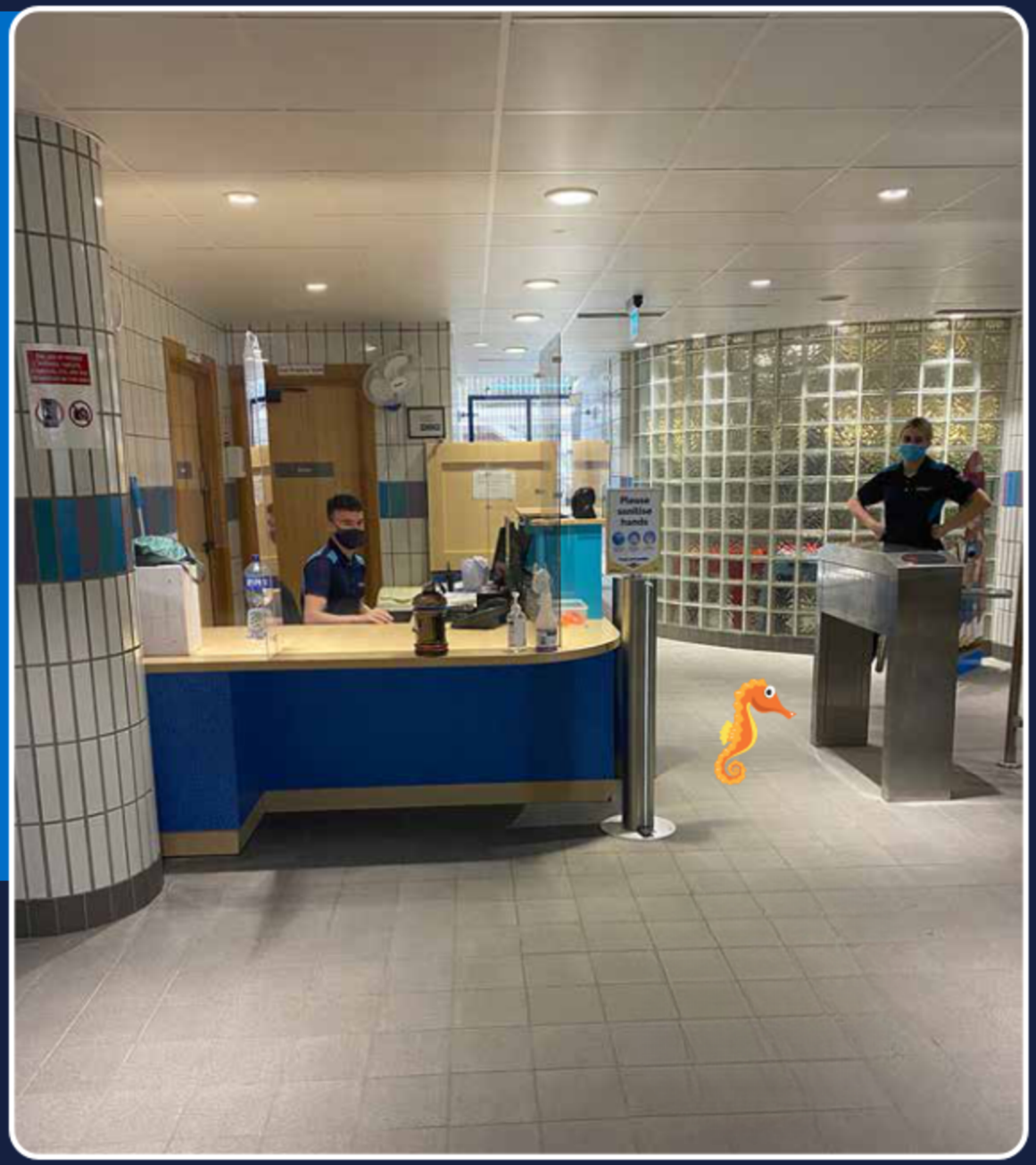


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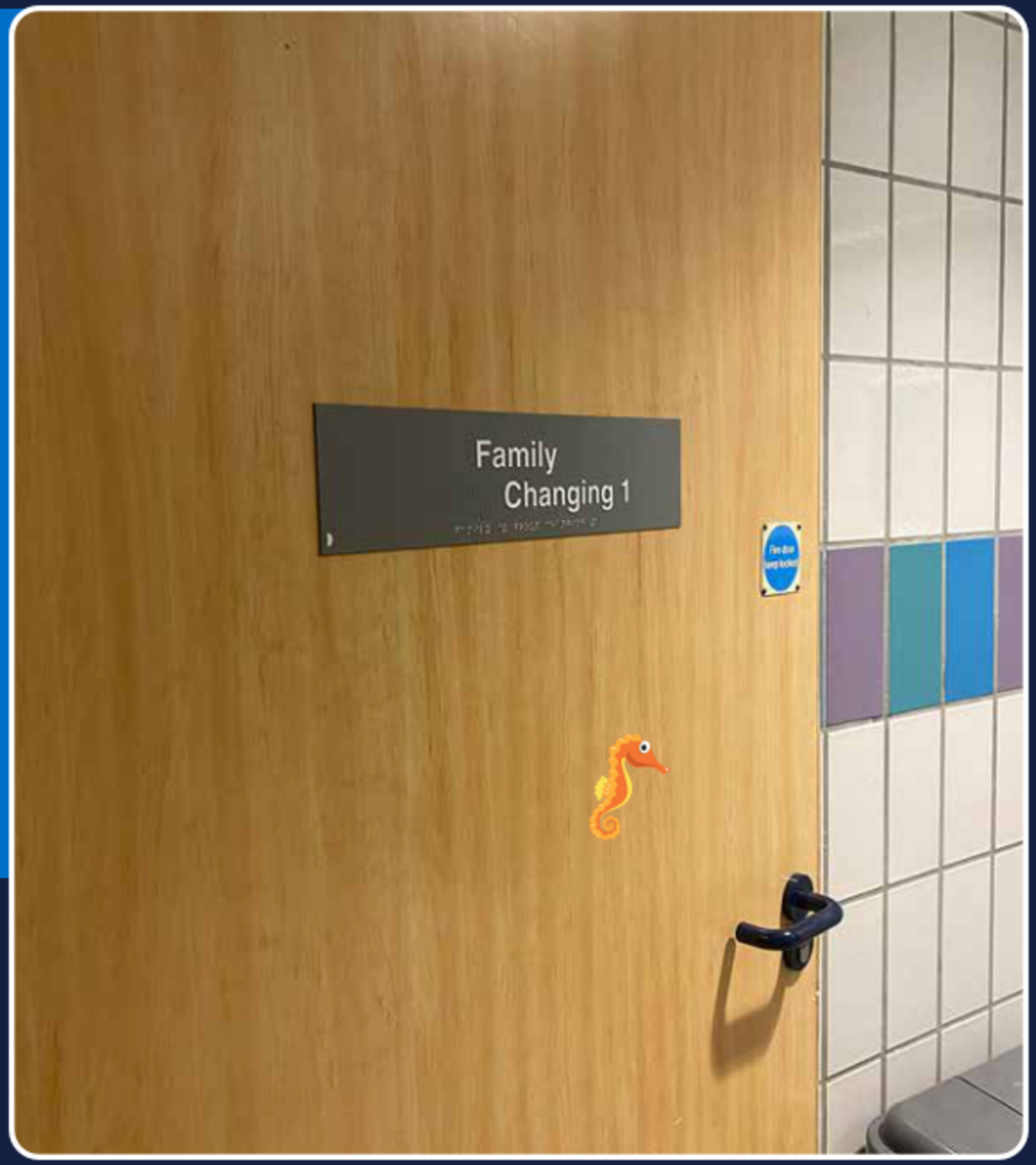
Follow the stairs down to the pool.



Welcome to the changing rooms.



Family changing rooms are available.

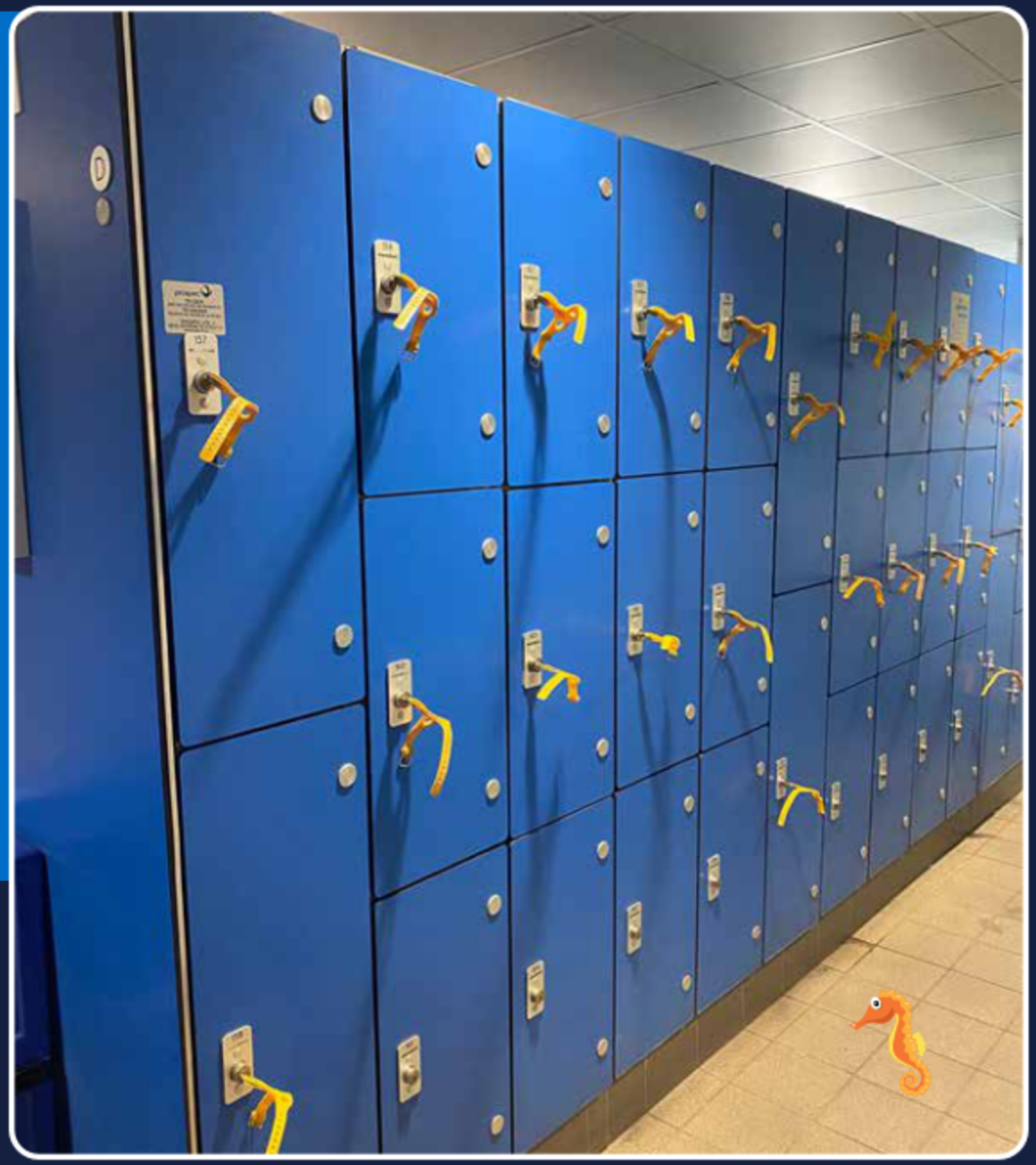


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Family changing room.

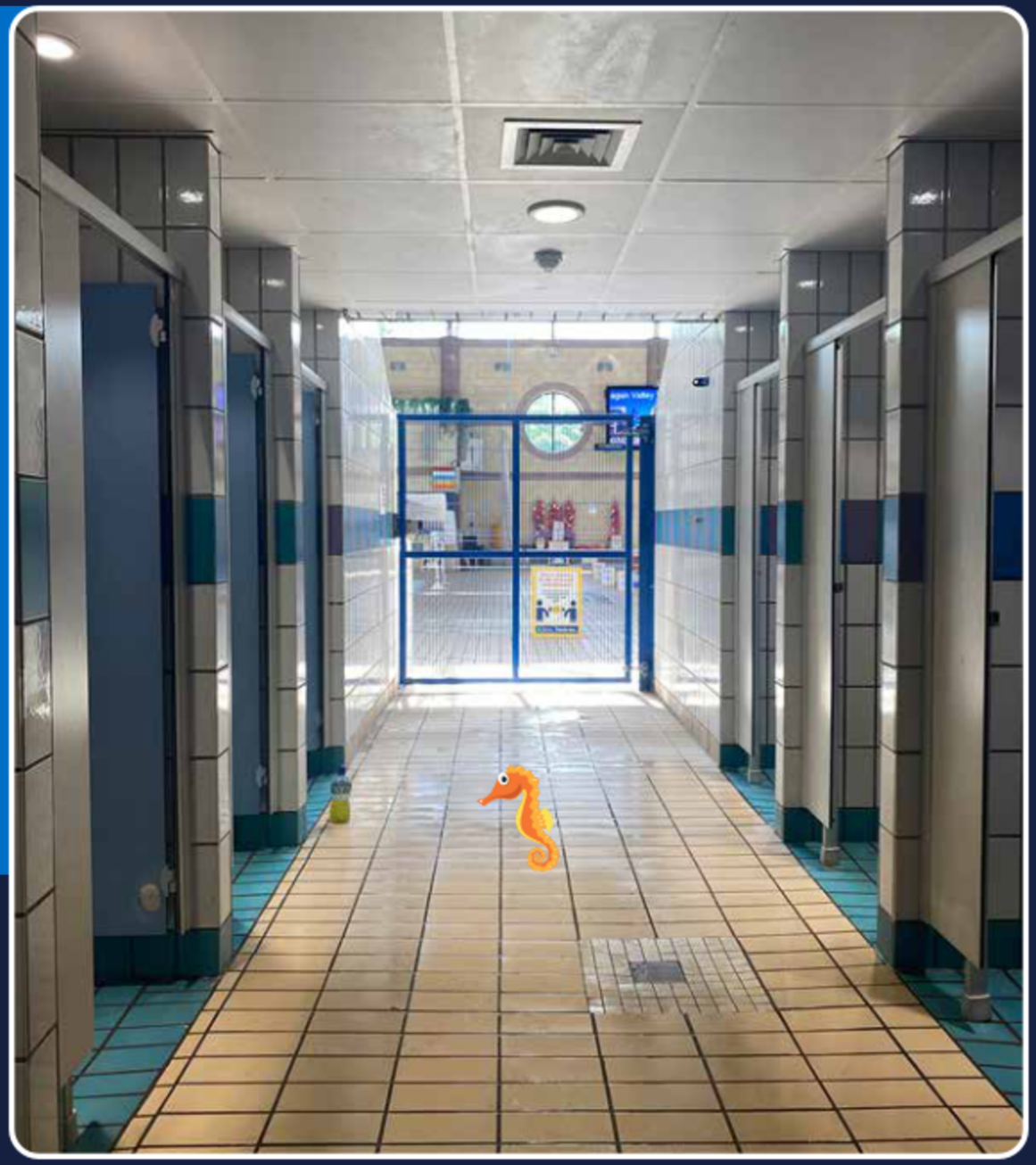


There are lockers for my swim bag.



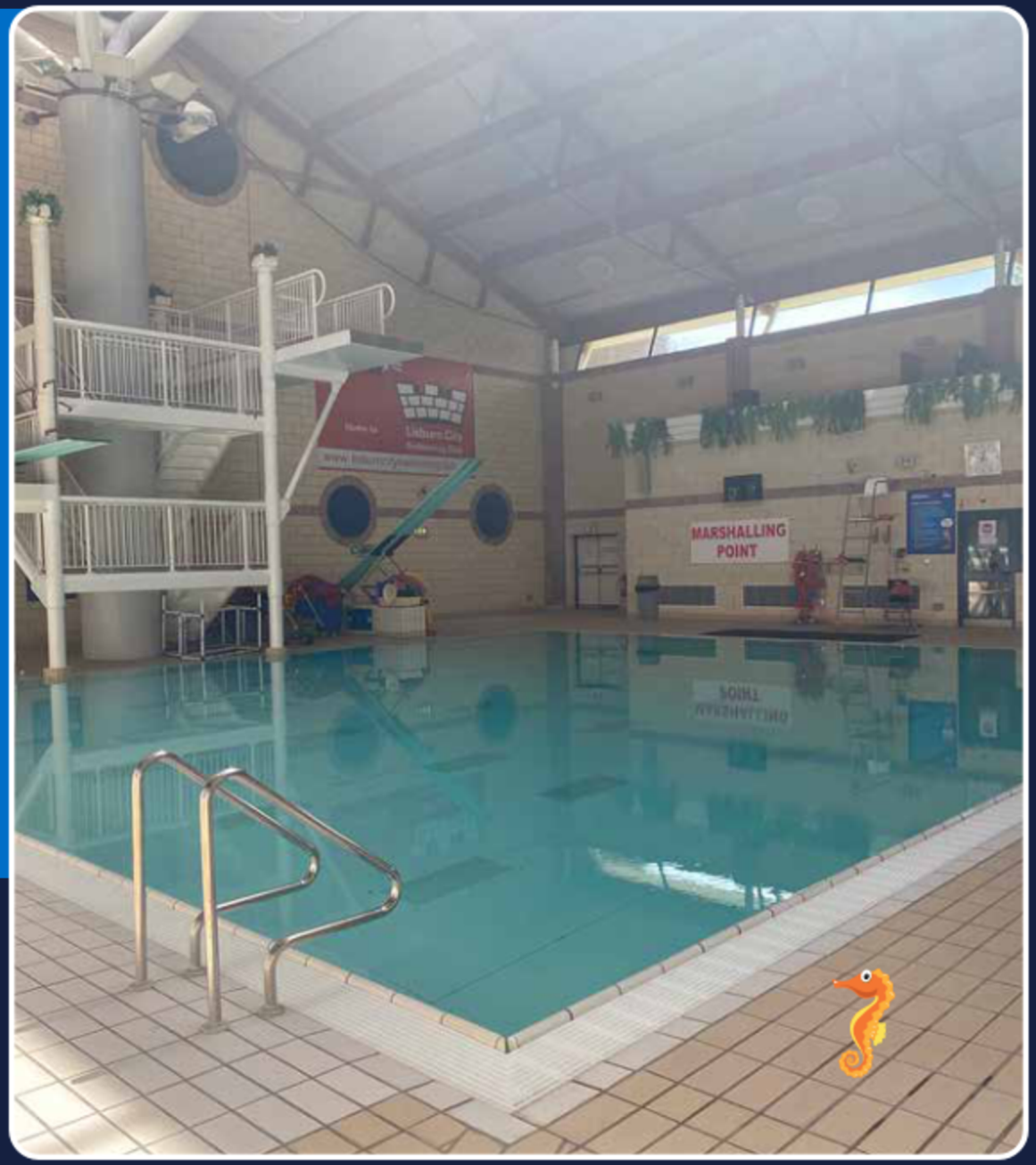
12

This is where I will go to enter the pool when it is time for my session. My carers come too and hold my hand until I meet my coach.



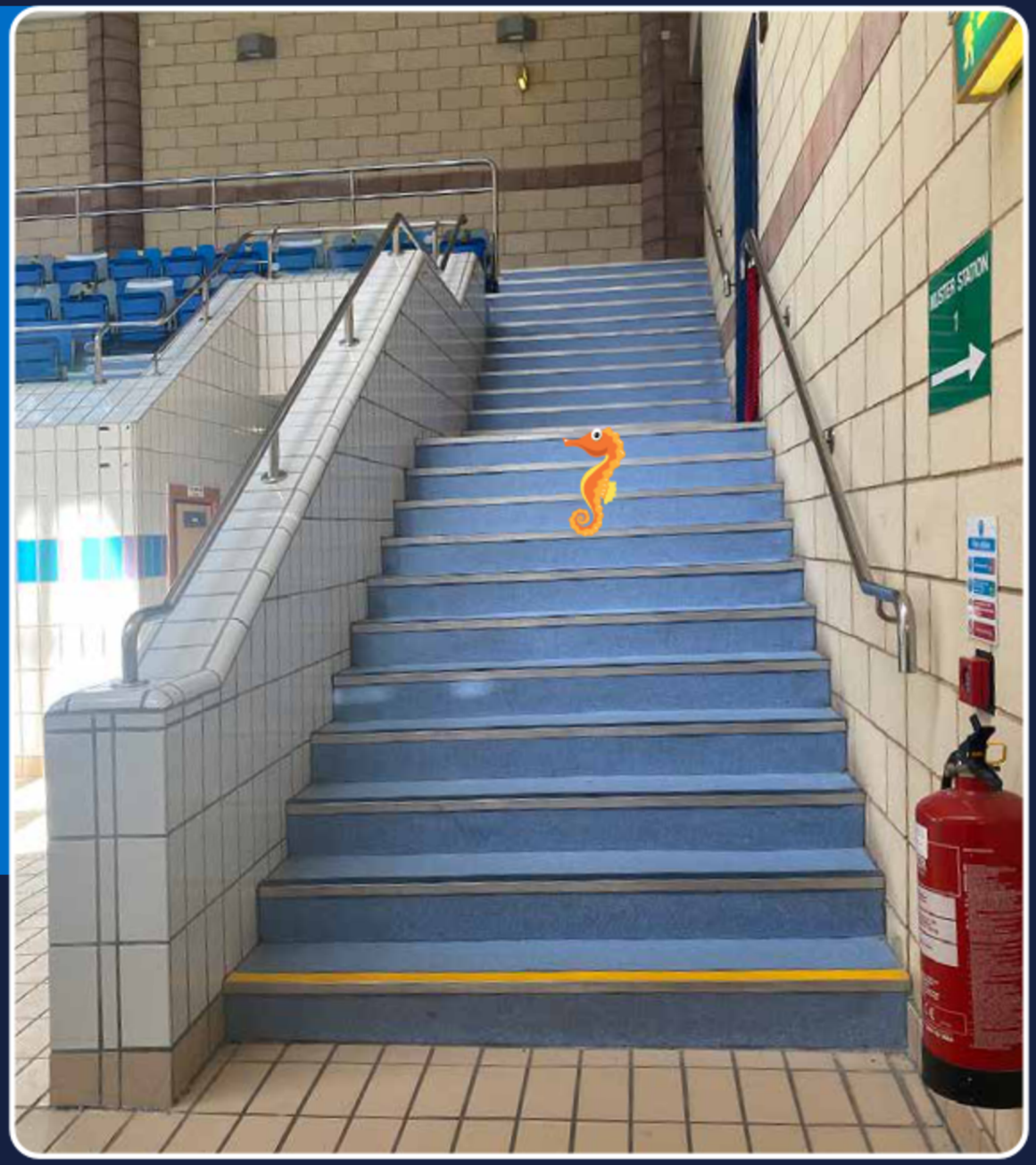
13

This is the pool where my coach will meet me with a big smile - The pool is lovely and warm.



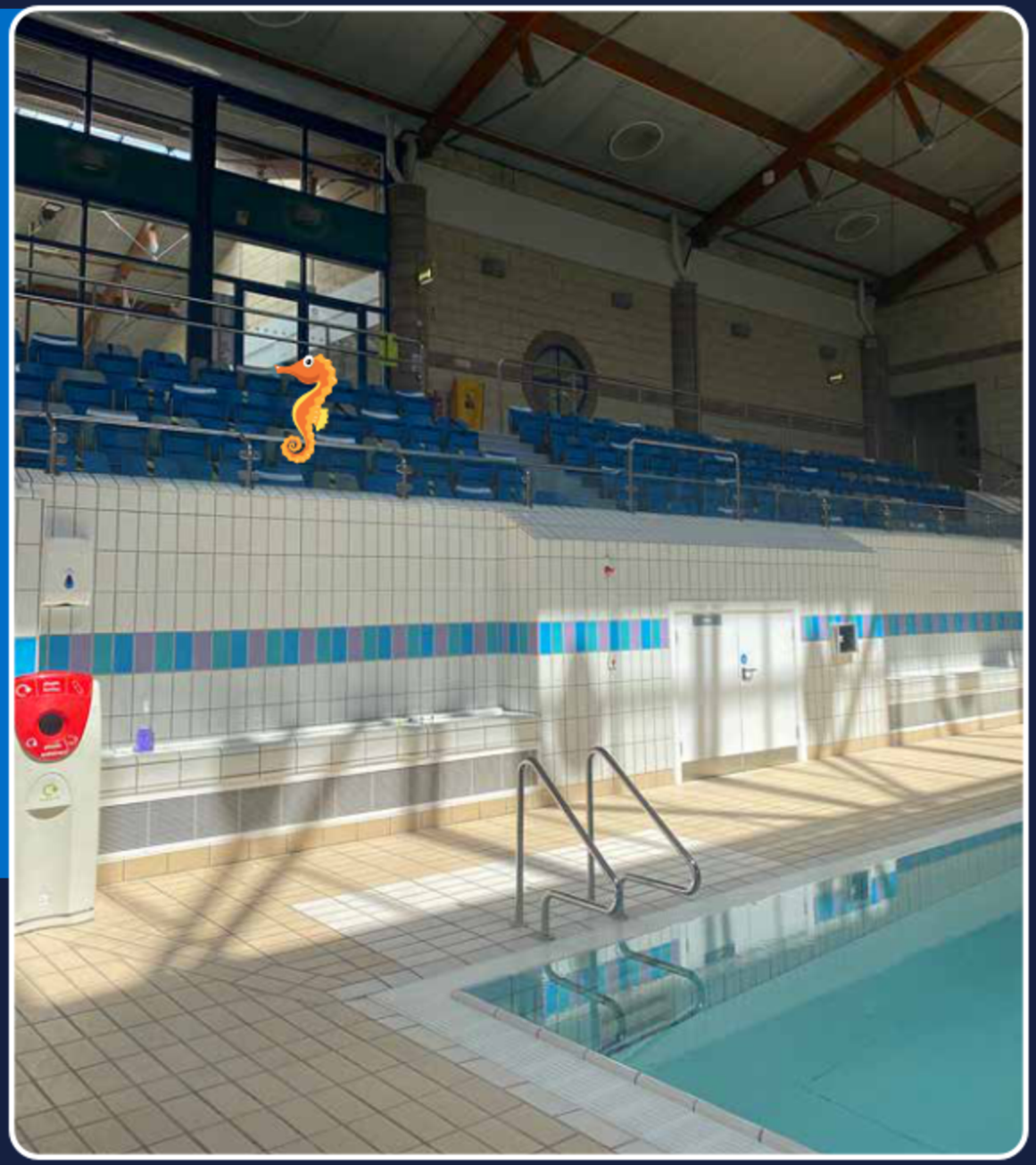
14

Carers can use these steps to the spectator gallery.



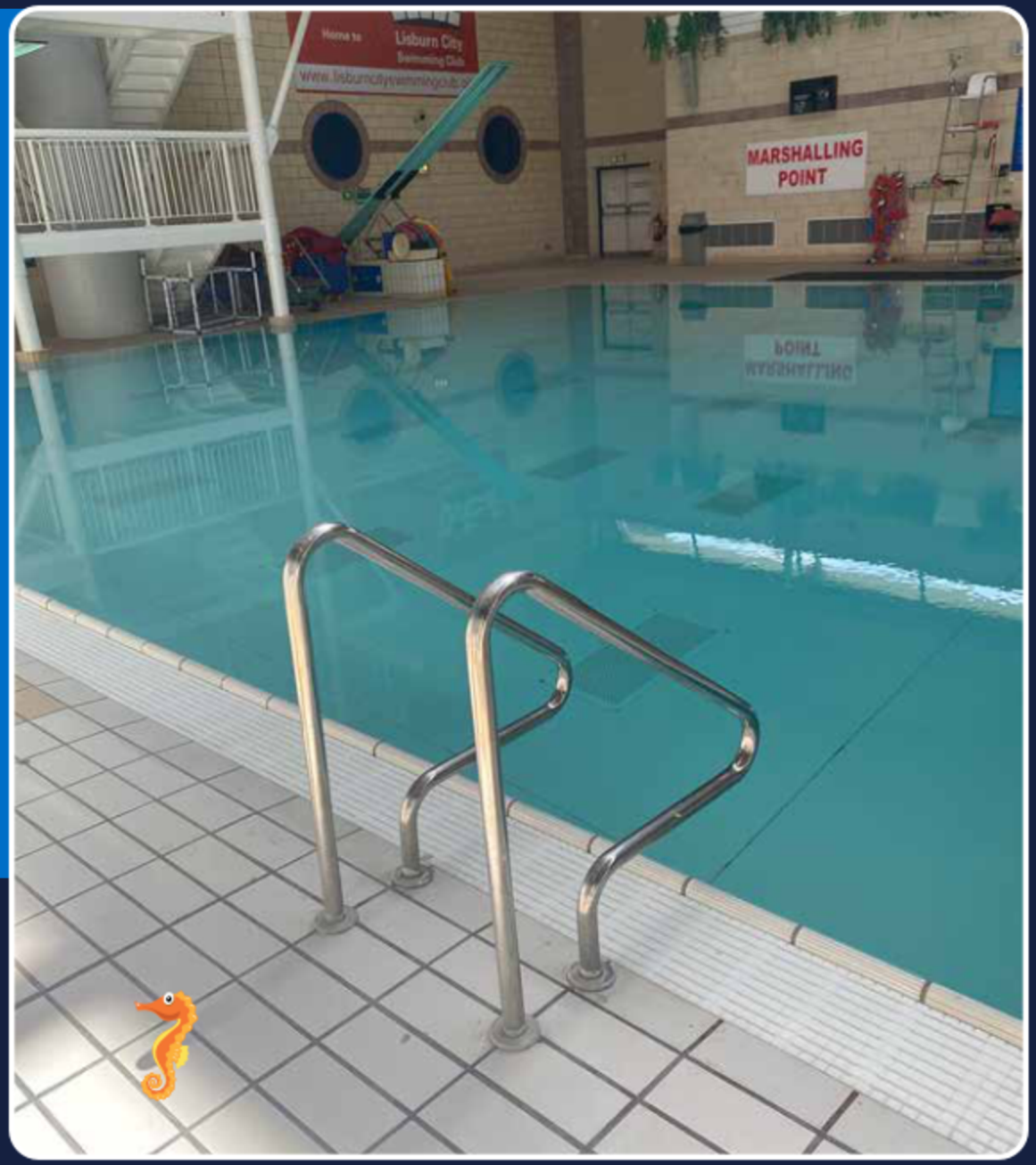
15

I can enter the pool safely by the steps . My carer will meet me here after the session has ended.



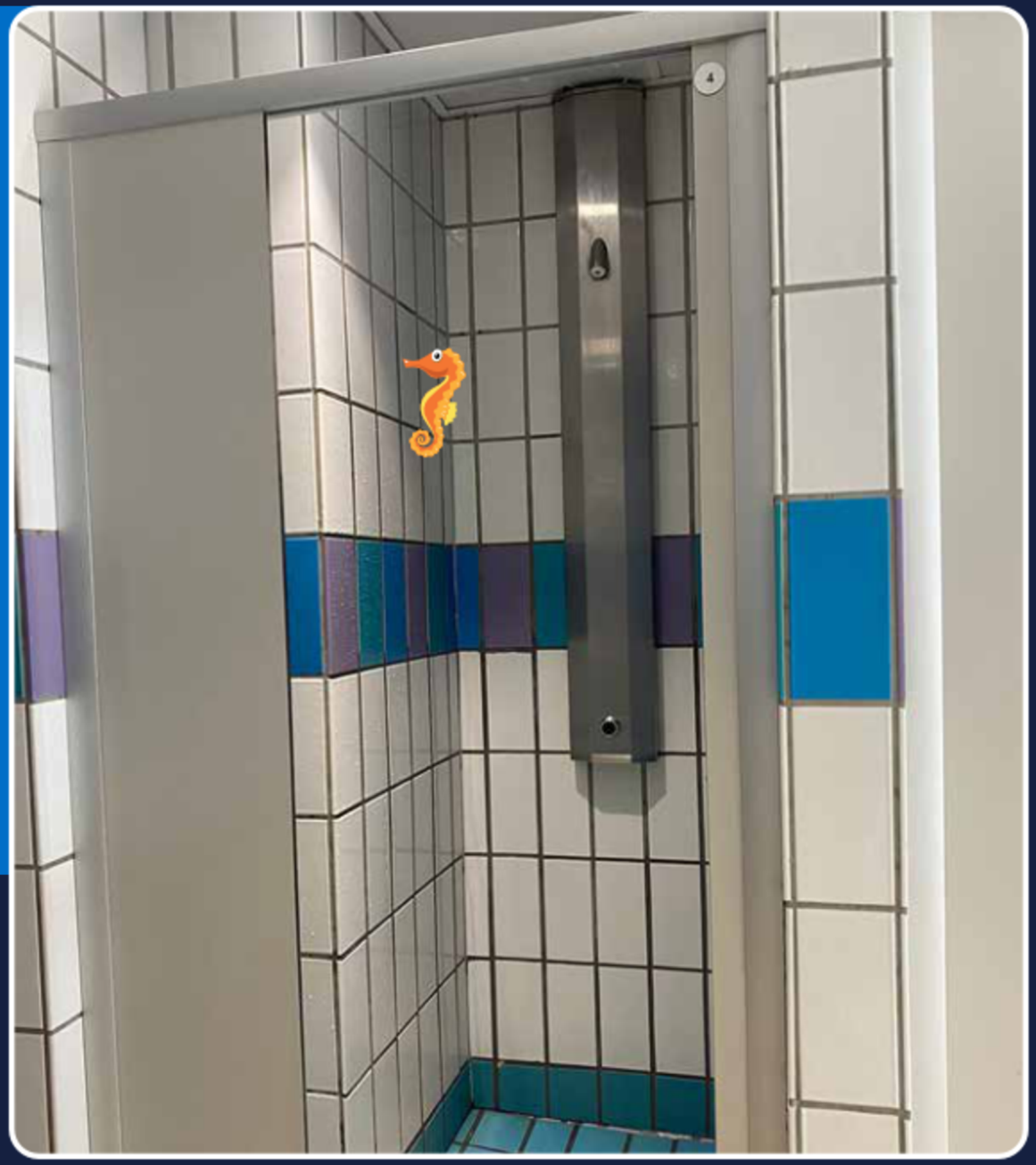
16

My carer will meet me here after the session. This is where I exit pool area back to the changing rooms when my session is over.



17

I can have a nice warm shower after my swim.



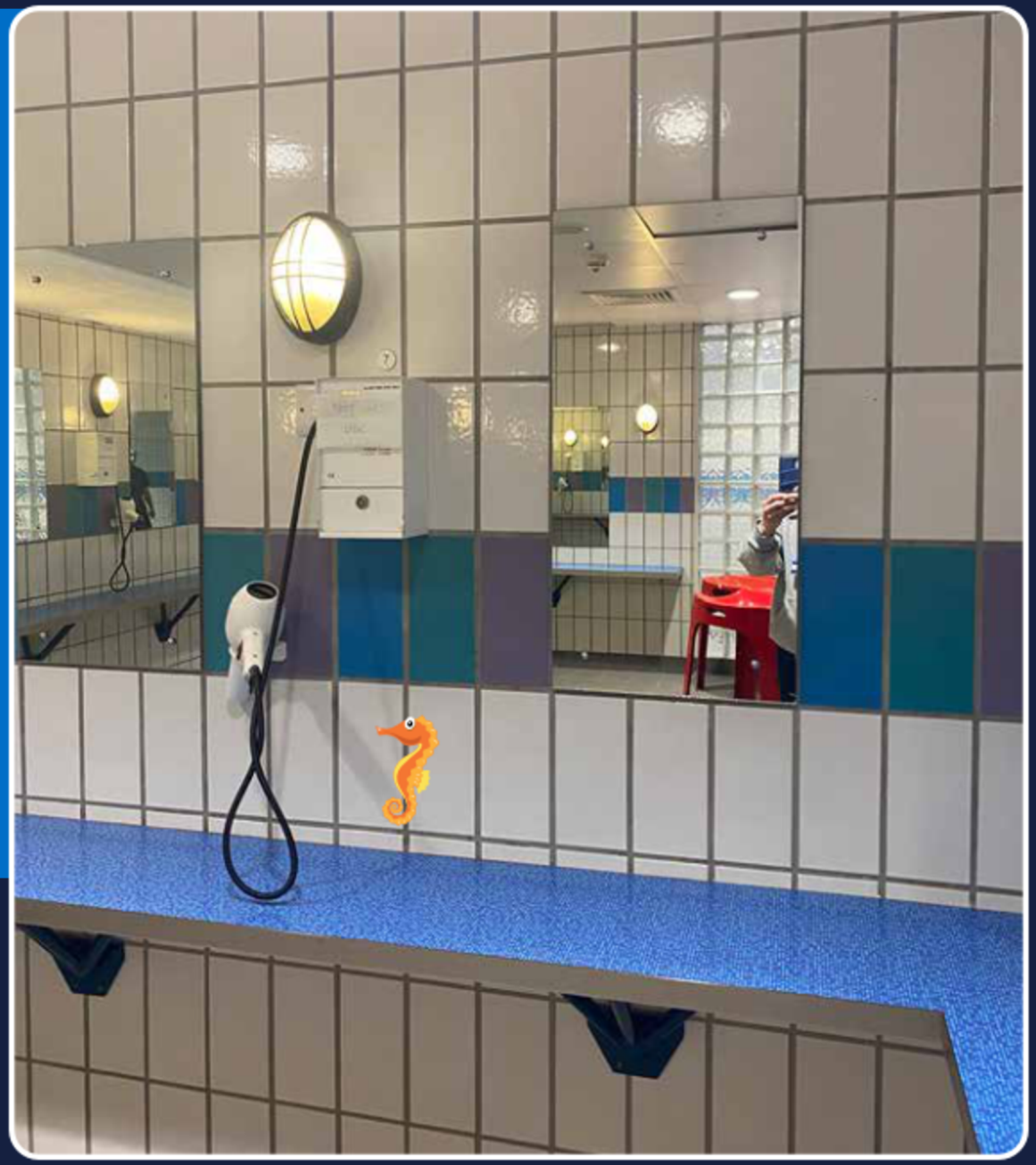
18

Back to the changing room to get ready to go home.



19

I can dry my hair here before I go home.



20

When I am ready for home I leave the way I came.



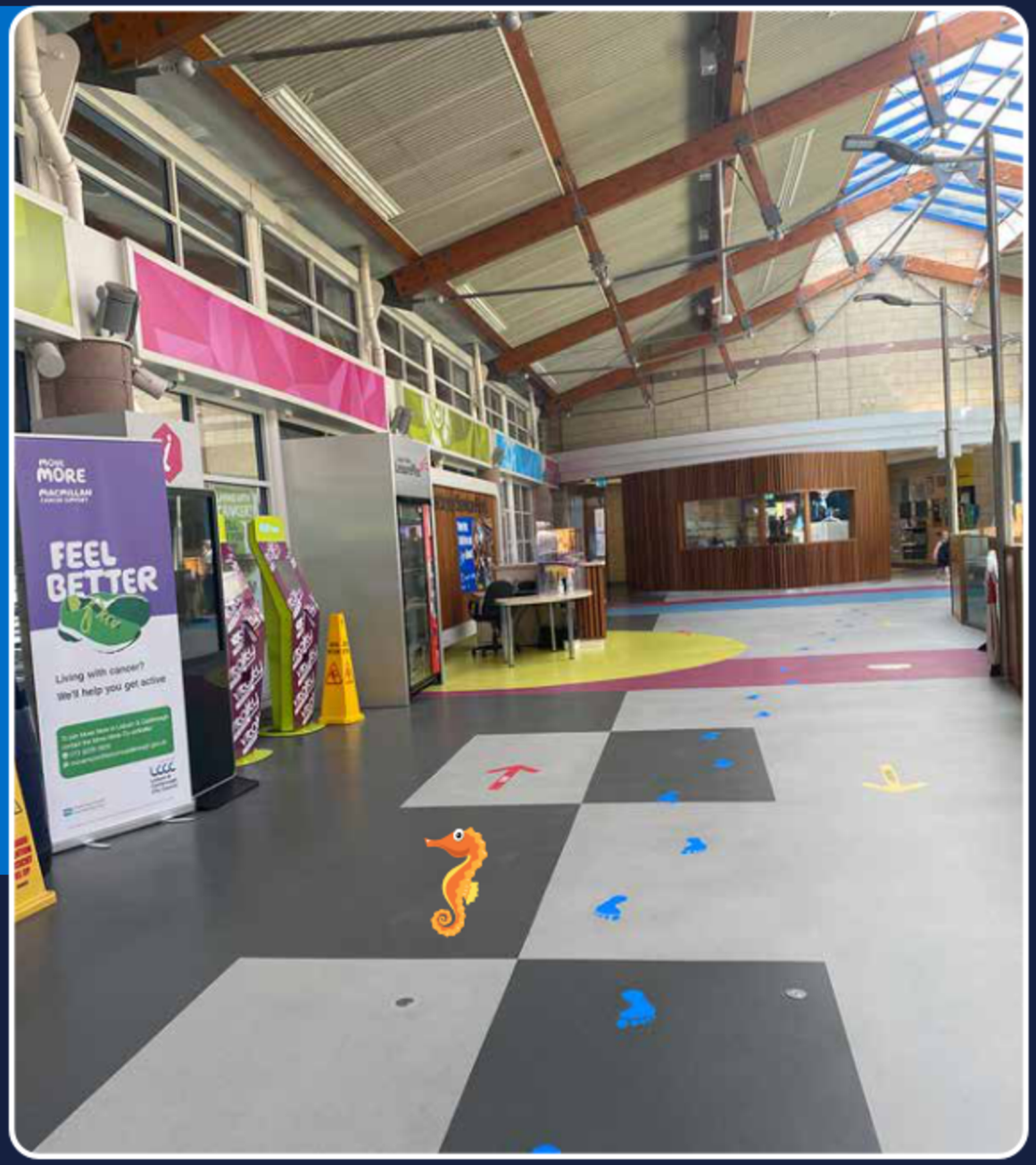
21

There is a lift if you need it.



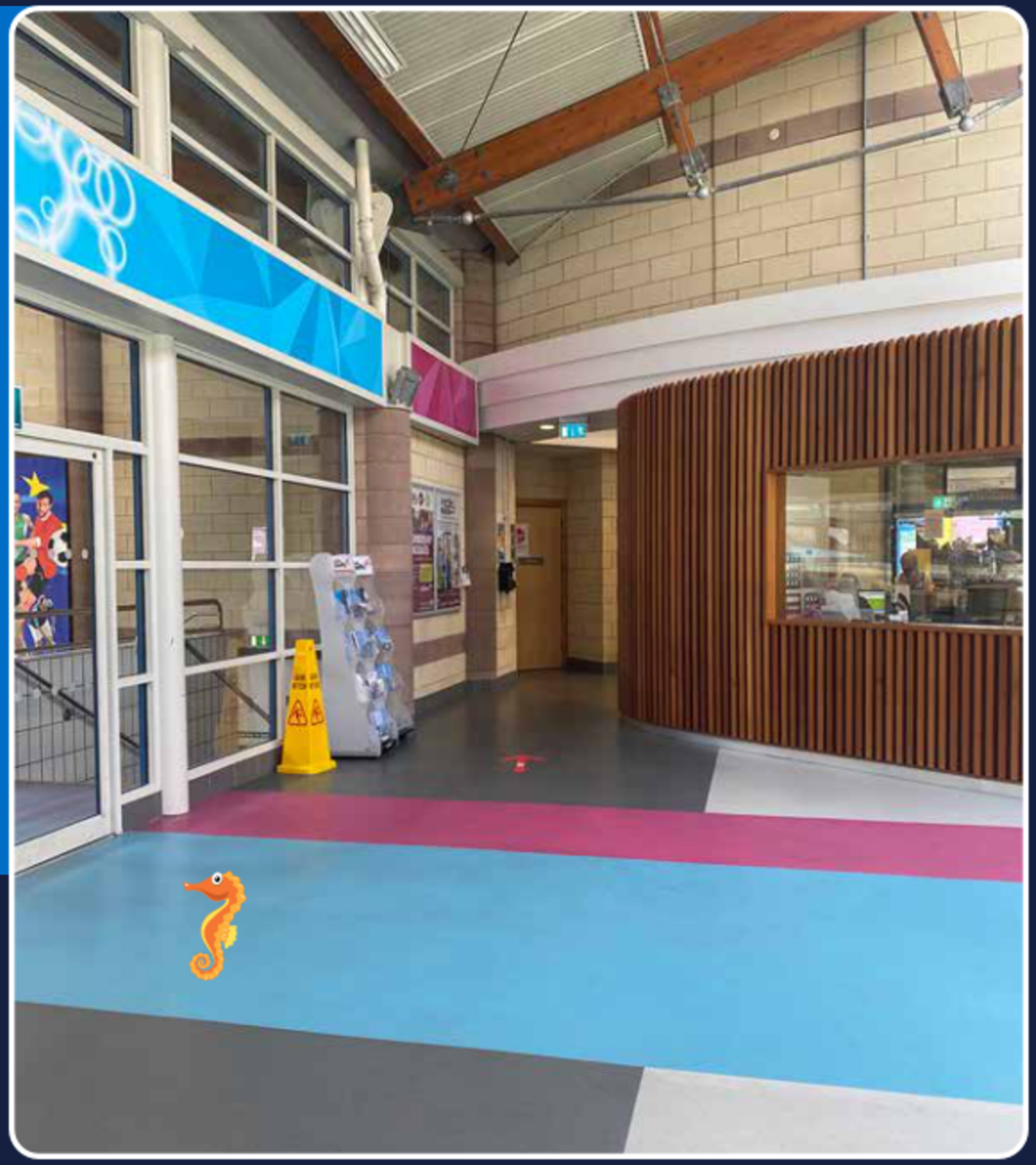
22

Almost at the exit.



23

Exit to the left
of reception.



24

Back to the car park for the journey home - See you soon!



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www.swimmingbuddies.co.uk