

# NSC

## POOL ACCESS

# NSC

## TIMETABLE

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## NATIONAL SPORTS CENTRE

### Pool Pod & Aqua Tilt Chair

The Pool Pod provides independent access to swimming pools for people with reduced mobility.



Swimmers can choose to use the pool pod with the submersible wheelchair or the Aqua Tilt Chair (which provides trunk support) or can remain standing while they descend into the water.



### Descending Steps

Gradual descending steps are now available to access both the NSC training and flow pools.



### Accessible Changing Room

Newly refurbished accessible changing room is available with Track Hoist system, adjustable bed, and sink. Hoists available to access the flow pool in use with a transfer bed or chair.



Please notify the NSC receptionist when you arrive if you would like a member of staff to assist you with the Pool Pod.

Please see the enclosed NSC TIMETABLE for details on ALL up to date NSC Classes. Below is a brief description on some of the sessions that are on offer:

**Swing of Things:** a great way to get active and meet new people in a fun and sociable environment. Activities include: Table Tennis, Squash, Badminton, Mini Tennis and Pickleball.



**Social Spin:** a low impact cardio workout which places less stress on your joints. Classes can be tailored to each individual. Participants exercise at a rate that is comfortable to them.



**Bike 4 Life:** Weekly cycling sessions (April -Oct) in a fun, safe and fully inclusive environment around the closed NSC Raceway. Individuals can hire a selection of bikes including, adult bikes, trikes, tandems, hand cycles, and more. The team is on hand to help improve confidence whilst cycling.



**Walk & Talk:** The concept is simple: walk & talk allows you to walk around a short circuit your own pace whilst talking to your fellow walkers. Sessions take place at the NSC Track, Peel Prom, Mooragh Park and Poulson Park.



# DISABILITY SPORT & PHYSICAL ACTIVITY

50% OFF

GYM / SWIM / TRACK MEMBERSHIPS

50% OFF

NSC NSC TIMETABLE, GYM & SWIM



For further information, please contact  
**Disability & Adult Activity Coordinator:**  
 Zoe Crowe:  
[Zoe.Crowe@gov.im](mailto:Zoe.Crowe@gov.im) / 688575



# MSR SCORECARD HOW TO JOIN?



It's FREE and easy to sign up for the MSR Scorecard

Just fill out the MSR Scorecard application at the NSC Reception and you'll be scoring points in no time. Individuals receive loyalty points after attending a NSC class or purchasing a Gym / Swim ticket. (Terms & Conditions apply)

If you are in receipt of Disability Living Allowance (DLA), please hand a copy of your cover letter to the NSC Receptionists to receive a 50% subscription.

## JOIN @ HOME

You now can set up an MSR Scorecard online! This means you can book online and purchase memberships all from the comfort of your home.

<https://msr.gov.im/nsc/online-booking/>

## HEALTHY 4 LIFE

The Healthy 4 Life programme aims to support individuals who decide to take a positive step towards a healthier lifestyle by becoming more active.

You will be given full access to the NSC Gym, swimming pool and fitness classes for a two month period or alternatively you can choose to access one of the regional pools for 12 free sessions over an 8 week period. **Contact your GP and ask to be referred on to the 'Healthy 4 Life programme'**

For more information, contact:

Lesley Cunningham:

Tel: 686852 / E: H4L@gov.im



# GYM, SWIM & SPA MEMBERSHIP

## What's included?



- Unlimited use of Fitness Zone Gym
- Gym Induction
- Unlimited use of the Health Fitness Spa
- Unlimited use of Outdoor Track
- Unlimited use of Leisure and competition Swimming Pools

Fill out a Membership Form, available at the NSC Reception & present a copy of your Disability Living Allowance (DLA) cover letter. Pay up front for 3 or 12 months. Or set up a monthly direct debit.

## MEMBERSHIPS

Please see below Membership costs:

Annual	£234.55
Monthly	£22.50
1 Month	£24.05
3 Months	£68.30

## GYM, SWIM & SPA

Don't want to pay for a membership?

Please see below 'Pay as you go' pricing:

ACTIVITY	PRICE	OVER 65s	DLA PRICE
Swim	£4.95	£3.45	£2.45
Gym & Spa	£5.80	£4.05	£2.85
Gym, Swim & Spa	£6.95	£4.85	£3.50



## ADDITIONAL SUPPORT FOR GYM, SWIM & NSC CLASSES

Bringing in support (FREE OF CHARGE) to the NSC is available to individuals in receipt of Disability Living Allowance.

This is ONLY permitted when the carer, helper or friend is accompanying the individual in an assisting capacity only.

### TERMS & CONDITIONS

- Only ONE carer, helper or friend is allowed to accompany you in the gym and or to classes.
- If you require more two or more carers to support you, please contact the Disability Sports Development Officer (688575) directly.
- Carers are permitted to utilise the NSC equipment but they are NOT ALLOWED to follow their own gym routines and leave the individual unaccompanied.
- If you and your carer would like to use the NSC Gym, both yourself and your carer will need to attend an NSC Gym Induction. This can be arranged through the NSC Reception (688588)
- If the member or carer is misusing the initiative, MSR has permission to remove the member and carer from the facility.

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**MORE PEOPLE MORE ACTIVE MORE OFTEN**