

# POOL ACCESS

## Pool Pod & Descending Steps

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 (provides trunk support) or alternatively they can remain standing while they descend into the water.

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

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.



## CONTACT US



### Zoe Crowe

Disability & Activity Co-ordinator (Adults)

Tel: +44 (0) 1624 688575

Email: [Zoe.Crowe@gov.im](mailto:Zoe.Crowe@gov.im)

## DISABILITY MEMBERSHIP

**50%  
OFF**

GYM / SWIM / TRACK  
MEMBERSHIPS

**FREE  
INCLUSIVE  
CLASS PASS**



National Sports Centre,  
56 Groves Rd, Douglas, Isle of Man IM2 1RB  
[MSR.GOV.IM](http://MSR.GOV.IM) [NSC@GOV.IM](mailto:NSC@GOV.IM)

# DISABILITY GYM, SWIM & SPA MEMBERSHIPS

## What's included?

Unlimited use of:

- Leisure and competition Swimming Pools
- Fitness Zone Gym
- Health Fitness Spa
- Outdoor Track

Also:

- Gym Induction
- FREE NSC Classes included in the Inclusive Class Pass (see the Inclusive Class Pass Timetable for more details, visit: [msr.gov.im/Inclusive](http://msr.gov.im/Inclusive))



## How to apply?

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.

## Additional Support

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 Apply)



## COST

### GYM, SWIM & SPA MEMBERSHIPS

**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
Swim	£4.95	£3.45	£2.45
Gym & Spa	£5.80	£4.05	£2.85
Gym, Swim & Spa	£6.95	£4.85	£3.50