

NSC POOL ACCESS

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 (provides trunk support) or they 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.

MSR SCORECARD

HOW TO JOIN?

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



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/>

Gym, Swim & Spa

Please see below 'Pay as you go' pricing:

Activity	Price	Over 65s	DLA Price
Swim	£5.25	£3.65	£2.60
Gym & Spa	£6.15	£4.30	£3.00
Gym, Swim & Spa	£7.35	£5.15	£3.70

Memberships

Gym, Swim, Track Memberships are available at a reduced rate. For more information, contact NSC Reception: 688588

MORE PEOPLE MORE ACTIVE MORE OFTEN

NSC NATIONAL SPORTS CENTRE

SWIM 4 ME

**Mondays
& Wednesdays**



What is Swim 4 Me?

A quiet time in the NSC training pool which allows customers to utilise the space how they choose.

- Floor depths are set to 1.10m in Flow Pool and 1.20m in Training Pool.
- No lane ropes
- Plenty of space to exercise in a comfortable and relaxed environment
- Swim at your own pace
- Low impact activity whole body workout
- Follow rehabilitation plans/exercises (issued by your health care professional)

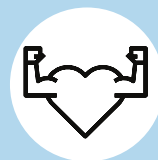
Is it for me?

- Do you have a disability and / or long term health related issues and would benefit from a non weight bearing activity?
- Are you recuperating from ill health or after an operation?
- Would you like to improve confidence in the water?
- Would you like to improve your overall health?

Benefits of Swimming



Improves mental health



Builds muscle strength & fitness



Manages stress



Joint Health

Session Times

MONDAYS

(Term Time)
2:30-3:30pm

NSC Training Pool

WEDNESDAYS

(Term Time)
2:30-3:30pm

NSC Flow Pool

During School Holidays:

Mondays 'Swim 4 Me' Session may change to 4-5pm (please refer to 'Holiday Timetables'.

Wednesday Sessions are cancelled

Pricing

Adults	£5.25
Over 65's / Juniors	£3.65
DLA	£2.60

Book by Phone: 688588
Book Online: MSR.GOV.IM
Pay at NSC Reception

For further information, contact
Zoe Crowe, Adult & Disability Activity Officer
Zoe.Crowe@gov.im / Tel: 688575

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 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.