



Visual Eyes

for the visually impaired

Activities for the Visually Impaired

Fridays from
11.30 - 15.30



Swimming & Health Spa

for the
Visually Impaired

£3.00
per person

Carers
swim for
free

Please
refer to
our Pool
Timetable

Fridays

Swimming Session 14.00 - 15.00

Health Spa 15.00 - 15.30

Frequently Asked Questions

If you are visually impaired and are interested in joining us for a swimming session, health spa, coffee morning and activities within a safe and comfortable environment, please read the FAQ's below which we hope will answer any questions you may have.

What makes the session visual impairment friendly?

Being visually impaired doesn't mean you have to stop taking part in the activities you enjoy. Swimming is a great all-round activity that is beneficial to everyone. Our swimming sessions allow you to continue your love for swimming, relaxing and have use of a private space (alongside your carer if needed) to enable you to achieve your goals.

Because we know that you might need a little extra help during your visit, we have specially trained staff on hand to support you. Support will be offered if you need it at reception, in the changing area and on poolside, giving you the confidence to enjoy swimming as part of an active lifestyle.

How do I use the lockers?

Lockers are available in the changing rooms.

Lockers require a new £1.00 coin to operate them, but you will get this back when you re-open your locker.

Do facilities have mixed changing areas?

We have a mixed changing room with a range of different cubicle sizes. This means that there are larger changing areas available which you and your carer can use together if you prefer. There are also accessible toilet facilities and showers.

Can flip flops / towels be worn on poolside?

Yes, flip flops can be worn on poolside but no outdoor shoes please . Towels can be taken onto poolside and placed on the benches around the pools.

Is it possible for me or my carer to swim alone if the other doesn't want to? Is there support to help with this?

Yes, there is an option for you or your carer to sit on poolside whilst the other one swims.

Do I need to be able to swim?

Ideally yes, but don't worry if its been a while since you were last in a pool. As long as you have some previous experience of swimming and feel comfortable about getting in the water, then you'll be fine. We always try to provide a space in the pool without lanes, so that there is no pressure for you to swim in a straight line if you don't want to. You can discuss any concerns you have about your swimming ability with us beforehand.

Health Spa

Relax and unwind in our Health Spa complete with Sauna, Steam Room and Jacuzzi. The Health Spa is an over 18's only facility offering mixed sessions, and has its own changing and shower facilities. To use this facility you must book in advance at reception where you will be issued with a door code and a wrist band.

Can I access the sessions using public transport?

Basingstoke Sports Centre is easily accessible by local bus or public transport. Please call the Centre on 01256 326331 if you would like to find out more about how to visit us.

Do I need to check with my doctor before attending?

If you live with another medical condition such as a heart condition, respiratory condition or have a muscular / joint injury and are not used to being active, then it may be worthwhile checking with your doctor to see if you're ok to exercise.

Coffee mornings for the Visually Impaired

£2.00
per person

Fridays

11.30 - 13.30

In the
Conference Room
on the Pool Viewing Area



Please note: If you would like a larger print version of this leaflet, please contact Les & Mandy.

For more information, please contact the Founders
Les & Mandy on:

t: 07768 176069

e: visualeyesyourgoals@gmail.com

www.visualeyes.online

visualeyes@lesmandy

<https://m.facebook.com/lesmandy>

Basingstoke Sports Centre

Festival Place

Basingstoke

Hampshire

RG21 7LE

t: 01256 326331

e: enquires@mybst.org

