lifeleisure

Plan your visit to Life Leisure Avondale



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Avondale, located in Cheadle Heath, Stockport, is a vibrant hub with fantastic facilities. You'll find a swimming pool, fully equipped gym, fitness studios, a Move Well Studio with power-assisted equipment, and a spacious sports hall.

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How to access the Avondale hub

By car: There is free parking outside the hub.



By bus: There are lots of different buses that pass the main road near the hub. They would stop on Edgeley road a few minutes walk from the hub.



When I visit Avondale there are lots of things to ...



SEE



HEAR



TOUCH



SMELL

Outside Avondale I might ..



See a school, a football pitch, cars, teachers and school children

Hear a school bell, people talking, cars, music

Touch brick walls, door handles

Smell chlorine from the pool, car fumes

Inside the entrance I might ..



See reception desk, swim accessories, a large corridor, stairs and chairs

Hear gym machines, phone ringing, people talking, music

Touch door handles, equipment

Smell chlorine from the swimming pool

What to do at reception



1. I may have to wait in a queue as a lot of people like to visit the hub.

2. I can ask for the sensory box if I need a distraction while I wait.

3. I or the person with me will pay for a swim/gym/exercise class etc.

4. If I’m swimming I will be given a wristband or if I’m using the gym I will be given access.

Swimming



1. You will wait at reception to be booked onto your session.

2. You will be given a coloured paper band.

3. You will go to the gender neutral changing village and get changed into your swim kit.

4. You will have a shower before getting into the pool.

5. You may have to wait for the instructor to let you into the pool.

6. You will have a lifeguard and potential instructor with you to help you enjoy your swimming session.

The gym



1. You will wait at reception to be booked onto your session or scan in.

2. You may meet a coach who will take you to the gym and show you around.

3. The gym may be busy, and you may have to wait to use a specific machine.

Accessibility at Avondale



Changing facilities



Lift



Pool Hoist

Accessibility at Avondale





Disabled Parking



Other accessibility related resources:

To learn more about inclusion at Life Leisure scan the QR code

To learn more about our hub facilities scan the QR code

To learn more about our swim facilities scan the QR code

Activity Enquiry Form