

Welcome to  
Swimming Buddies.

This guide will give  
you an insight to  
your journey to the  
pool and some new  
faces you will meet  
along the way.

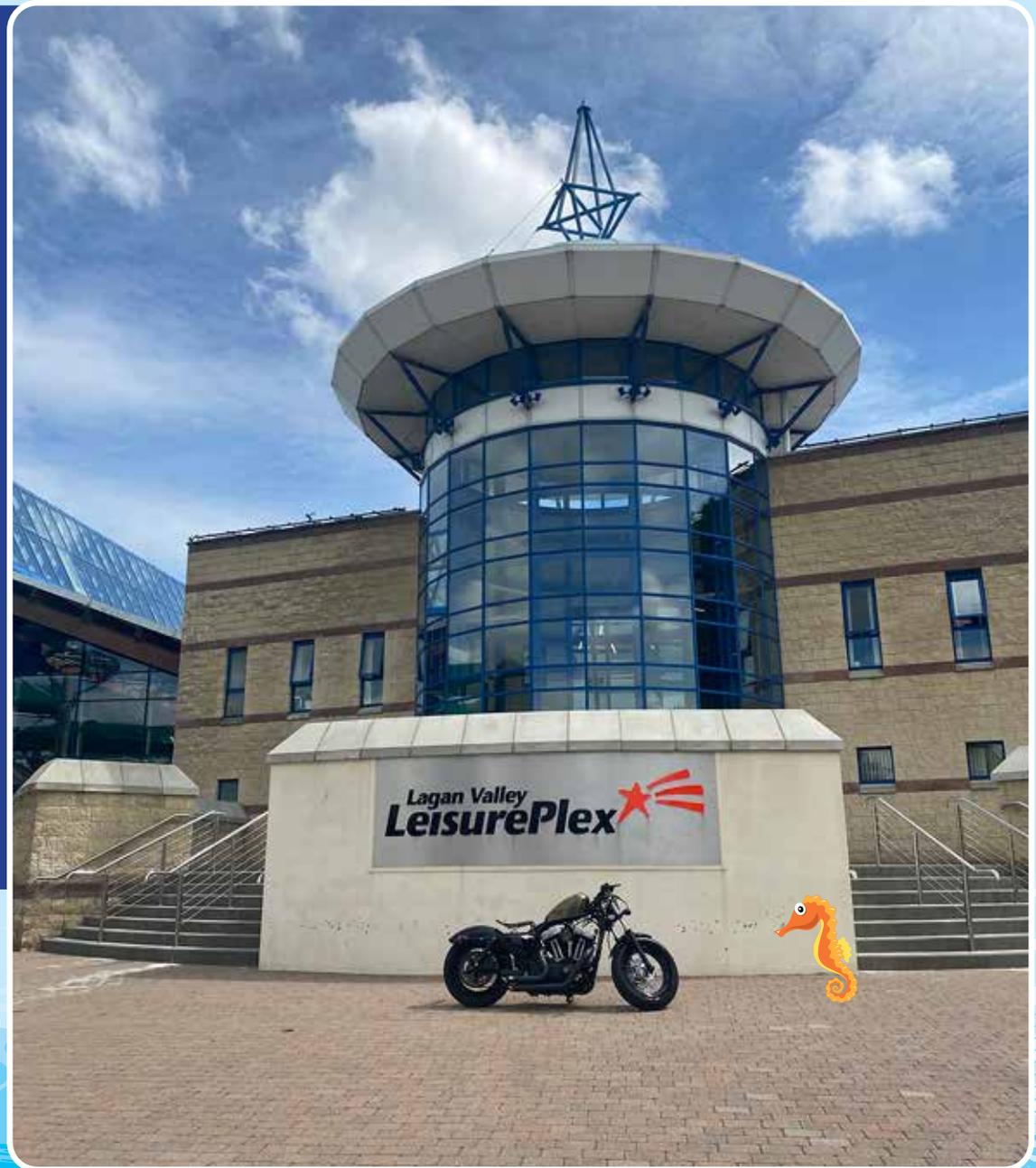


# *Our Journey to Swimming Buddies at Lagan Valley LeisurePlex*

Let's follow Sammy Seahorse...

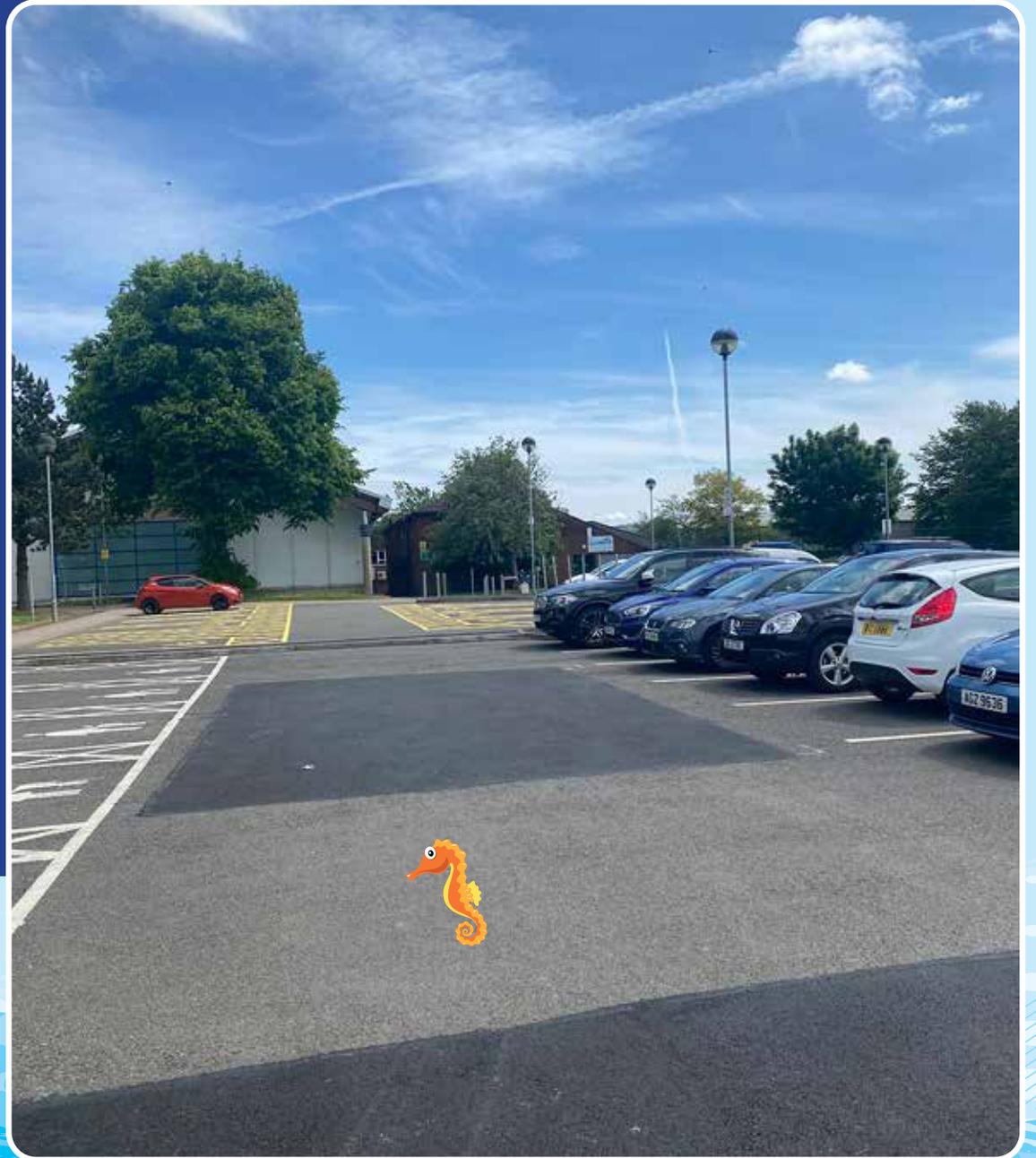


Welcome to  
Swimming Buddies  
at Lagan Valley  
LeisurePlex.



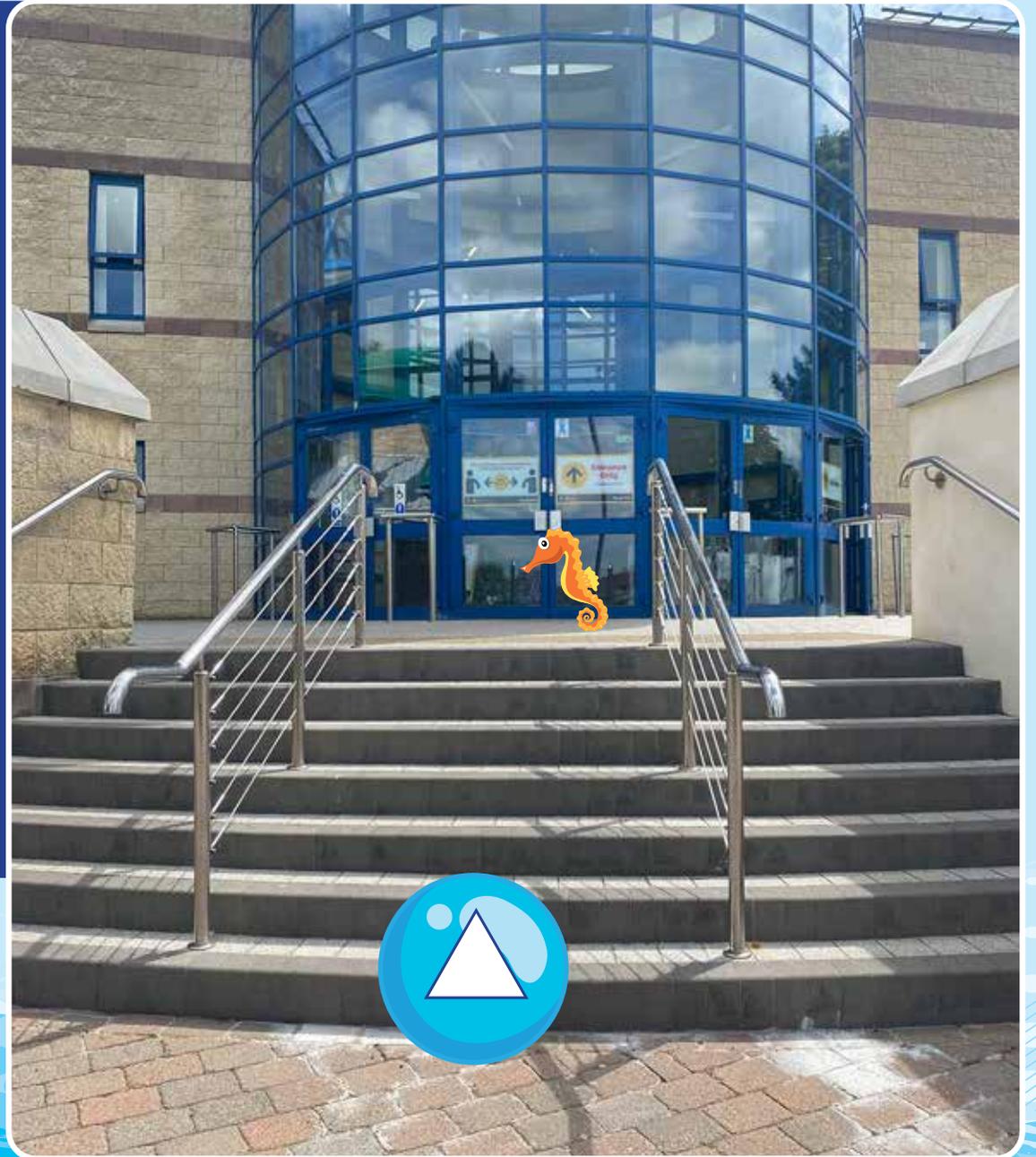


This is where we  
park our car.





Welcome to  
Lagan Valley  
LeisurePlex.



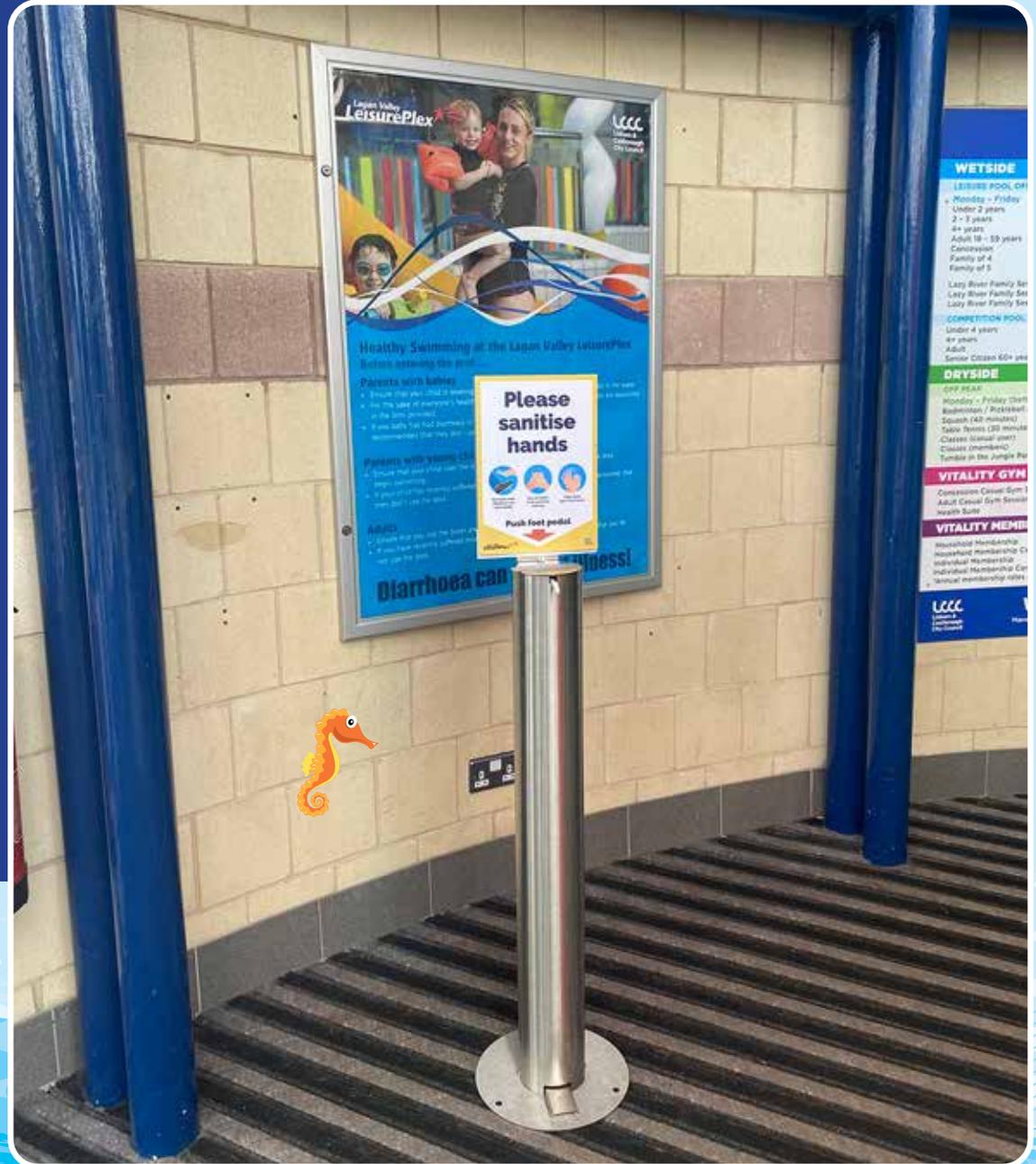
3

This is where we enter the building.



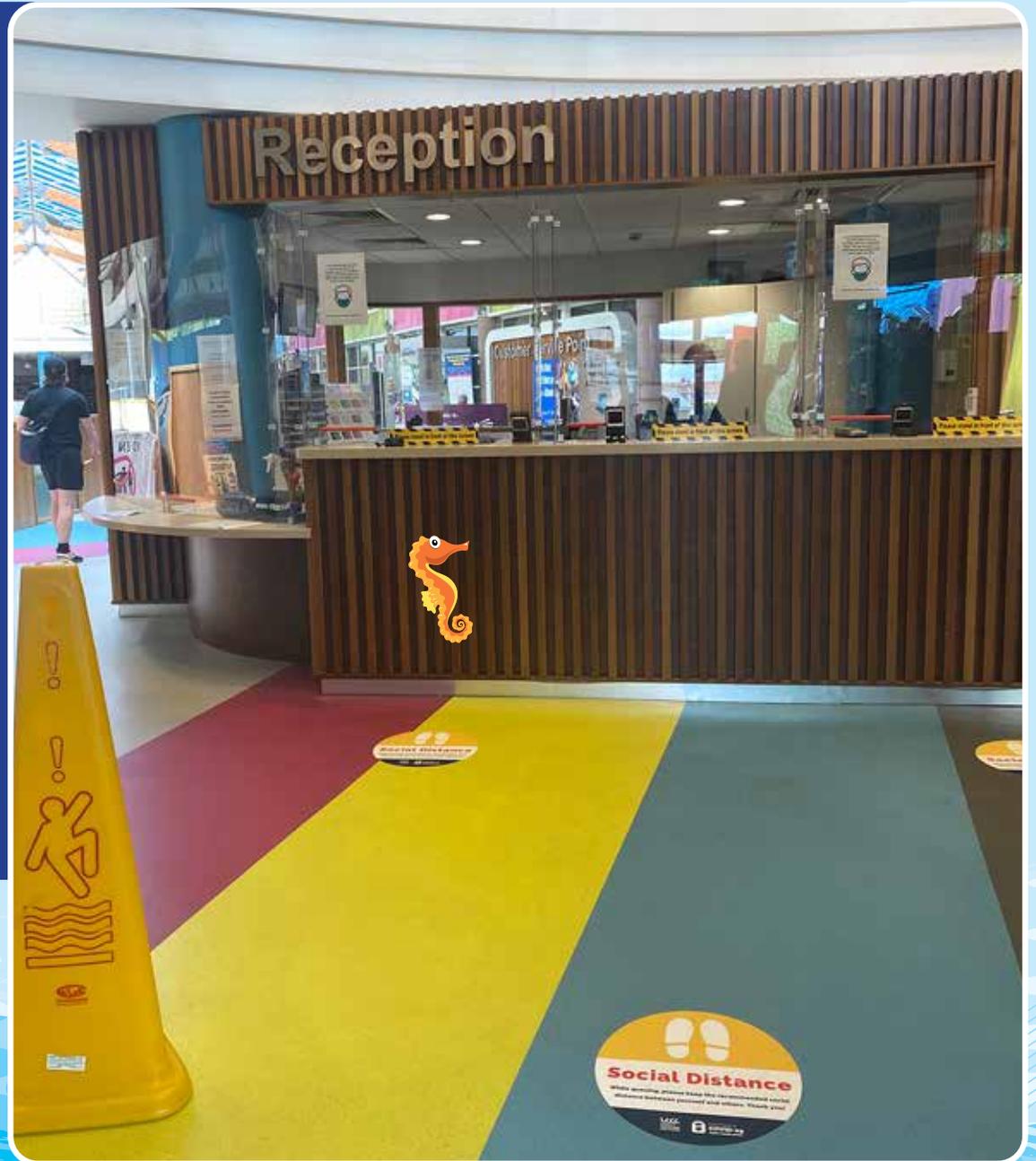
4

This is where we  
sanitise our hands.



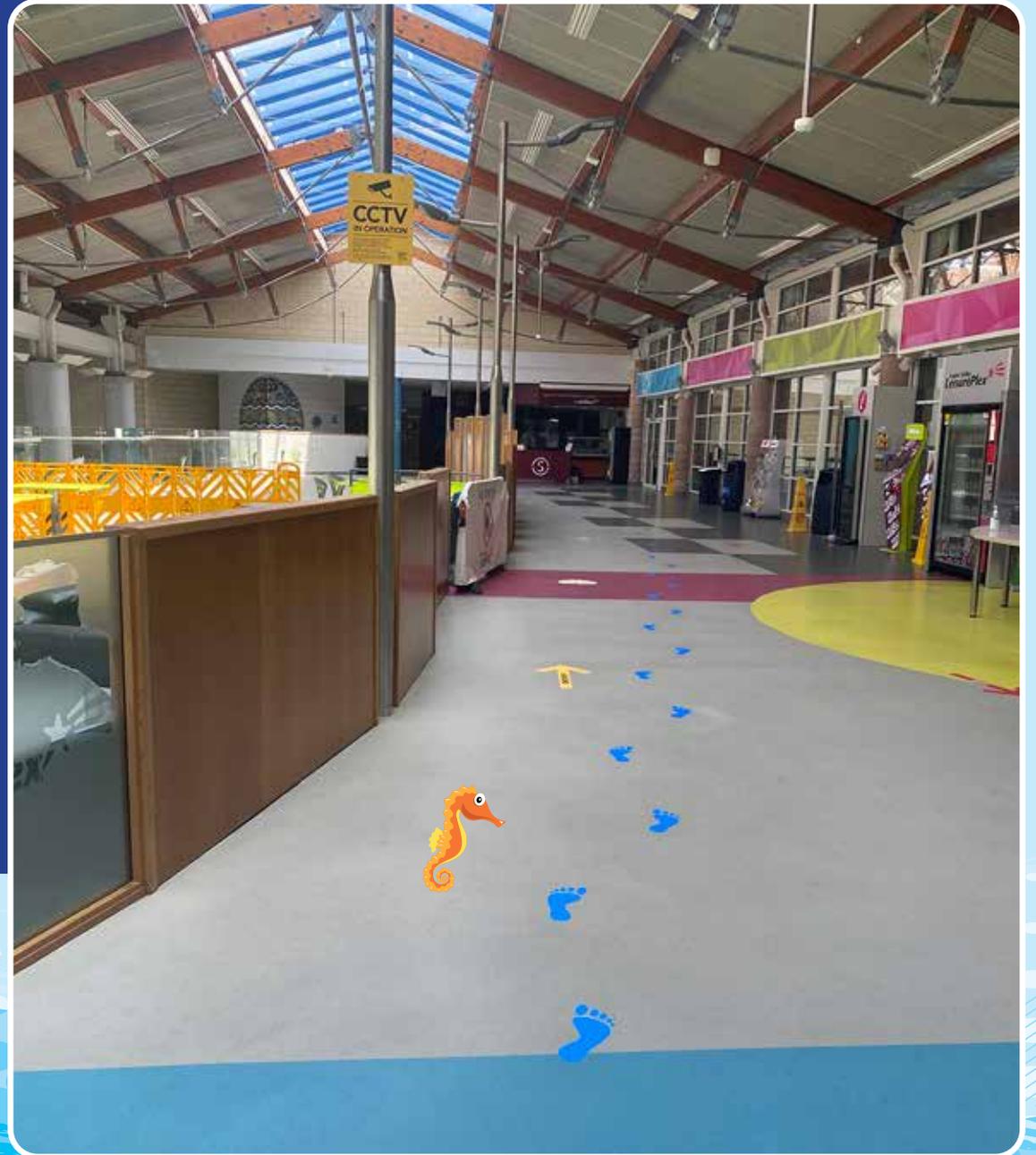
5

Please say 'Hi' to the reception team.



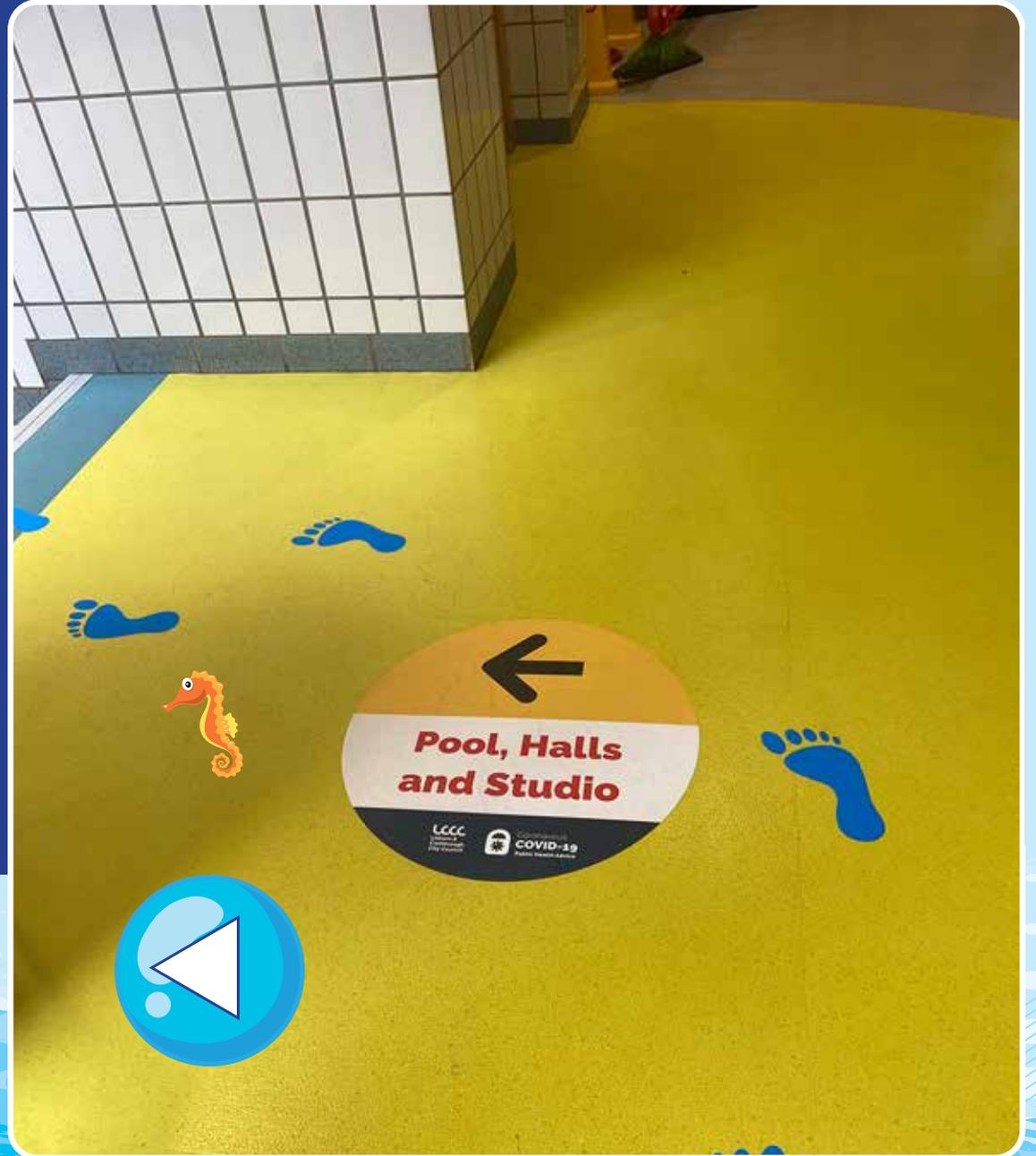
6

This is the entrance lobby towards the pool area.



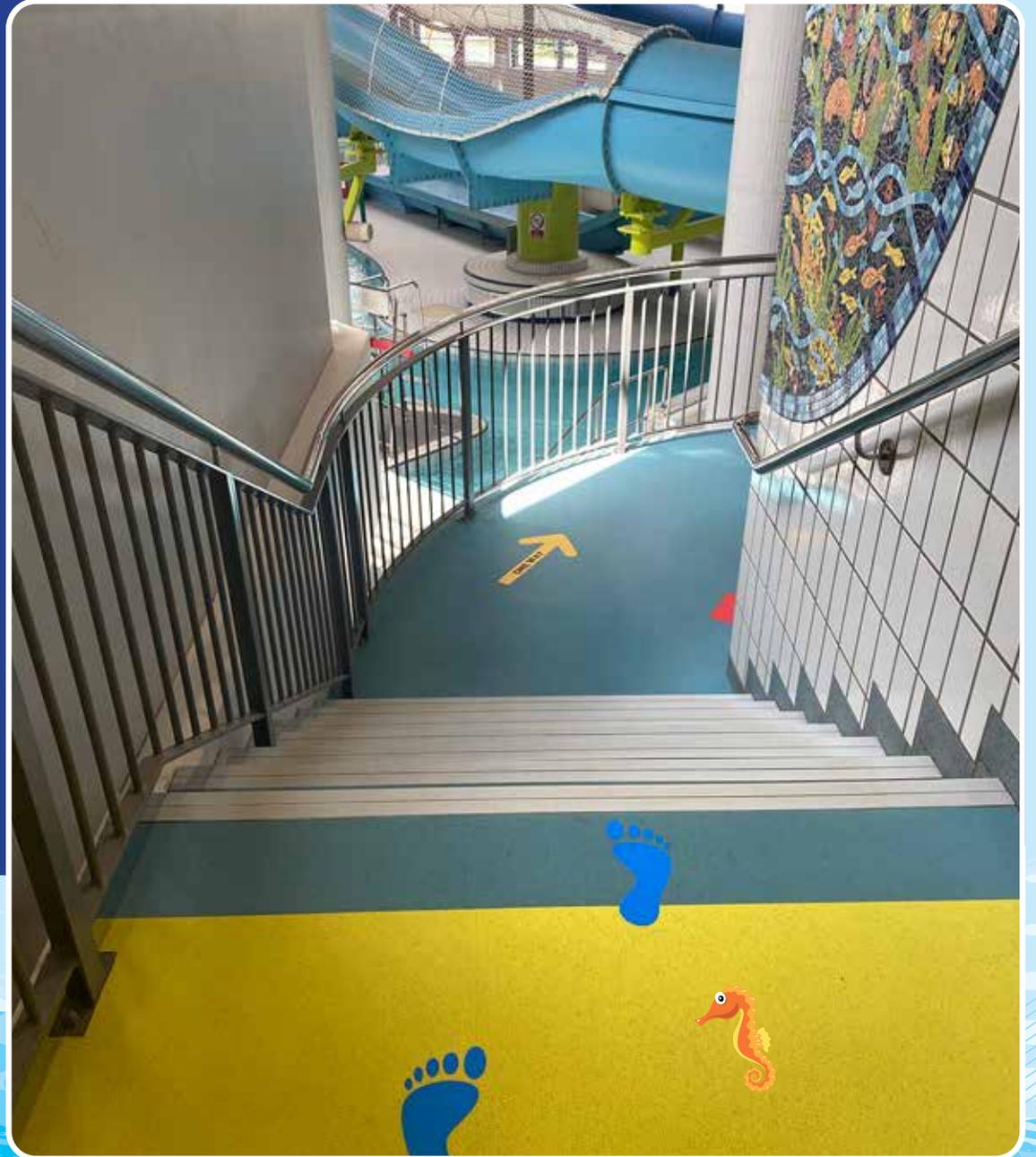
7

Turn left and go  
down the stairs.



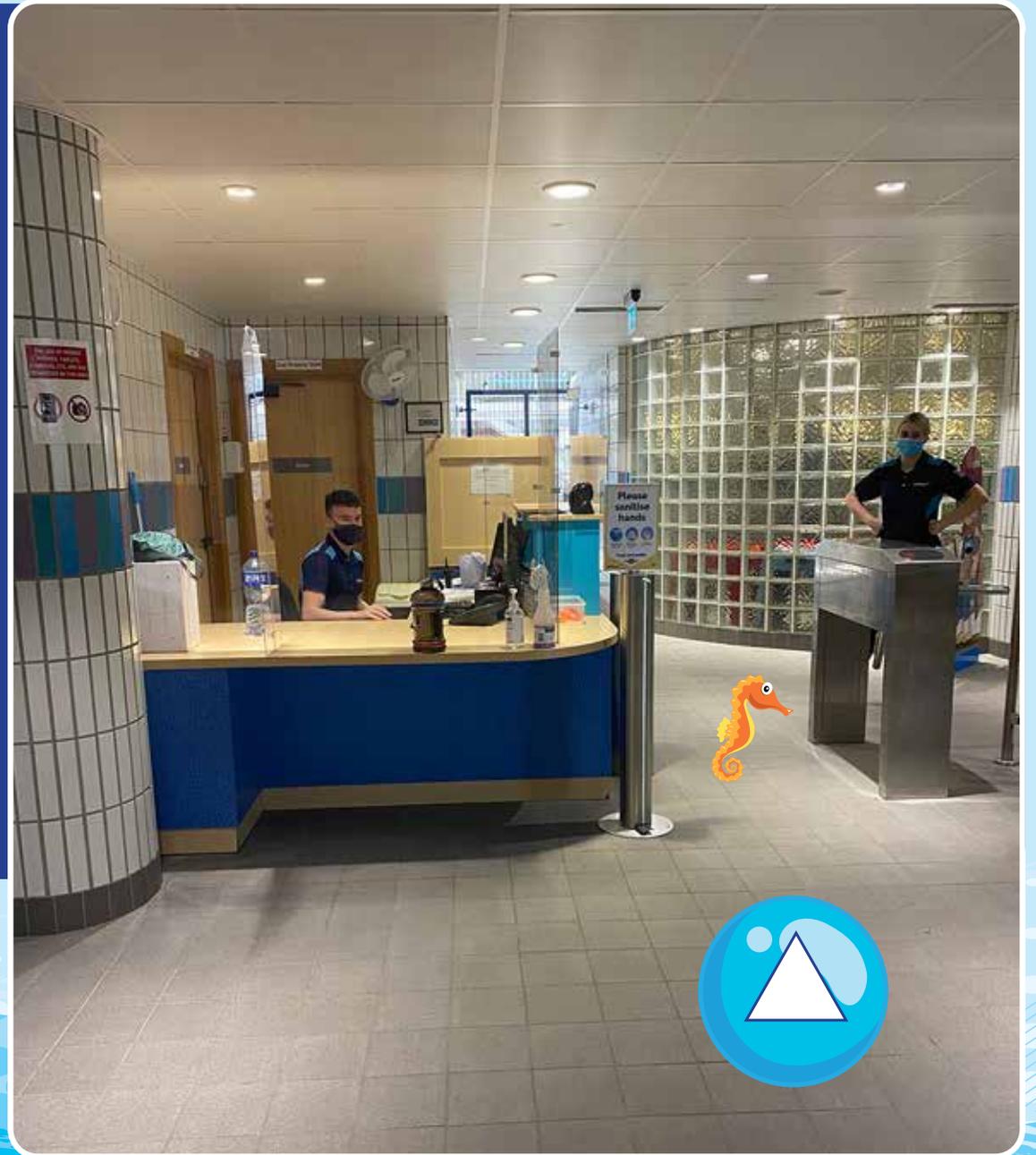
8

Follow the stairs  
down to the pool.





Welcome to the  
changing rooms.



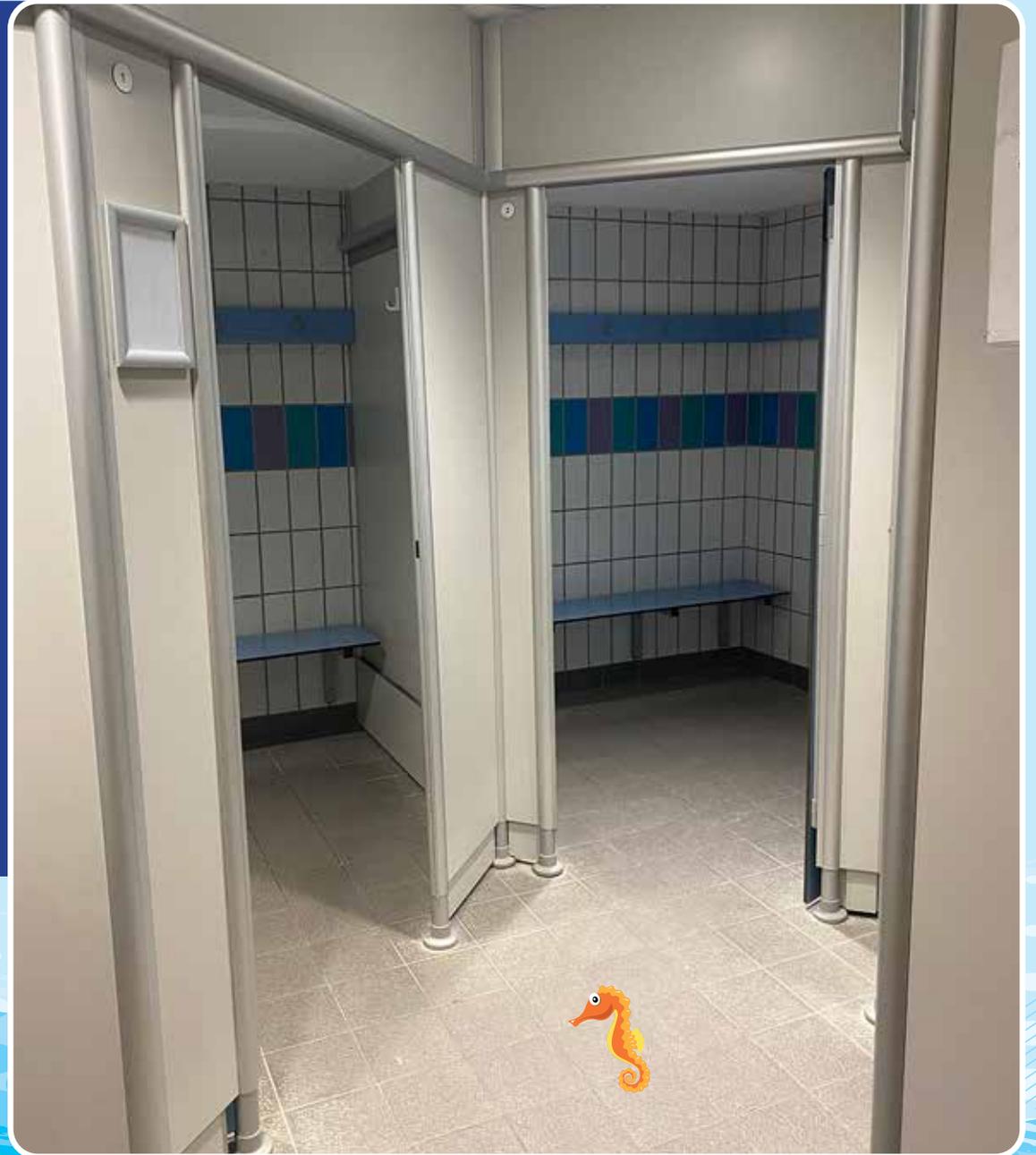
10

Family changing rooms are available.



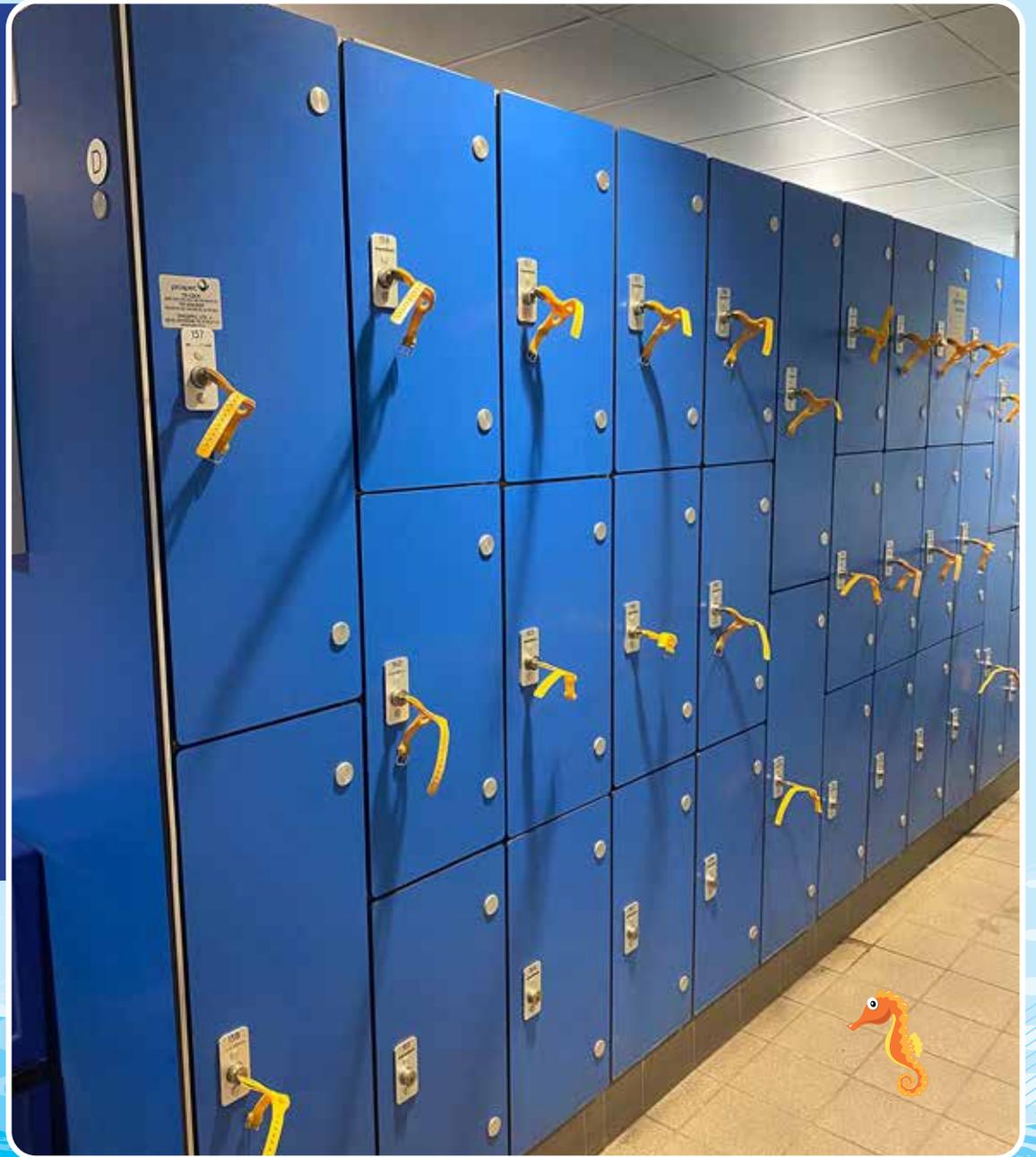
11

Family changing room.



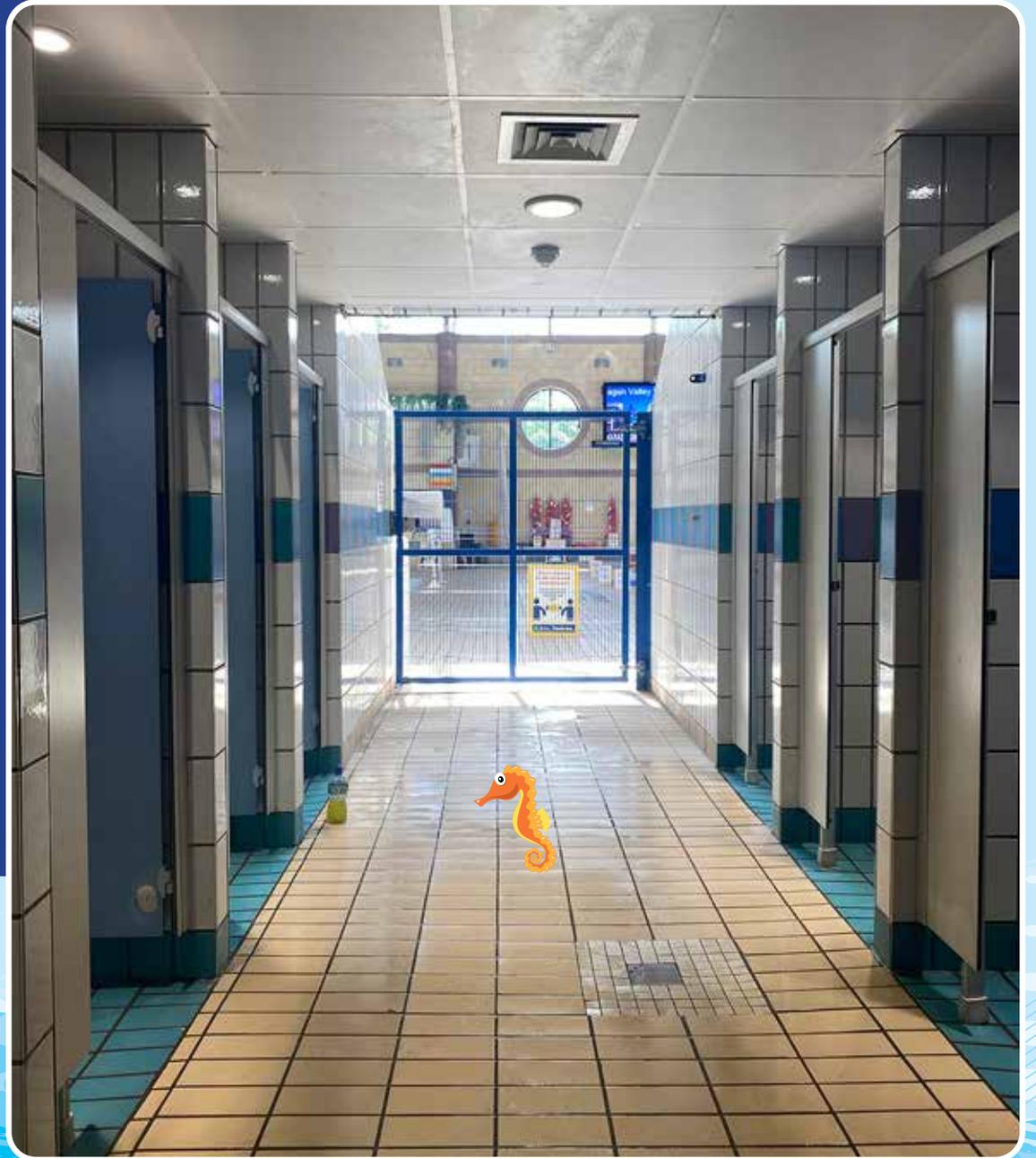
12

There are lockers for my swim bag.



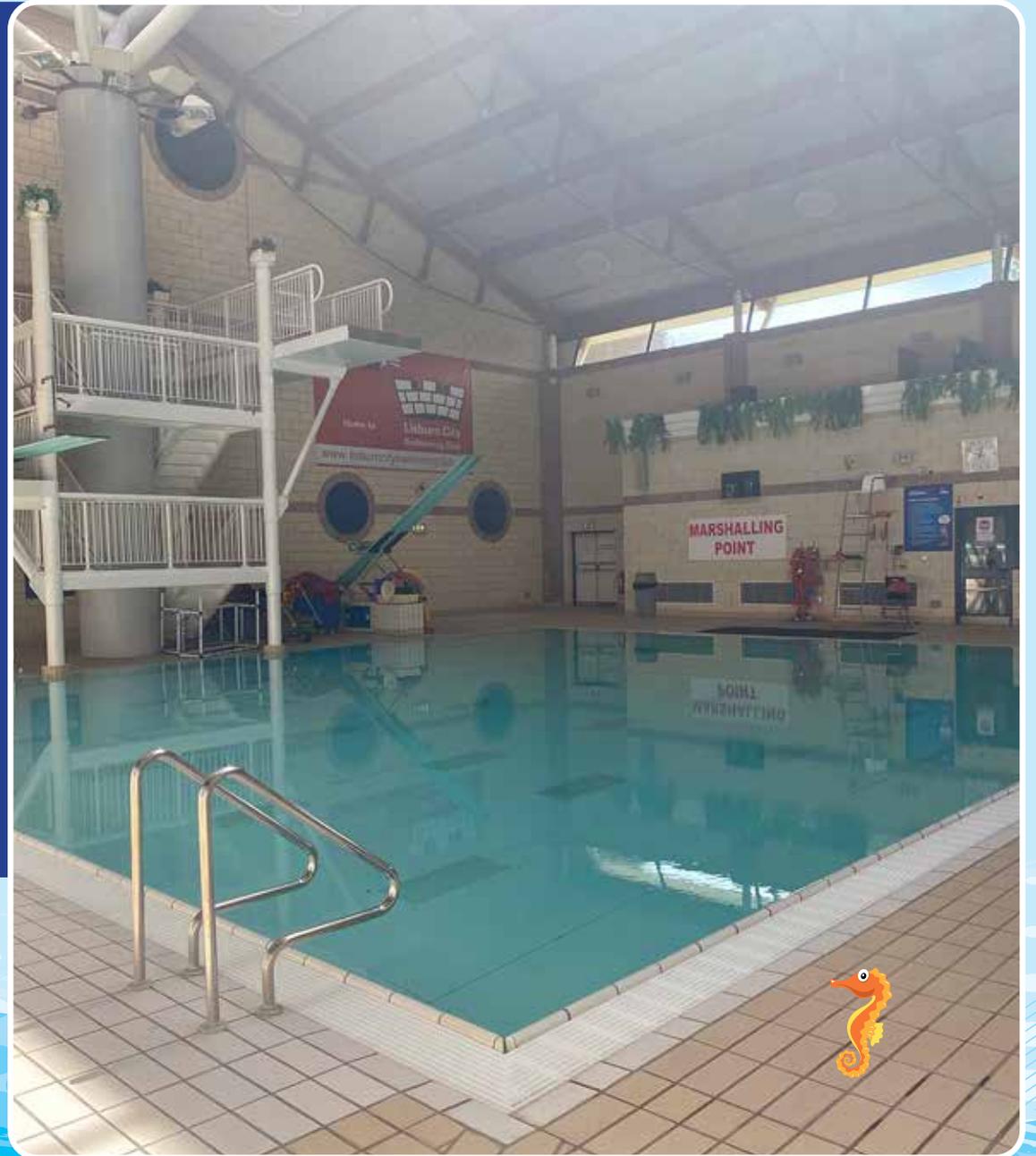
13

This is where I will go to enter the pool when it is time for my session. My carers come too and hold my hand until I meet my coach.



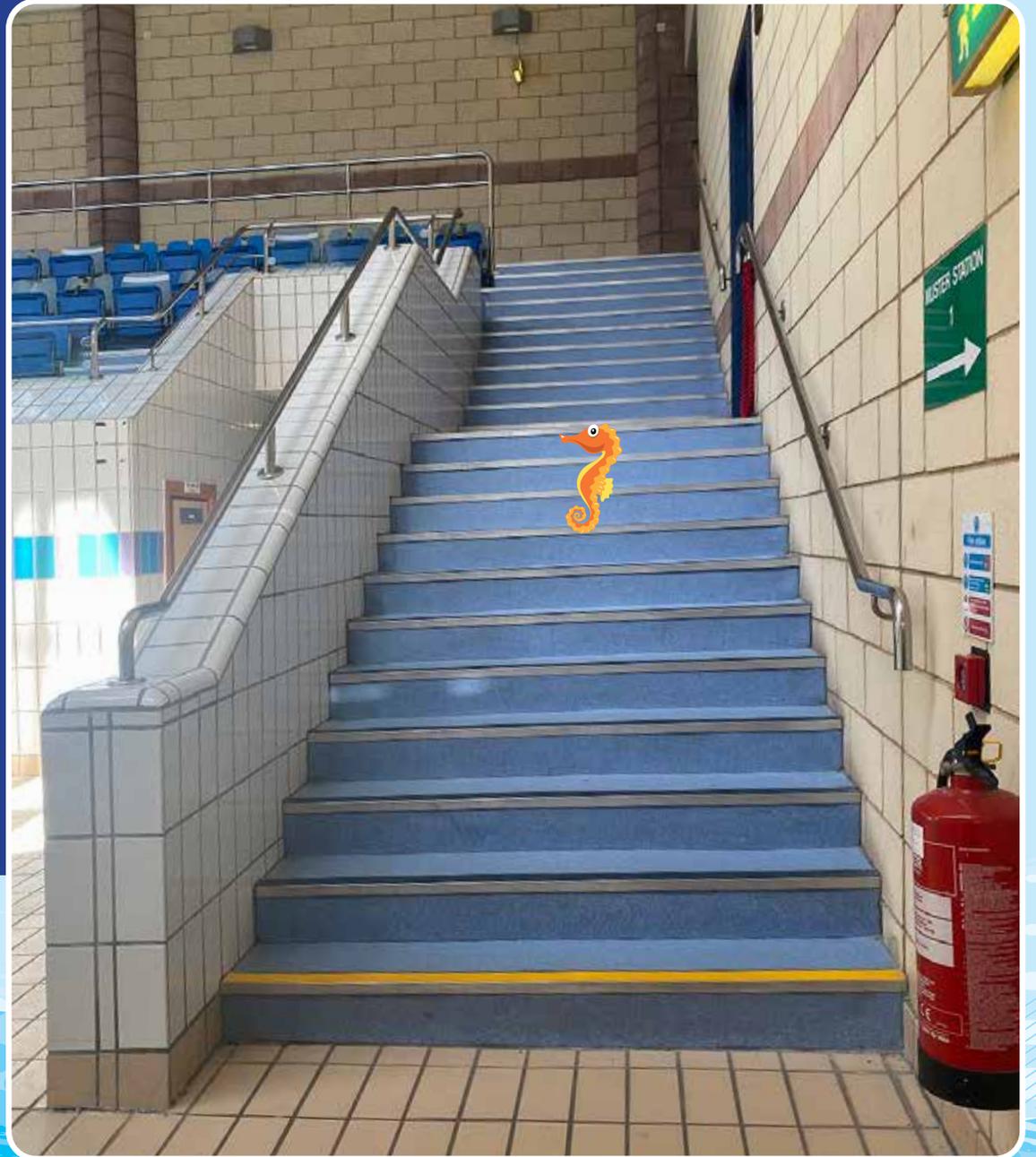
14

This is the pool where my coach will meet me with a big smile - The pool is lovely and warm.



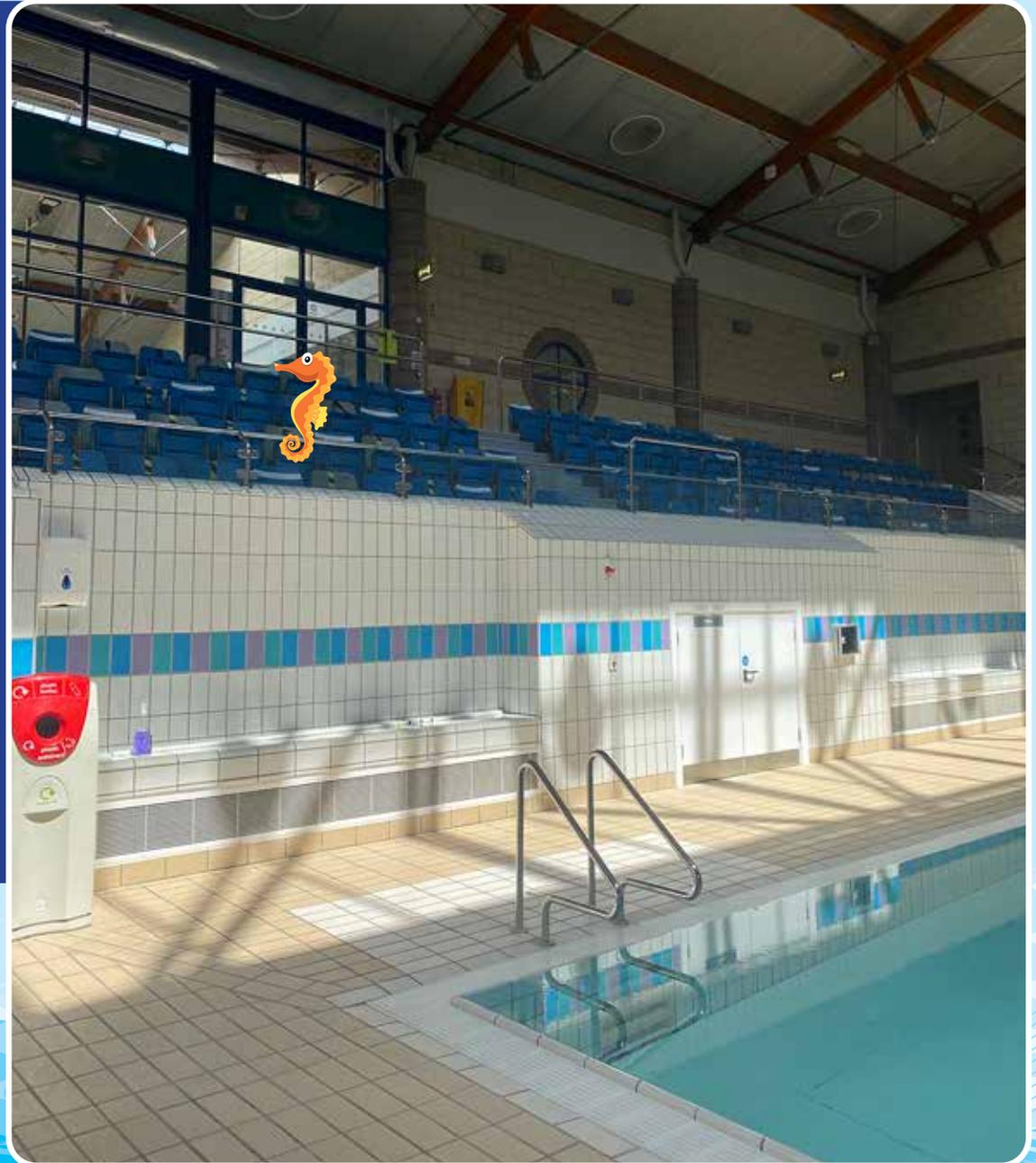
15

Carers can use these steps to the spectator gallery.



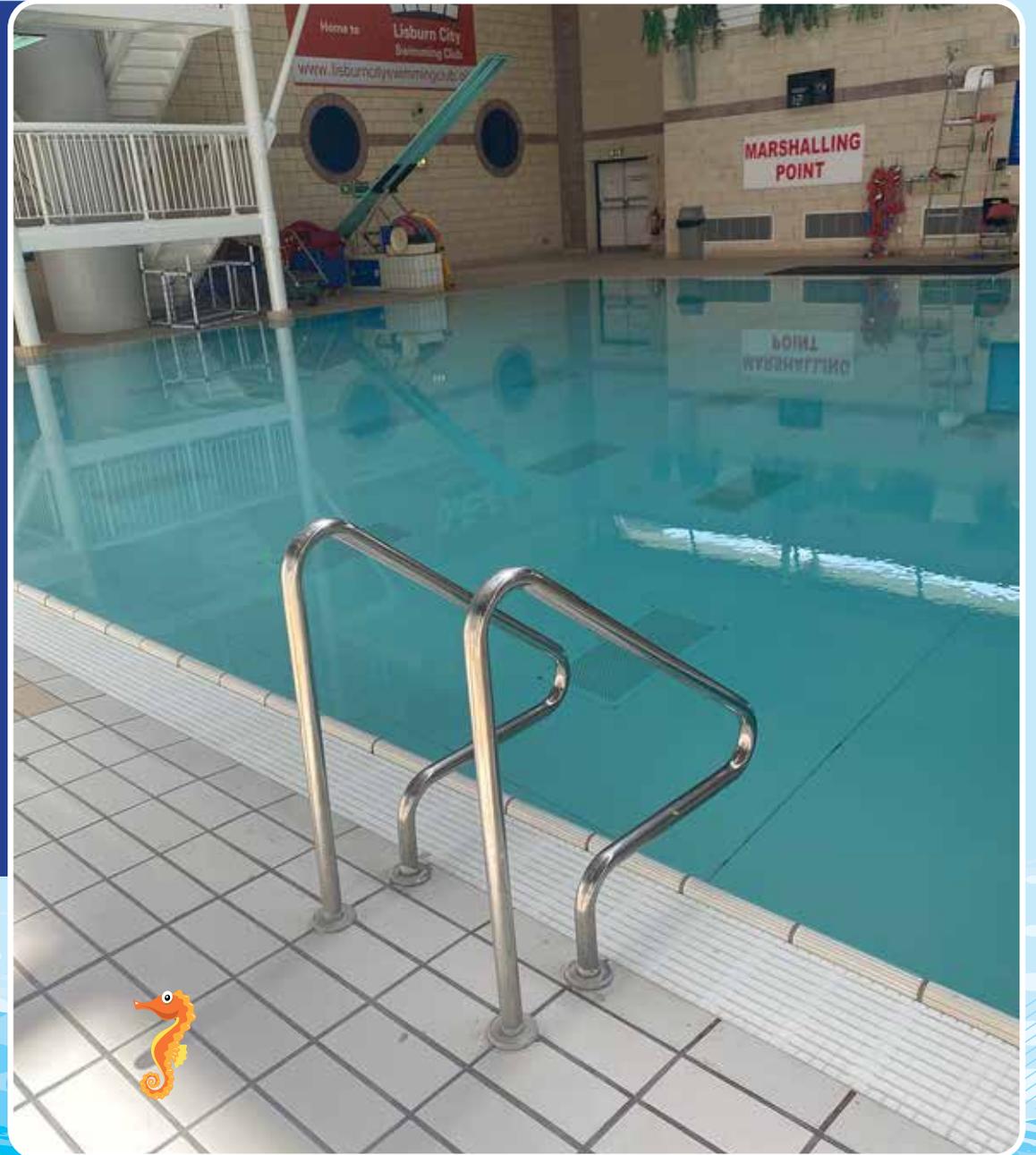
16

I can enter the pool safely by the steps - my carer will meet me here after the session has ended.



17

My carer will meet me here after the session. This is where I exit pool area back to the changing rooms when my session is over.



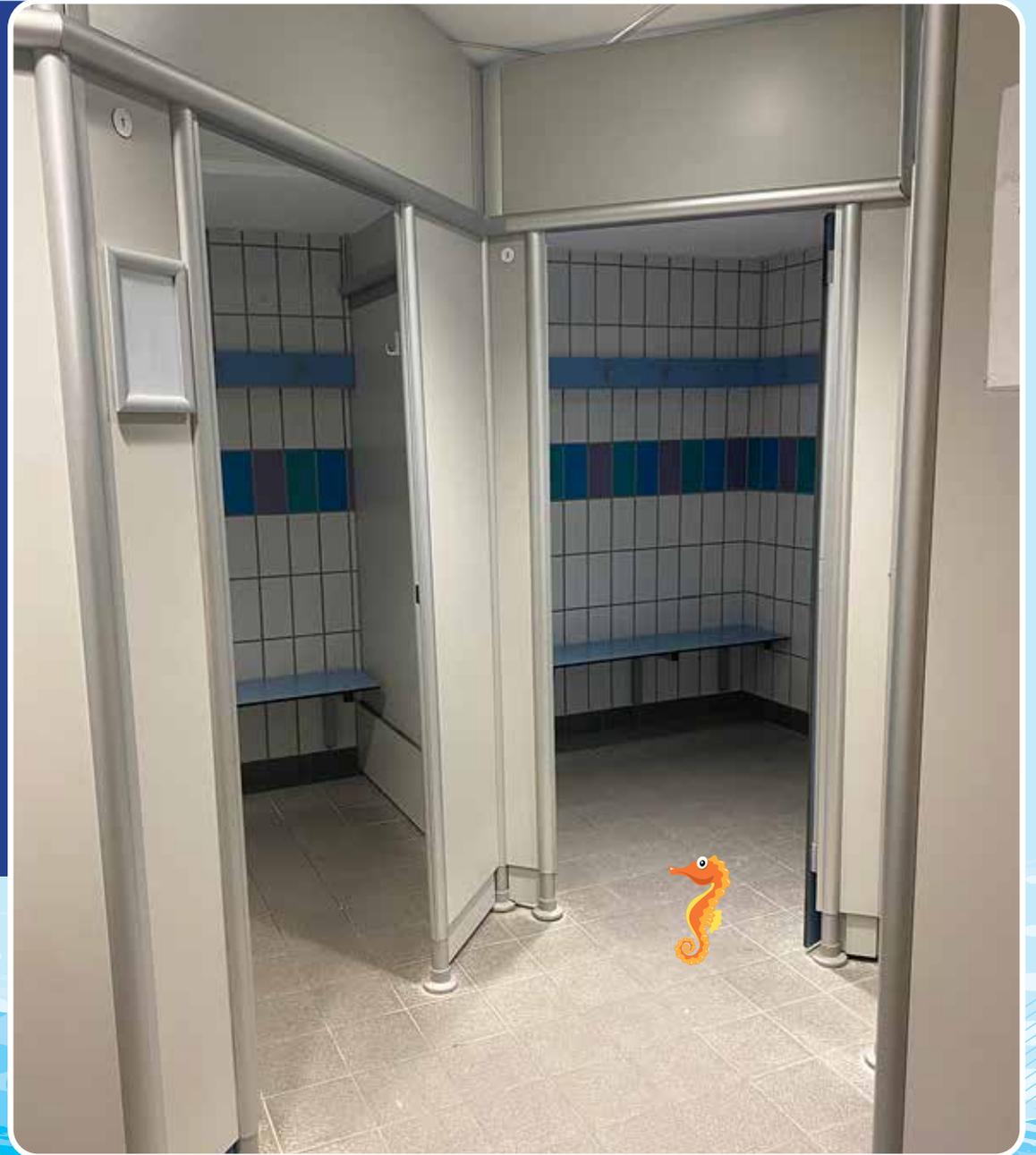
18

I can have a nice warm shower after my swim.



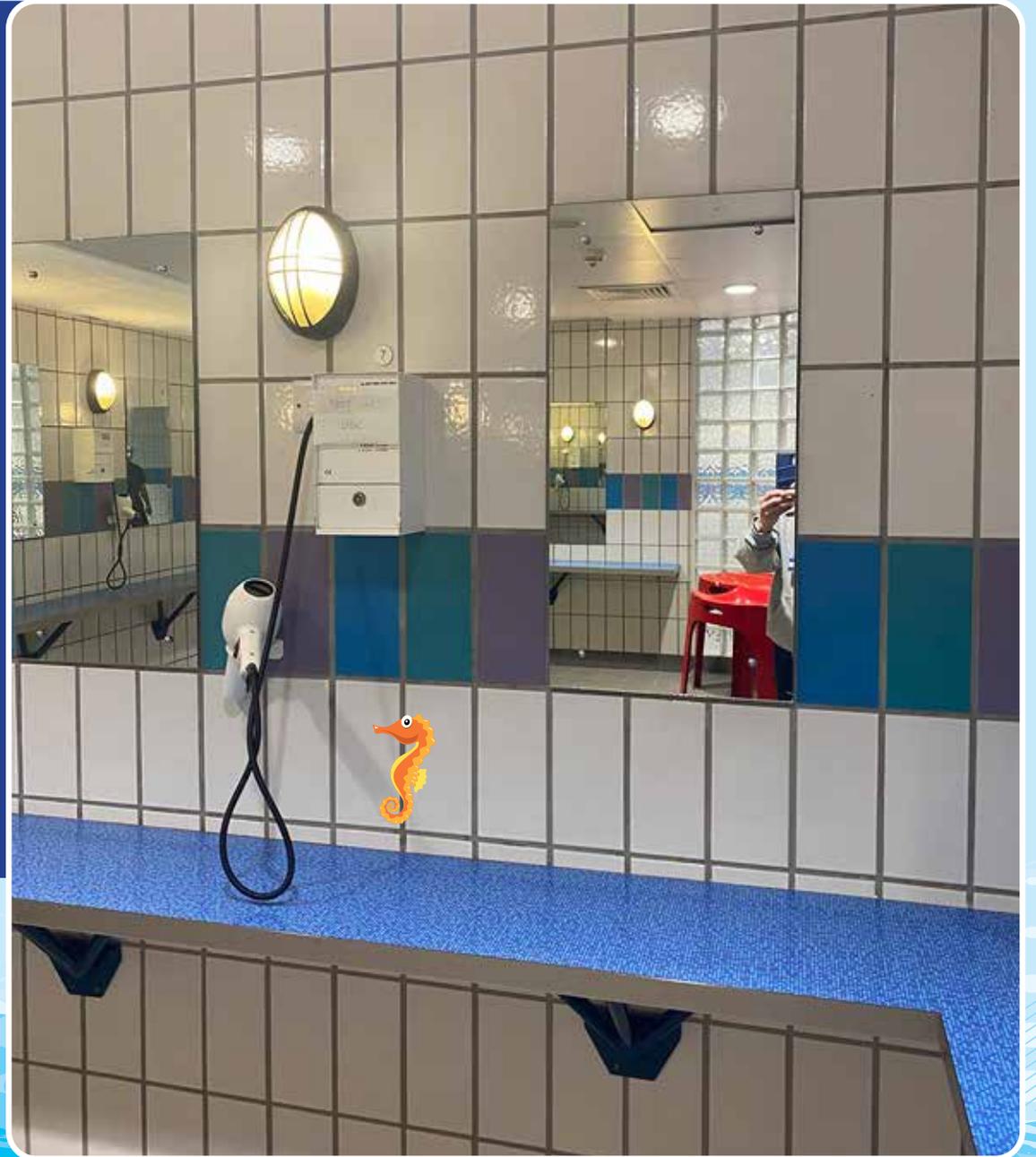
19

Back to the changing room to get ready to go home.



20

I can dry my hair here before I go home.



21

When I am ready for home I leave the way I came.



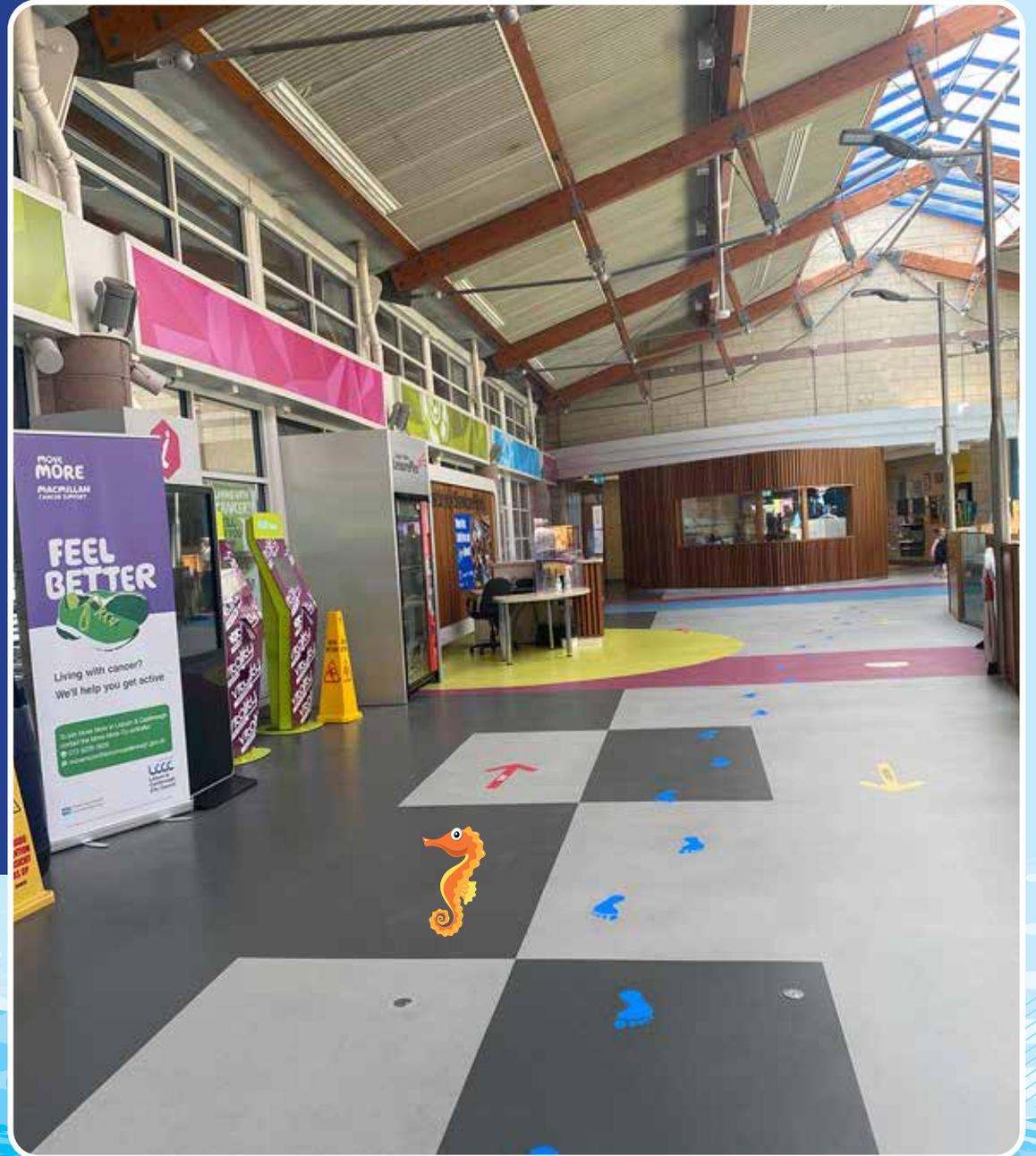
22

There is a lift if  
you need it.



23

Almost at the exit.



24

Exit to the left  
of reception.



25

Please sanitise  
your hands on  
leaving the building.



26

Back to the car park  
for the journey home  
- See you soon!



# Meet the Swimming Buddies Team...



Sarah Jane



Coach Joel



Coach Pauline



Coach Zoe



Coach Emma



Coach Pamela



Coach Nicky



Coach Martina



Coach Sean



Coach Jenny



Coach Jonny



Coach Raymond



Coach Laura B



Coach Anna



Coach Laura R

See you  
soon!

