



ACCESSIBILITY IN CLANNLIFE FITNESS & LEISURE CLUB

Our Pool is 1.35m in depth & has sloped steps at 3 different entrances into the water. We have an accessible changing room/bathroom with shower and WC. There is easy access to this changing room from our Reception plus easy access from the changing room to our pool. Our staff, including lifeguards are there to assist with you if you need it entering or exiting the water. Our pool temperature is kept at a comfortable temperature between 30 & 32 degrees.

With lifts from the hotel our gym can be accessed from the 1st floor through double doors. In the gym there is plenty of room and everything is coloured brightly. We have the following which are all wheelchair accessible:

- The Dual Adjustable Pully – can be used for a variety of strength training exercises including Triceps extensions, pulldown, Bicep Curls, chest press & many more.
- The Ski Erg – can be used for both cardio & strength work as the user can adjust the resistance
- The Assault bike – can be used with arms only, legs only or both as a cardio machine
- Free weights – perfect for a variety of strength exercises & suitable standing, sitting down.

