

Welcome

Fusion Lifestyle are committed to ensuring that our facilities are as inclusive and accessible as possible to all. We have enhanced our service in our centres to make the experience as enjoyable as possible for all, giving great value and helping you achieve a more active lifestyle. We hope therefore that you find this guide useful in highlighting the additional services available to our customers at our facilities.

I-Count Card

If you are an I-Count card holder you will have access to our facilities on discounted concession rates.

The “I Count” concept is designed to give a positive message and experience to children with disabilities and adults with learning disabilities who are recorded on the registers and databases run by ICount Registers @ Sutton

“I Count” is the trademark of Register Services. The “I Count” card is distributed to those registered on all the databases managed by Register Services. Production of the plastic ‘I Count’ card was funded by ‘Awards for All’ (The National Lottery).

The card can be used as proof of an individual’s disability and enables easy access to available concessions and fast-tracking.

The card has been enthusiastically received and feedback has been very positive.

For more information visit <http://www.i-count.org/>

A key to the icons used in this leaflet:



Access facilities for wheelchair users



Disability parking



Access facilities for people with mobility impairments



A lift that is accessible for wheelchair users



Accessible toilets



A swimming pool hoist and/or lift for wheelchair users



Accessible changing facilities



Accessible lockers



Low level reception desk



IFI equipment



Automatic doors



Fitness advisor



Accessible dance studio



Accessible sports hall

Waddon Leisure Centre

Waddon Leisure Centre
Purley Way
Waddon, Croydon, CR0 4RG
Tel: 0208 760 0657

Proposed Opening Hours

Mon - Fri: 6:30am -10:00pm
Sat and Sun: 8:00am - 8:00pm



MOTomed now available at Waddon and Thornton Heath Leisure Centres

The MOTomed movement trainer is especially suitable for people with limited mobility and those who are wheelchair users.

The trainer moves your legs or arms gently. You can select either passive, motor-assisted or active resistive training, with your own muscle strength. The movements are smoothly controlled, similar to cycling.

Benefits include loosening and strengthening of muscles, stimulation of metabolism and circulation, and improving endurance and the function of the cardio vascular system.



Accessible activities at our leisure centres:

Some of the accessible activities that we offer are:

- Multi Sports– Waddon and Thornton Heath Leisure Centre
- Trampolining – Waddon and Thornton Heath Leisure Centres
- Disability splash – (A fun session for people with disabilities and additional needs and their family) – Waddon, Thornton Heath and South Norwood Leisure Centres
- Swimming sessions – New Addington, Thornton Heath and Waddon Leisure Centre
- Exclusive gym sessions
- Inclusive Zone Basketball – Waddon Leisure Centre
- Disability Swim School – Waddon, New Addington and Thornton Heath Leisure Centres
- Boccia – Waddon Leisure Centre
- Table tennis – South Norwood, Thornton Heath and Waddon
- Seated aerobics - Coming soon to South Norwood Leisure Centre

Please speak to your local centre for more information on session dates and times.



