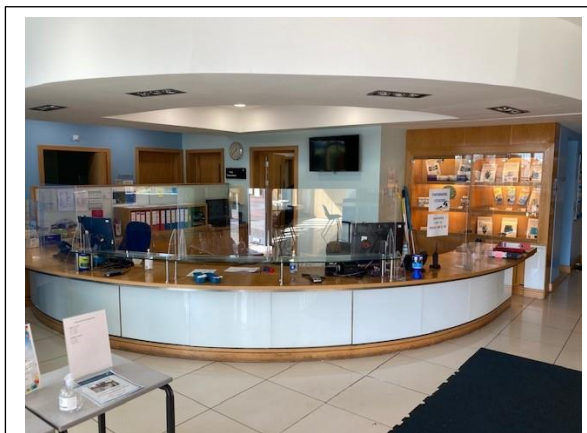


Getting ready to go swimming at the Penicuik Centre



This is the way in.



I will check in at reception.



I will go this way to the changing village.



I will go this way to the changing village



I will put my clothes and shoes in a locker



I will go this way to get to the showers.



I will have a shower.



I will get in the pool.



There will be two lanes set up in the pool for people to swim up and down.



Today, I will not use the spa bath.

Today at the pool there will be:



No music



No hairdryers



No announcements



Lifeguards who can help me.



A quiet room if I need to take a break.



When time is up I will leave the pool.



I will go this way and have a shower.



I will take my clothes and shoes out of the locker.



I will get dry and changed in a cubicle.



I will go this way to leave the changing village.