

FAQ: Aqua Active

- Aqua Active is available at two of our swimming pools: The Pavilion and Biggin Hill

Both centres have Changing Places Toilets which are fully accessible for people with physical disabilities that need support with personal care. The newly developed space contains an accessible toilet, shower and a waist height changing bed and hoist.

- To register for Aqua Active, please complete the online form and someone from our contact centre will call you to confirm you are booked in.
- Anyone who registers to join Aqua Active will be able to bring a carer into the swimming pool for free if required.
- Aqua Active will be available during scheduled swimming times www.mytimeactive.co.uk/swimming
- The water temperature is between 29 – 30 degrees.
- Lockers are available and cost £1, this is refunded.
- Aqua Active equipment is available to use and stored in the Changing Places Toilet – this includes:
 - Aquatilt wheelchairs - <https://cotenda.com/pages/aquatilt>
 - Pool pod lift (only at Biggin Hill) https://cotenda.com/?gad_source=1&gclid=EAlalQobChMI05CM76CYiwMVD5JQBh0sTQnuEAAYASAAEgLX-fD_BwE
 - Floatsation - including big citrus and woggles - <https://floatsation.com/product-category/leisure/>
 - Neoprene Neck Collar - <https://www.therapyworld.org.uk/kiefer-neoprene-neck-collar-59-p>
 - Chailey Buoyancy Aid - <https://www.therapyworld.org.uk/chailey-buoyancy-aid-52-p>
 - Konfidence buoyancy jackets - adults and children various sizes Original Konfidence™ Jacket
 - Hydrobelt Handling Belt - www.medipost.co.uk/product/hydrobelt-handling-belts/

If you have other equipment you need to bring you are welcome to do so. Please leave wheelchairs in the changing room if possible to do so.