



**WHATEVER  
YOU'RE INTO  
GET INTO  
BEAU SEJOUR**

# Centre Information



Beau Sejour Leisure Centre



@BeauSejourGSY

[www.beausejour.gg](http://www.beausejour.gg)

**BEAU SEJOUR**  
LEISURE CENTRE

*Keep moving.*

# Welcome to Beau Sejour

Welcome to Beau Sejour Leisure Centre –  
Guernsey's only community leisure centre.

## **Our customer commitment is to make every effort to provide everyone with:**

- A courteous welcome;
- Safe and supervised facilities;
- Efficient and trained staff; and
- Quality services and products.

We will never forget it is you, the customer, who is the focus of our business.

We want to work with you in providing services to meet your needs wherever possible. To do that, we need your ideas, comments and feedback to help monitor our performance. Please e-mail us at **beausejour@gov.gg**, or contact one of our Customer Relationship Advisors if you have anything you want to

discuss. Or, just fill out one of our customer comment forms and pop it into the customer comments box on your next visit to the Centre.

If you want to find out more about the other facilities and activities offered by Sport and Recreation Services, then please visit the website **www.gov.gg** or contact us by emailing: **beausejour@gov.gg**.

## Useful telephone numbers and contact details:

Reception	<b>01481 747200</b>
Swim School	<b>01481 747240</b>
24 hour info line	<b>12050</b>
Email	<b>beausejour@gov.gg</b>
Website + online sports & fitness class bookings	<b>www.beausejour.gg</b>

Online Ticket Bookings  
**www.guernseytickets.gg**

Beau Sejour Leisure Centre  
Amherst  
St Peter Port  
Guernsey  
GY1 2DL

**Tel 01481 747200**

**www.beausejour.gg**



**Beau Sejour Leisure Centre**



**@BeauSejourGSY**



## Index

<b>AquaZone</b>	<b>3-7</b>
<b>BodyZone</b>	<b>8-11</b>
<b>KidsZone</b>	<b>12-13</b>
<b>SportsZone</b>	<b>14-15</b>
<b>Beau Cinema</b>	<b>16-17</b>
<b>Memberships</b>	<b>18-20</b>
<b>Book Your Venue</b>	<b>21</b>
<b>Café</b>	<b>22-23</b>
<b>Accessibility</b>	<b>24-25</b>
<b>Outdoor Areas</b>	<b>26-27</b>
<b>Opening Hours</b>	<b>28</b>

**Version 6:** Please note all the information and times contained within this leaflet may alter over time, and are subject to change without prior notice.

All information was correct at the time of print:  
**01.04.2019**



Beau Sejour's indoor swimming pools provide facilities for public sessions, swimming lessons, club training, lifeguard courses and Aquafit classes.

Beau Sejour has an indoor 25 metre, six lane swimming pool, and a 10 metre learner pool. As sessions vary weekly, a regularly updated swimming timetable is available in print at the Centre or alternatively you can view it online at **[www.beausejour.gg](http://www.beausejour.gg)**.

Babies should be over four months old and you are encouraged to check with your health visitor before attending. Babies must wear suitable aqua nappies which can be purchased from Reception.

Non swimmers and/or children under eight years must be actively supervised by a parent or adult (aged 16 or over) at all times, with a maximum of three children and/or non swimmers to one adult.

The Centre does not provide buoyancy aids for use in the pool, but arm bands can be purchased from Reception.



## Take the plunge with Beau Sejour Swim School

**We believe that swimming is a life skill  
that everyone should have.**

The ability to swim well is one of the most valuable skills you can acquire. Not only can it be a life saver in an emergency but it is also great fun and an excellent way to keep fit.

Beau Sejour Swim School is a Swim England member. This recognises the Swim School provides the best possible swimming tuition at all levels.



Supported by

The Swim School's team of ASA qualified teachers has a wealth of experience in teaching swimming and all teachers are passionate about the sport, following the Swim England Learn to Swim Pathway.

Classes are available on a casual basis or by enrolling on courses. Lessons are carefully structured to enable individuals to reach their full potential.



### **Adult and Child Classes – “Discovery Ducklings”**

These friendly classes help your child to develop water confidence and learn basic skills, while having fun in the pool with other children. They are great fun for adults too! You will not be expected to swim as the adult in these lessons, so it doesn't matter if you are a confident swimmer or not. Your role is really just to help your children feel at ease and relaxed, and provide physical support to comfort and reassure them.

Classes are available for babies and toddlers aged from five months to three years and are grouped according to the age of the child. A special time for you and your child to spend together – a great bonding experience!

### **Pre-School Classes – “Little Paddlers”**

These classes are provided for children aged from three years to school age and are a gentle introduction to water skills and safety.

Small groups of up to five children per class meet in the teaching pool, with access to the main pool to develop deep water confidence.

The children are encouraged to collect their Swim England badges and certificates as rewards for their achievements.

### **Classes for Children of School Age**

Classes follow the Swim England Learn to Swim Pathway, with lessons held in both the small pool and main pool from beginners to advanced swimmers.

Sessions are available either once or twice a week. In addition to stroke technique, basic elements of personal survival are included in the courses.

Children reaching secondary school age are invited to attend the senior training group with emphasis on fitness, further development of stroke technique, together with introductions to Rookie Lifeguard Programme, water polo and synchronised swimming.

Swim School members are invited to take part in novice competitions, as well as participating in charity events such as the annual Swimathon.

From the age of eight years, swimmers may trial to join the competitive squads – the Beau Sejour Barracudas. The Barracudas compete successfully at Island, Channel Island, County, National and International level.

**SwimMark**  
ESSENTIAL CLUB







## Dolphin Classes

Our 1:1 swimming lessons are delivered with sensitivity and understanding and are available for those with cognitive, physical or emotional challenges or swimmers requiring additional help.

## Adult Classes/ Masters Training

It's never too late to learn to swim. Beau Sejour Swim School offers evening courses and day time lessons for adults of all standards. We welcome nervous beginners, those who require stroke development, as well as swimmers training for Masters Competition and Triathlon. Courses are available as well as drop in sessions or one-to-one tuition/personal training, with video analysis if requested.

## Aquafit

Avoid the stress and strain of some land based programmes by exercising to music in water. This popular exercise programme is suitable for all levels of fitness as participants can work at their own pace. The buoyancy of the water permits a greater range of movement but also resistance to ensure a great work out.

## Aquatots

A casual play session for accompanied babies and preschool children, the small pool is filled with toys for the children to enjoy and gain water confidence in a fun environment.

## Aquafun

Aquafun sessions are held during school holidays, where the pools are filled with a variety of inflatable toys. Ride on the dolphins, conquer the sharks and loads more - exercise should be fun and this ticks all the boxes!



**Want to contact the  
Beau Sejour Swim  
School?**

Email: [swimschool@gov.gg](mailto:swimschool@gov.gg)



**Prefer to phone?**

Call (01481) 747240

# BODYZONE



The BodyZone Gym offers the ideal environment to tone, tighten, lose weight, build strength or increase stamina. The gym encompasses a large cardiovascular area, fixed and free weights, and varying resistance equipment to cater for all aspects of your fitness requirements. To compliment this we also have dedicated spin and fitness studios.

**Please note:** Minimum age is 14 years



## The BodyZone Team

The management and staff of the BodyZone are dedicated to helping you take every opportunity to enjoy the facilities and sessions we offer. Customer service is our priority and we pride ourselves in delivering an efficient and quality service on a day to day basis. If you have any questions please ask one of our team members who will be happy to help.



### Lucy Smart

Lucy is the BodyZone Manager and oversees the running of BodyZone and the Health Suite. She delivers outdoor Bootcamp sessions, Spinning and Personal Training whilst also helping out on the LifeFit course when required. She balances her role with being a mum to Poppy and is an experienced cyclist and is keen to help others in this area.



### Chloe Huxster

Chloe offers regular personal training and programmed sessions and can be seen running classes such as Total Conditioning, Body Blast and Spinning. Chloe is experienced in training methods which target weight loss, general toning and increased fitness levels.



### Mark Wylie

Mark is a well established fitness instructor here at The BodyZone, who can regularly be found offering clients nutritional advice. He relishes in delivering personal training sessions with clients who have a range of different needs. Outside of work he is a bit of an 'explorer' and loves to experience other cultures.



### Dave Collins

Dave is passionate about group exercise classes and has 18 years teaching experience, including BodyAttack, BodyPump from Les Mills. He also teaches many free-lance classes in the week and always receives positive feedback from his Personal Training Clients. When he isn't helping clients reach their health and fitness goals he can be found researching new health and fitness trends.



### Jemma Loveridge

Jemma is the most recent addition to the BodyZone Team. She can often be found delivering PT sessions with clients and can also be found taking HITT and Bootcamp classes. In her free time she has a passion for weight training and when not in the gym she is kept busy by Ollie, her son, who always keeps her on her toes.

# Weekly classes

## BodyAttack

High energy interval training class that combines athletic aerobic movements with strength and stabilisation exercises.

## BodyBalance

Yoga based class that will improve your mind, body and soul. Strengthen your entire body and leave feeling calm and centered.

## Body Blast

A high intensity all-round workout, combining high energy and high impact exercises, aerobics and toning in one class.

## Body Conditioning

An all-round workout for your body, combining high energy and high impact exercises, aerobics and toning in one class.

## Body Focus

Strengthen and tone your whole body, especially your core muscles, in this non-impact conditioning class.

## BodyPump

Full-body weights workout allowing you to burn fat and condition muscles.

## BodyTone

Full body workout that includes a mix of strength, cardio and core training.

## Chair Based Class

A gentle 'chair based class' to improve flexibility, strength and mobility.

## Circuit Training

An all ability class designed to increase muscle strength, endurance, flexibility and coordination, set to timing using a variety of equipment.

## HIIT

High intensity interval training. A class combining short bursts of high intensity effort followed by short periods of rest.

## Low Impact Aerobics

Improve your health, strength, endurance, balance and flexibility with this enjoyable, effective workout that includes warm-up, low-impact aerobics, core work, strength and balance exercises, and an enhanced stretch cool down.

## Stretch and Flex

Improve your flexibility and strength and body awareness.

## Spinning

High intensity workout on studio bikes set to music.

## Power2Step

Low impact choreographed routine on an adjustable platform.

## Step Blast

Intense half hour class to give your whole body a great workout in a short amount of time.

## Zumba

Aerobic fitness programme featuring movements inspired by Latin American dance. Suitable for all fitness levels.



**Have a general  
BodyZone enquiry?**

Email: [bodyzone@gov.gg](mailto:bodyzone@gov.gg)

**Book Fitness Classes Online  
by visiting our website**  
[www.beausejour.gg](http://www.beausejour.gg)

## Also available

### Personal Training

Whatever your focus, a personal trainer from the BodyZone team will get right behind you with all the expert guidance you need. Whether your aim is losing weight, feeling fitter, or developing a specific muscle group, a personal trainer will coach and motivate you to achieve your goals.

### Benefits

- A tailored programme to meet your expectations and objectives
- Fits around your commitments and lifestyle
- Motivating, effective and fun
- Helps you understand the principles of exercise and improves technique



### Health Suite

Relax and unwind in the Spa, sauna or steam room. Improve your health and feeling of wellbeing. Swimming costumes are required.

Visit our website [www.beausejour.gg](http://www.beausejour.gg) to view our fitness class timetable and to pre-book your next class, or pick up a brochure in our Centre or speak to one of our instructors.



## Active Health

Active Health is an area of the centre which focuses on activities that promote health, fitness and wellbeing that are accessible to all.

### LifeFit

LifeFit is Guernsey's only Exercise Referral Scheme that endeavours to offer safe and effective activity as a health management tool for individuals with lifestyle related illnesses.

Sessions are held in the gym, fitness studio and Healthy Lifestyle Centre, and are supervised by Exercise Referral instructors who are on hand to monitor progress throughout.

The aim is to improve levels of fitness, strength, balance and mobility and to help people become independent exercisers. Many of the participants find the course of great benefit and continue to exercise with the FreedomActive Membership or Active Health classes.

Ask your Doctor if you think you would benefit from LifeFit and to obtain a referral.

### Other specialist classes

The Active Health Team delivers other specialist classes such as CanMove (exercise classes for individuals who have or have had cancer treatment) and MoveSmart (exercise classes for individuals with Multiple Sclerosis).

A close working relationship has been established with Health and Social Care, including cardiac and pulmonary rehabilitation classes being based in our Healthy Lifestyle Centre.



**Have an enquiry  
about active health?**

Email: [activehealth@gov.gg](mailto:activehealth@gov.gg)



**Prefer to phone?**

Call (01481) 747238



Activities for the younger generations at the Centre are varied, interesting and are a great way for your kids to meet new friends, keep active and have fun.

## Junior Squash

Intermediates and advanced players develop skills in a fun environment. All coaches are qualified by the Guernsey Squash & Racketball Association (GSRA).

Please contact the GSRA on (01481) 714567  
office@guernseysquash.com

## Kiddy Kapers

Fun activity where children play on trampolines, beams, tunnels and slides. This will help to develop hand-eye co-ordination, balance and confidence in a structured manner.

## Kids Parties

### Swimming Parties

From swimming in the pool during a public swimming session, to exclusive use of our pool and inflatables on Saturday evenings, we have a number of options for your swimming party.

### Standard Swimming in the Pool

Enjoy your party during normal public pool opening hours.

### Private Pool Party

Enjoy the pool to yourselves with a private party.

- Available Saturdays only
- Either 5.00pm-6.00pm, 6.15pm-7.15pm or 7.30pm-8.30pm



**Book Kiddy Kapers online**

[www.beausejour.gg](http://www.beausejour.gg)





## Private Pool Party +

Enjoy the pool to yourselves and add more to the fun with a range of inflatable toys.

- Available Saturdays only
- Either 5.00pm-6.00pm, 6.15pm-7.15pm or 7.30pm-8.30pm
- Maximum 40 people

\* Ratios for all swimming parties. Adult-to-child ratios for children under eight years are one adult to three children. For non swimmers the ratio is 1:1

## Beau Cinema Party

There are a lots of ways in which you can hold a party in the cinema, from guaranteed seats as soon as the films are bookable to sole use of the facility - the choice is yours. Enjoy a drink in the café beforehand, and take your drink and snacks into the cinema to watch the film.

## Sports Party

Choose a sport - Five-a-side, basketball, volleyball or - just hire a whole court. This can be booked more than seven days in advance. Ball and bibs included in the price no deposit for these necessary.

## Holiday Club

A fun club for kids in Reception to Year 9. Whilst mum and dad are at work, children will be participating in activities such as dodgeball, football, basketball, a trip to the park, seasonal arts & crafts, bowling and much more.

The Holiday Club operates daily during the three main school holidays. Food is not provided during the day so please bring a packed lunch and snacks if appropriate.



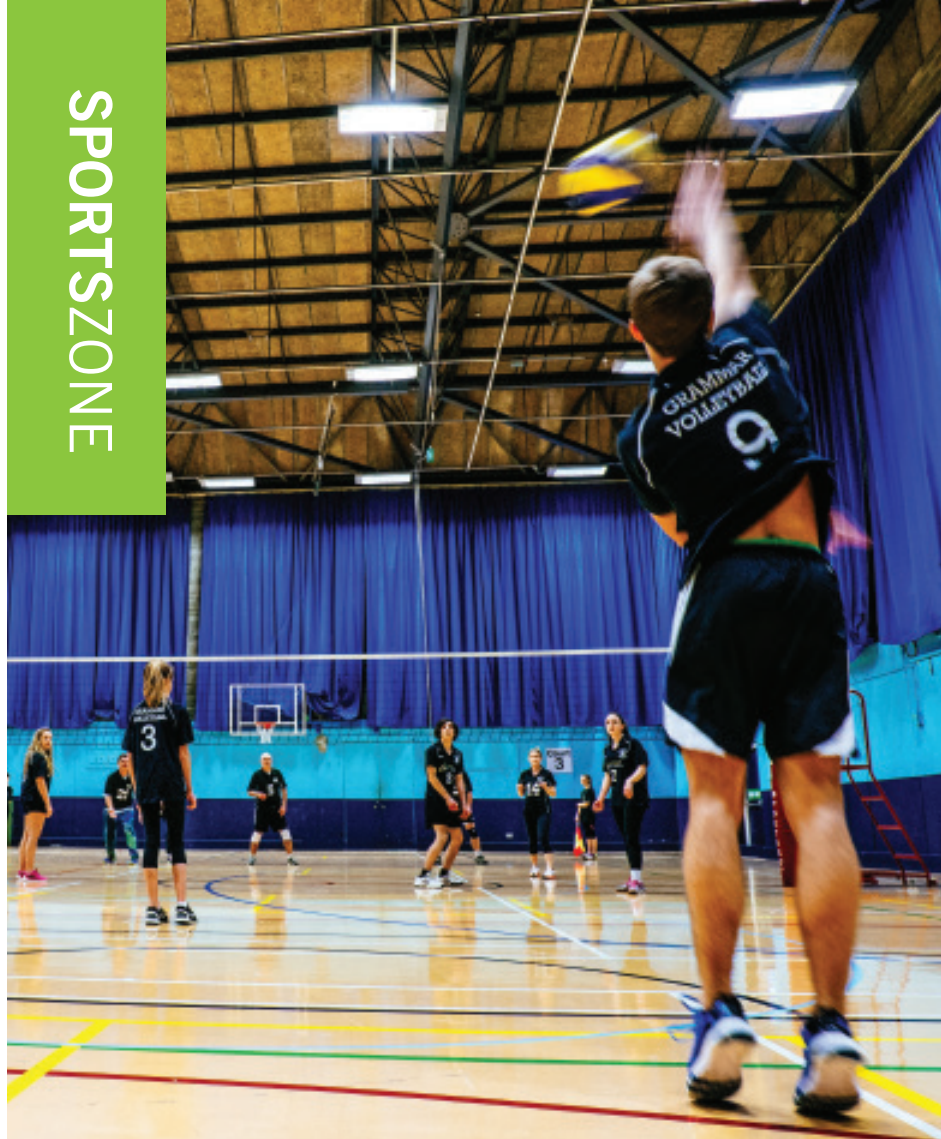
**Want to book a party or holiday club spaces?**

Email: [beausejour@gov.gg](mailto:beausejour@gov.gg)



**Prefer to phone?**

Call (01481) 747200



The SportsZone is mainly found within the large Sir John Loveridge Hall, which is used for different events including sports, entertainment, conferences and concerts.



The three main five-a-side football courts host a variety of different sports. Just off of the Sir John Loveridge Hall are the five squash courts, two of which are glass backed. Sports facilities found within our SportsZone include:

- Squash Courts
- Badminton Courts
- Five-a-side Football Courts
- Basketball Courts
- Volleyball Courts

### Sports Equipment Hire

There is a small hire charge per item and refundable deposit for the following items:

- Five-a-side balls
- Basketballs
- Netballs
- Volleyballs
- Dodgeballs
- Badminton/squash/tennis rackets
- Table tennis bats

In addition to our indoor facilities we have a number of outdoor areas which can also be hired here at Beau Sejour Leisure Centre.

- Outdoor Tennis/Netball Courts
- Outdoor Football/Softball Pitches



**Book your court online**

[www.beausejour.gg](http://www.beausejour.gg)



**Want to make a regular booking?**

Email: [beausejour@gov.gg](mailto:beausejour@gov.gg)



**Prefer to phone?**

Call (01481) 747200



Beau Cinema features the largest high definition Cine-scope screen in Guernsey and features a fantastic Dolby 7.1 Digital Surround Sound system.







Cinema lovers will be able to enjoy seeing recent releases, old favourites along with children's movies on the newly installed 10 metre screen.

Enjoy a drink in the bar beforehand, and take your drink and snacks into the cinema to watch the film.

Films are screened most weekends and a number of special screenings take place throughout the year for you to enjoy.

### **Our cinema is available for hire**

Whether it is for a party or a corporate event, our venue serves as a great setting to welcome your guests. Get in touch to discuss your requirements.



**Want to hire our Cinema?**

Email: [beausejour@gov.gg](mailto:beausejour@gov.gg)



View our latest Cinema schedule on our website

**[www.beausejour.gg](http://www.beausejour.gg)**

and book tickets via

**[www.guernseytickets.gg](http://www.guernseytickets.gg)**



**Guernseytickets**

Book tickets to Beau Cinema to see the latest movie or alternatively secure seats to watch your favourite musical here at Beau Sejour by visiting via **[GuernseyTickets.gg](http://GuernseyTickets.gg)**



Beau Sejour has a range of different membership packages, ensuring you receive the best value for money.

## **Freedom Plus**

- Our premium membership package offering unlimited access to our facilities during public opening times and advance booking of classes and activities eight days in advance.

## **Freedom Swim**

- Unlimited access to public swimming sessions, seven day priority booking & discounted member rates for many other Centre facilities and activities. 7 days advance booking.

## **Freedom Active**

- Unlimited access to Gym and Swimming Pool during public opening times & discounted rates for most other facilities and activities but only available if you've recently completed LifeFit or qualify through other means. 7 days advance booking.

## **Freedom Leisure**

- Seven days priority booking & discounted member rates for most other facilities and activities. 7 days advance booking.

## **Non-member Booking Card**

- **FREE** of charge. You still pay as a non-member, but it makes your booking quicker and easier. 6 days advance booking.

We've been listening to your feedback, and have recently made some improvements to our membership packages to meet the ever changing needs of our customer base.

**Freedom Plus** continues to be our premium membership category, which includes use of the gym, swimming pool, health suite, fitness classes and offers numerous other benefits. Freedom Plus members will also be able to **book classes and activities eight days in advance!**

We've introduced a new **Freedom Swim** membership, giving you unlimited access to the pool during public swimming times. If you mainly use the Centre to swim twice a week or more, this membership is for you!

We've also introduced a new **Freedom Active** membership for those who have recently completed **LifeFit**, our exercise on

referral course, or those who qualify through other means. **Freedom Active** membership entitles you to unlimited use of the gym, and the pool during public swimming times. You will also receive a personalised gym induction session, and a personalised review session every month!




Our **Freedom Leisure** membership gives you discounted rates on activities across the Centre, and our **Non Member Booking Card**, gives non-members the opportunity to speed up the booking process!

**Looking for pricing & activity costs?**

Pick up the latest Membership pricing booklet where the full benefits & pricing of all membership packages are outlined.

For detailed activity costs pick up our latest Activities Price list available at reception.

**Membership packages comparison chart**

	 <b>Freedom Plus+</b>	 <b>Freedom Swim</b>	 <b>Freedom Leisure</b>
Unlimited Access to BodyZone Gym	✓		
Unlimited Access to Fitness Classes*	✓		
Unlimited Access to Health Suite	✓		
Eight days priority booking for all activities	✓		
Inclusive access to the Sports Hall between 12pm-2pm**	✓		
Off-peak access to racket sports bookings	✓		
Unlimited Public Swimming***	✓	✓	
Discounted 'member' rates for other activities	✓	✓	✓

\* Not including occasional seasonal classes which incur an additional charge

\*\* One booking per day - covering a third of the sports hall for 55 minutes

\*\*\* During public swimming times

# MEMBERSHIPS



## Online Booking

Online booking has been in the pipeline for sometime and is now a reality. All members can now book classes, five-a-side, squash, racketball, tennis and badminton courts online! Not only this, but you can manage most of your memberships online, giving you the flexibility and freedom to do this wherever you are! Non-members can also benefit by registering for our free Non-Member Booking Card, and can book activities and classes up to six days in advance.

## Gift Vouchers

A Beau Sejour gift voucher makes the perfect gift. Vouchers are available in £5, £10 & £20 denominations. Speak to a Customer Relationship Advisor next time you visit the Centre for further information.

## YOU refer....WE reward!

Get one month's FREE Freedom Membership. Simply refer a friend. If you're already a registered Freedom Member (Annual or Direct Debit) for each friend you refer who takes out a Freedom Membership (Annual or Direct Debit), you'll get one month's membership absolutely free of charge.

There is no limit to the number of friends you can refer, so the more friends that take out a membership, the more free membership time you will have. Simply complete the form available from Reception. \*

\* Terms & Conditions apply

## Family Holiday Pass

The pass is primarily designed for families visiting the Island on holiday, but Islanders can take advantage too.

The family pass gives you unlimited access to the swimming pool during public swimming sessions. It also offers unlimited off-peak access to public bookings for squash/racketball, badminton, table tennis and tennis before 5pm Monday to Friday, and all day at the weekend.



**Want to join as a Freedom Member?**

Sign up on our website  
[www.beausejour.gg](http://www.beausejour.gg)



**Prefer to phone?**

Call (01481) 747200





**BOOK YOUR VENUE**

A multi-purpose venue capable of hosting a business meeting for five - up to a standing concert for 2200 people.

Beau Sejour is the ideal venue for hosting concerts, dinners, shows, concerts, trade shows, large corporate exhibitions, small presentations and meetings. All this just a five minute walk from St Peter Port with a facility that boasts free Wi-Fi and ample parking.

### **Sir John Loveridge Hall**

Multiple layouts with options to realise your specific requirements. Ideal for large scale events (up to 2200 people standing) such as music concerts, trade shows and large corporate exhibitions.

### **David Ferguson Hall**

Various layouts with options to suit your event. Ideal for small to medium scale functions such as music concerts (up to 900 people standing), trade shows and exhibitions and catered events, including dinners and dances.

### **Meeting rooms**

Hold your corporate meeting in one of our well equipped light and airy meeting rooms. With the added bonus of on-site facilities which include ample car parking, café, bar and free Wi-Fi our venue is guaranteed to meet your requirements.

### **Healthy Lifestyle Centre (HLC)**

The HLC at Beau Sejour is a purpose built facility in which exercise and wellness sessions for specialist populations can be delivered in a very controlled setting by a number of medical and non-medical professionals. The HLC is available to hire for exercise and wellness sessions.

### **Theatre**

Fully equipped with air handling, 400 permanent rake seating with proscenium stage and orchestra pit (if required).



**Want to book a event/ function/ meeting room?**

Email: [beausejour@gov.gg](mailto:beausejour@gov.gg)



**Prefer to phone?**

Call (01481) 747200

# CAFÉ





## Café

### Café opening hours:

Monday to Friday 8am - 9pm\*

Saturday and Sunday 8am - 7pm\*

- A wide selection of meals in Adult, Junior and child sizes allow us to provide you with value for money and assist with portion control.
- A full range of products including healthy snacking options, locally roasted coffee and that little treat when you need one.
- Fairtrade products available
- Locally sourced produce
- Loyalty card scheme on hot drinks buy ten get two FREE

- Take-away drinks available
- Receive a 10p discount if you provide your own travel cup or mug.
- A range of beers, wines and spirits available including locally brewed drinks.
- Pre-Cinema and Theatre drinks

\*Subject to change



**Want to find out  
what else our cafe  
has to offer?**

Email: [beausejour@gov.gg](mailto:beausejour@gov.gg)

# ACCESSIBILITY



From the very conception of Beau Sejour Leisure Centre, the goal was to cater for people of all abilities. Our aim is to create an accessible Centre and we take great care to consider the needs of all our customers. Wheelchair access is now available to all areas.

As part of the Centre's most recent renovation programme, a number of adjustments and alterations have been made in order to improve access to and enjoyment of the diverse range of facilities and activities on offer.

## **Theatre**

A mobile lift has been installed to enable wheelchair users access to the dressing rooms and onto the stage, and toilet have been built.



This means wheelchair users can now take part in any event taking place in the theatre, with the appropriate facilities available – something they were not previously able to do.

Within the auditorium itself, we have removed two chairs at both ends of the back row to enable wheelchair users to attend performances accompanied by a carer.

A hearing loop system has also been installed in the Theatre.

### **Sport and Fitness Facilities**

The Centre has state-of-the-art fitness equipment available for all users. In addition, qualified, friendly instructors and staff are always on hand, to make your experience as enjoyable as possible.

We have members with a range of abilities who use regularly enjoy breaking a sweat in our gym. Our BodyZone features various pieces of equipment that are suitable for wheelchair users. Our Active Health Department, which includes LifeFit and various other rehabilitation programmes, endeavours to offer safe and effective activity as a health management tool for individuals with lifestyle related illnesses.

### **Other Facilities**

A number of recent improvements have been made to enhance everyone's experience of the Centre:

- Staircase nosing in the concourse and on the stairs leading up to the main reception is now white to assist those who are visually impaired.
  - Wheelchair height sections of the main reception desk and the Cafe till area, have been installed.
  - A hoist is fitted in the swimming pool to enable everyone to enjoy the water and to move without assistance.
  - The changing area has larger cubicles fitted for wheelchair users and their carers. One cubicle has also been fitted with a hoist and bed.
  - Accessible toilets are located throughout the Centre and within the various changing areas. All accessible toilets are fitted with assistance alarms.
  - Larger print versions of the Centre's publicity and information material is available on request from reception.
- Any carer required by a disabled person will be admitted free to an event held on any of the Sport and Recreation Service's properties when a full price ticket has been purchased. Forms to apply as a registered carer are available at Reception. Registered guide and assistance dogs are welcome.
- Nine car park spaces for registered disabled blue badge holders have been introduced immediately outside the main Reception.
  - Larger signage has been installed to help individuals with visual impairments.



**Want to speak to  
our Disability  
Liaison Officer?**

Email: [beausejour@gov.gg](mailto:beausejour@gov.gg)



**Prefer to phone?**

Call (01481) 747200



As well as Beau Sejour Leisure Centre, Sport and Recreation operates numerous other outdoor leisure sites for the local community - some of which are also available for bookings by the general public.

## **Beau Sejour Park**

Beau Sejour Park is a 15 minute walk from the town centre, next to Cambridge Park. Beau Sejour Park surrounds the main Beau Sejour Leisure Centre.

### **Facilities**

- Softball Pitches
- Bowling Green
- Tennis/Netball Courts
- Children's Play Area
- X-treme Skatepark \*

## **Delancey Park**

Delancey Park is in St Sampsons and offers fantastic views over the Little Russel to Herm and Sark. The park provides much needed open space, and offers Guernsey's only criterium cycling track and a skatepark.

### **Facilities**

- Bowling Green
- Competition Cycling Track
- Skate Park
- Children's Play Area
- Adult Fitness Equipment

\*Run by the Guernsey Extreme Sports Association



## Fort Le Marchant Rifle Range

Located in the Vale, it is Guernsey's only outdoor rifle range. It can only be used by Police approved groups and all users must comply with the Range Operating Procedures as set out by Sport and Recreation Services.

## Footes Lane Sports Facilities

Footes Lane is located near the centre of the Island and consists of a floodlit 400m running track with infield (used for throwing events, football and rugby), a grandstand.

Footes Lane has good public transport links.

## The Garenne Stand

- A 800 seat covered stadium with a lift and disabled access
- Four changing rooms
- One meeting room
- 400 metre six lane track with athletic sports facilities
- Track and infield are floodlit

The Guernsey Island Amateur Athletics Club, Guernsey Rugby Club and Guernsey Football Club are based at the Garenne Stand.

## Artificial Turf Pitch (ATP) - Hockey Pitch

Used for hockey and football. Appropriate footwear must be used on the pitch. Studded or moulded football boots are not permitted.

The Hockey Pavilion has four changing rooms which are accessible for use with the ATP.

Footes Lane permits wheelchair access from the car park to each facility and competition playing surfaces. Both are fitted with a lift.



**Want to book a venue or find out more?**

Email: [beausejour@gov.gg](mailto:beausejour@gov.gg)



**Prefer to phone?**

Call (01481) 747200