

# Avista



**The Aura swimming pool** is located on the Navan Road Dublin 7 it is on the grounds of St Vincent's centre



The Aura leisure centre is wheelchair accessible. There are accessible changing rooms with ceiling hoists. There are ceiling hoists in the pool area to allow wheelchair users access the pool.



The Aura Centre have a Jacuzzi for relaxing the muscles after a swim. The wheelchair lift can also access the Jacuzzi .



To Book a swim you can contact Aura leisure centre by phone or you can visit the centre to book 01 838 5422.

## The Phoenix Park



The Phoenix Park is one of Europe's largest parks located in Dublin 8.



There is a visiting centre in the phoenix park where you can discover the history of the phoenix park.



Food can be purchased in the Café in the phoenix park or you may bring your own and enjoy it on the benches displayed around.



There are monuments and gardens to visit in the phoenix park.

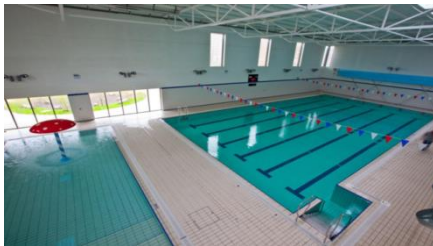
## The Dublin Zoo

	<p>Dublin Zoo is located in the phoenix park in Dublin 8 it is easily accessible from Dublin city centre by public transport, by foot or by car.</p>
	<p>The Zoo is open to the public and it is wheelchair accessible</p>
	<p>Food and drink can be purchased in the restaurant or you may bring your own lunch. There are benches to sit and eat at.</p>
	<p>To visit the zoo you must pre book your tickets. You can do this online <a href="http://www.dublinozoo.ie">www.dublinozoo.ie</a> or by phone 014748900</p>

## Inspire Leisure Centre



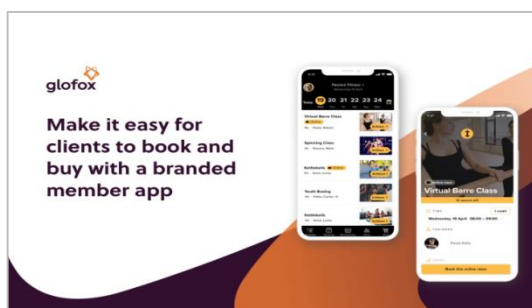
Inspire Gym and swimming pool is located on Ratoath Rd, Cabra West, Dublin 7. It is open to the public



Inspire offers a range of classes as well as an open gym and swimming pool.



You need a membership to use Inspire, you can sign up online or sign up in the gym. Inspire offers a discount price to all individuals of the Daughters of Charity Disability Support Services



When you join you can download the Glofox app on your phone or tablet so you can book gym or swimming sessions or you can ring and book by phone on **018683807.**

## Blanchardstown Shopping Centre



Blanchardstown centre is in Dublin 15.

There are many different shops in the centre.

Clothes shops

Food shops

Shoe shops

Pharmacies

Gift shops.

There are over 25 restaurants and coffee shops.



You can visit the Cinema in Blanchardstown centre.

There is a bowling alley across the road from the centre.

There are many buses that travel to Blanchardstown centre from all over Dublin city.

For information on bus routes go to

[www.dublinbus.ie](http://www.dublinbus.ie)