



## Directions for Puddle Ducks Baby Swimming and Toddler Swimming classes at Royal Derby Hospital Pool

Royal Derby Hospital, Therapies Department, Uttoxeter Road, Derby, DE22 3NE

From the City Centre & the North of Derby, take the A38 & follow this heading for Ashbourne (A52) & Uttoxeter/Stoke A50, you will eventually come to a large roundabout at the end of the dual carriageway (Markeaton Park on your right here) take the second exit & continue along the dual carriageway to the next island, take the first exit left to the mini island, stay in the right hand lane & take the second exit. At the large traffic light intersection turn right, then immediately get into the left hand lane, take the left turn into the hospital then bear right onto the **Loop Road North** & head towards **Car Park 1 & 8**. (Alternatively use the inner ring road A516 & follow signs for Mickleover & the Royal Derby Hospital)

From the South (A38/A50) Take second to last exit before the roundabout to the left from the A38 signposted to the South & Derby Centre (A516), at the island at the end of this slip road bear right & then immediately get into the left hand lane (signposted **CITY HOSP**) take the right hand turn on the Hospital site island & follow signs for A&E & car park 1 & 8, use the directions below once you have parked your car.

### *Finding Your Way to the Hydrotherapy Pool*

Use the Main Entrance or entrance 9 (Footbridge) Directly opposite the Kings Treatment Centre

If Coming By Car (As the Therapies department is closed please use the directions below)

The suggested car parks are No's 1 & 8, and if spaces are available, we would suggest using this one. Car parks 2 & 3 can be used but as they are Short Stay only will be more costly

From Car Park 1 & 8 using the Main Entrance, Follow the **ORANGE SIGNS** for **REHABILITATION**- when you reach a crossroad turn right where you should then follow signs for **THERAPIES**. From car park 1 you can also use entrance 9 & follow the signs for **REHABILITATION**, the signs will change to **THERAPIES** on nearing the Hydrotherapy Pool Once you reach the Therapies block you will be met at the entrance (Fire Doors) by the poolside assistant who will show you where the changing rooms are located. There is a space to leave your buggy or car seat. Look out for the Puddle Ducks A frame once you



enter the Therapies department. The Therapies main entrance & reception desk entrance near the A&E entrance is closed at the weekend.

**Other Car Parks or by Foot**, walk into the hospital at its nearest entrance and follow the **ORANGE SIGNS** for **REHABILITATION**. As you get closer, the signs change from orange to **GREY SIGNS** for **THERAPIES**.