

PUBLIC & SPECIAL SESSIONS

Aqua Fun

A fun pool session with floats and inflatables.

Lane Swim

A session for people who want to swim lengths for fitness. Any under 16's need to be of a lane swimming standard and be accompanied by an adult in the water.

Family Swim

Designed for parents and children to swim together.

Aqua Tots Plus

Fun water confidence session for babies and toddlers from approx 3 months plus accompanied by parent/carer. With the support of a qualified instructor.

Primetime

Session for the Over 50s with or without dry side activities.

Swimability

Session for people with disabilities with carers and family.

LINK4LIFE SWIM ACADEMY

The Link4Life Swim Academy provides swimming teaching for 3 years upwards to the highest standards in the UK with the internationally recognised Swimming Teachers Association (STA)

Learn to Swim programme.

Registration on the programme entitles the participating child to free swimming during public sessions. Easy payment by direct debit is available. Lessons also available for adults.

FITNESS CLASSES

Aqua Aerobics

Low impact exercise workout in water for swimmers and non-swimmers.

Aqua Natal

Ideal gentle exercise during pregnancy.

Deep Water Workout

The important benefit of exercise in deep water includes the absence of weight bearing and the lack of impact on the body. Great for rehab after injury.

SWIPE & SAVE WITH YOUR LINK4LIFE CARD
Extra discounts also available. Pick up details of how to sign up for yours now.



Heywood Sports Village Pool Prices

Off-Peak/L4L EXTRA Mon-Fri 9am-5pm, Sat & Sun any time.

Public & Special Sessions		L4L CARD	L4L EXTRA
<i>Concession: Over 60, Unemployed or Disabled. Proof required.</i>			
Adult	£4.60	£4.20	£2.10
Adult Concession	£3.90	£3.50	
Under 16s	£2.30	£2.10	£1.00
Under 5s	FREE		
Family/Group Swim (2 Adults/4 Children)	£12.00	£10.80	
Primetime Swim	£2.90	£2.60	£1.30
Aqua Tots (Adult and one child)	£4.60	£4.20	£2.30
Aqua Tots Plus (Adult and one child)	£4.80		£2.50
Swimability	£2.00		
Spectators	£1.00		

Annual Swim Season Tickets		L4L EXTRA
<i>Valid for Public & Special Sessions</i>		
Adult	£230.00	£115.00
Concession	£140.00	
Junior	£115.00	
Lunch-time Swim <i>Valid Mon-Fri 12noon-2pm</i>	£115.00	

Swim Super Saver Tickets		L4L CARD
<i>Buy 10 Swims, get 2 Free</i>		
Adult	£46.00	£41.40
Concession	£39.00	£35.10
Junior	£23.00	£20.70

Fitness Classes		L4L CARD
Adult	£6.30	£5.65
Off-Peak/L4L EXTRA	£5.10	£4.60
<i>All Classes free to Fitness Members</i>		
Dales Over 60s (combined with sports)	£3.40	£3.10

Link4Life Swim Academy		L4L EXTRA
<i>Payment for the course is due at time of booking. Direct Debit also available. Price per lesson.</i>		
Adult	£6.00	*
*Junior	£5.10	£4.40
1:2 Lesson	£25.00	
1:1 Lesson	£17.20	
1:1 Lesson (Special Needs)	£12.60	

Main Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am-9.30am* Early Morning Swim	7am-9.30am Early Morning Swim	7am-9.30am Early Morning Swim	7am-9.30am Early Morning Swim	7am-9.30am* Early Morning Swim	8pm-9am Aquabears Masters	8am-9am Lane Swim
9am-10am Primetime Swim*	9.30am-11.30am Schools Learn to Swim	9.30am-11.30* Public Swim	9.30am-11.30am* Public Swim	8.45am-9.30am* Aqua Aerobics	9.15am-10.30am Lane Swim	9am-2.30pm* Public Swim
9.30am-11.30am Schools Learn to Swim	11.30am-1pm Lane Swim	10.45am - 11.30pm* Adults Swim Better	10am-11am* Aqua Aerobics	9.30am-11.30am Schools Learn to Swim	10.45pm -11.30pm Junior Aqua Fun	2.30pm-3.45pm Lane Swim
11.30am-1pm Lane Swim	1pm-3pm* Schools Learn to Swim	11.30am-1pm Lane Swim	11.30am-1pm Lane Swim	11.30am-1pm Lane Swim	10.45am -1pm* Public Swim	4pm-6pm Rochdale ASC
1pm-3pm* Public Swim	1pm-4pm* Public Swim	1.15pm-2.15pm* Schools Learn to Swim	1.15pm-3.30pm Staff Training	1pm-3pm* Public Swim	1pm-3pm* Link4Life Swim Academy	
1pm-3pm* Schools Learn to Swim	4pm-7.30pm Link4Life Swim Academy	1pm-3pm* Public Swim	3.30pm-7pm * Public Swim	1pm-3pm* Schools Learn to Swim	1pm-3pm* Family Swim	
3pm-4pm Family Swim	7.30pm-8.30pm Aqua Aerobics	2.15pm-3.15pm* Aqua Aerobics	4pm-4.45pm* Junior Aqua Fun	3pm-4pm* Swimability	3pm-5pm * Public Swim	
4pm-4.45pm Junior Aqua Fun	8.30pm-9.30pm Public Swim	3pm-5pm* Family Swim	5pm-6.30pm* Link4Life Swim Academy	3pm-5pm* Family Swim		
4.45pm-7pm* Public Swim		4pm-7.30pm Link4Life Swim Academy	6.30pm-7.15pm * Adults Swim Start	4pm-7.30pm* Link4Life Swim Academy		
5pm-7.30pm Link4Life Swim Academy		5pm-7.30pm* Public Swim	7.15pm-8pm * Adults Swim Better	5pm-7pm * Public Swim		
7pm-8pm* Aqua Natal		7.30pm-8.30pm Lane Swim	7pm-8pm Aqua Aerobics	7pm-8pm* Adults Only		
8pm-10pm Ramsbottom SC		8.30pm-10pm Adults only	8pm-10pm Ramsbottom SC	8pm-9.30pm Ramsbottom SC		

Swimming Pool Childs Admission Policy

A responsible person may supervise children under the following ratios

UNDER 4 Years
One Adult : One Child

AGE 4-7 Years
One Adult : Two Children

MIXED AGES
One Under 4 and One 4-7 year old can swim with one adult

Learner Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30am-11.30am Schools Learn to Swim	9.30am-11.30am Schools Learn to Swim	10am-11.30am Family Swim	9.30am-1pm *Family Swim*	9.30am-11.30am Schools Learn to Swim	9am-12.30am Link4Life Swim Academy	9am-1pm Family Swim
11.45am-12.45pm Aqua Tots Plus	11.45am-12.15pm Starfish Academy	11.30am-12.30pm Aqua Tots Plus	1.30pm-7pm Link4life Swim Academy	11.30am-1pm Family Swim	12.30pm-4pm Family Swim	1pm-4pm Link4life Swim Academy
1pm-3pm Schools Learn to Swim	1pm-3pm Schools Learn to Swim	1pm-3pm Link4Life Swim Academy	7pm-8pm Family Swim	1pm-3pm Schools Learn to Swim	4pm-5pm Childrens Parties	4pm-5pm Children's Parties
3pm-4pm Family Swim	3pm-4pm Family Swim	3pm-4pm Family Swim		3pm-4pm Family Swim		
4pm-7pm Link4Life Swim Academy	4pm-7pm Link4Life Swim Academy	4pm-7.30pm Link4Life Swim Academy		4pm-7.30pm Link4Life Swim Academy		
7pm-8pm Swimability	7pm-8pm Family Swim					

Key

Public Swimming	Fitness Classes	Link4Life Swim Academy	Club or Group Bookings	Schools Learn to Swim	Primetime	Children's Parties
Adults Only	Aqua Fun	Aqua Tots Plus	Lane Swim	Swimability	Family Swim	

* Sessions with shared pool time

Please note: *Family Swim* pool closed 11am-12noon one week of every month