

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.

Aqua Tots

Fun water confidence session for babies and toddlers from approx 3 months plus accompanied by parent/carer.

Aqua Tots Plus

With the support of a qualified instructor.

Primetime

Session for the Over 50s with or without dryside activities.

Swimability

Session for people with disabilities with carers and family.

CHILDREN'S PARTIES

Pick up details of our different party options including Aqua Splash, Wet N Wild, Football and Multisports.

LINK4LIFE SWIM ACADEMY

The Link4Life Swim Academy provides swimming teaching for babies from 3 months accompanied with a parent and for children from 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 Jog

A core muscle workout for strength, endurance and co-ordination.

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.



Middleton Arena Pool Prices

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

Public & Special Sessions			
<i>Concession: Over 60, Unemployed or Disabled. Proof required.</i>		L4L CARD	L4L EXTRA
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
Primetime combined with swim and sports	£4	£3.60	
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		
<i>Valid for Public & Special Sessions</i>		L4L EXTRA
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		
<i>Buy 10 Swims, get 2 Free</i>		L4L CARD
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>		

Link4Life Swim Academy		
<i>Payment for the course is due at time of booking. Direct Debit also available. Price per lesson.</i>		L4L EXTRA
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-9am Early Morning Lane Swim	7am-9am Early Morning Lane Swim	7am-9am Early Morning Lane Swim	7am-9am Early Morning Lane Swim	7am-9am Early Morning Lane Swim	9am-10.30am Lane Swim	9am-10am Adults Only
9am-1pm Prime Time	9.30am-11.30am School Learn to Swim	9.30am-11.30am School Learn to swim	11.45am-1pm Lane Swim	10.15am-11pm Deep water Aerobics (Class)	9am-1.45pm Public Swim	10am-4pm Public Swim
9am-2pm Public Swim	11.45am-1pm Lane Swim	9.15am-10am Adult Lessons Swim Start /Swim Better	1pm-6pm Public Swim	12noon-1pm Lane Swim	10.30am- 2pm Link4Life Swim Academy Lessons	10.30am- 1pm Link4Life Swim Academy Lessons
9am-9.45am Aqua Aerobics (Class)	1pm-7.15pm Public Swim	11.30am-12.15pm Deep water Aqua Aerobics (Class)	1pm-3.30pm School Learn to Swim	1pm- 6pm Public Swim	2pm-3pm Aqua Fun	4.15pm-5.30pm Lane Swim
10am-10.45am Aqua Aerobics (Class)	1pm-3.30pm School Learn to Swim	12.15pm-1pm Adult Only	3.45pm-7.15pm Link4Life Swim Academy	3.45pm-7.15pm Link4Life Swim Academy	3pm-5pm Public Swim	
2pm- 4pm Staff Training	3.45pm-6.15pm L4L Swim Academy	1pm – 3.45pm Public Swim	6pm-7pm Adult Only	6pm-7pm Adult Only	5.30pm-6.30pm Children's Parties (Booking Required)	
4.30pm-7.15pm Public Swim	6.15pm-7.15pm Aqua Jog (Class)	1pm-3.30pm School Learn to Swim	7.15pm-8pm Adult Lessons Swim Start	7.15pm-8.45pm Public Swim		
7.15pm- 8.15pm Aqua Aerobics (Class)	7.15pm-9.15pm Triathlon Club	4pm-6.30pm L4L Swim Academy	7pm- 8pm Aqua Natal (Class)	9pm-10pm Lane Swim		
8.15pm-9.15pm Adult Only Swim	7.15pm-8.30pm Adult Only Swim	6.30pm-9pm Private Hire	8pm- 9pm Aqua Jog / Public Swim (Class)			
	8.30pm-9.30pm Lane Swim	9pm-10pm Lane Swim	9pm-10pm Triathlon Club			

Swimming Pool Childs Admission Policy

A responsible person (over 18 or parent) must 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
9am-10.45am Public Swim	9.30am- 11.30am School Learn to Swim	9.30am-11.30am School Learn to swim	9.30am-11.30am School Learn to swim	12noon-1pm Public Swimming	9am- 2pm Link4Life Swim Academy Lessons	8.30am-11am Public Swim
10am-11am Aqua Tots (No instructor)	11.45am- 12.45pm Aqua Tots +	11.45am-12.45pm Aqua Tots (No instructor)	11.45am- 12.45pm Aqua Tots +	1pm-2.30pm Link4Life Swim Academy Lessons	10.30am-11.30am Aqua Tots +	11am-12noon Link4Life Swim Academy Lessons
11am-1.30pm Link4Life Swim Academy Lessons	1pm- 3pm School Learn to Swim	1pm-3pm School Learn to swim	1pm-3pm School Learn to Swim	3.45pm- 6.15pm Link4Life Swim Academy Lessons	2pm-3pm Aqua Fun	12noon-5.30pm Public Swim
2pm-4pm Staff Training	3pm- 3.45pm Public Swim	3pm-3.45pm Public Swim	3pm-3.45pm Public Swimming	6.15pm-7.15pm Public Swim	3pm-4pm Public Swim	
3.45pm- 7.15pm Link4Life Swim Academy Lessons	3.45pm- 7.15pm Link4Life Swim Academy Lessons	4pm- 6.30pm Link4Life Swim Academy Lessons	3.45pm-7.15pm Link4Life Swim Academy Lessons		4.30pm-6.30pm Children's Parties (Booking Required)	
7.15pm- 8.15pm Swimability	7.15pm- 8.15pm Aqua Aerobics (Class)	6.30pm-7.30pm Private Hire				

Key

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

Please note:
On some occasions pool time may be shared. Some pool times may be shared. No shallow end 9am-10.45am on Mondays.