

## PUBLIC & SPECIAL SESSIONS

### Aqua Fun

A fun pool session with floats and inflatables.

### Lane Swim

For people who want to swim lengths for fitness.

### Ladies or Men Only

Gender specific swimming sessions.

\*Ladies Only Swimming-please note a male lifeguard may be present at times.

### Primetime

Swim session for Over 50s

For details of additional multi-sports sessions, see Sports Hall Timetable.

### Aqua Tots

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

### Swimability

Exclusive session for people with disabilities with carers and family.

## FITNESS CLASSES

### Aqua Aerobics

Low impact workout.  
Open to nonswimmers.

## LINK4LIFE SWIM ACADEMY

Swimming teaching for 3 years upwards.  
Pick up an Application Form for details.

### Starfish Session

Structured water sessions for babies and toddlers progressing to Academy courses.

## THERMAL SUITE

Swimwear to be worn at all times

### Opening Times:

Monday-Friday 7am-10pm

Saturday & Sunday 8am-5pm

### Men Only

Tuesday & Thursday 12noon-2pm & 8.30pm-10pm

### Ladies Only

Monday 9pm-10pm

Wednesday 12noon-2pm & 8.30pm-10pm

Friday 12noon-2pm

Saturday 2.30pm-5pm

All other times are mixed sessions for male and female over 16 years.

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



## Rochdale Leisure 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	£2.90	£2.60	£1.30
Aqua Tots (Adult and one child)	£4.60	£4.20	£2.30
Swimability	£2.00		
Spectators	£1.00		

Annual Swim Season Tickets		
<i>Valid for Public &amp; 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	

Thermal Suite			
		L4L CARD	L4L EXTRA
<i>Use of swimming pool included (as available)</i>	£10.00	£9.00	£7.50
<i>Fitness Membership Option available</i>			
<i>* £5.00 returnable deposit is required for casual users</i>			

# Large Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am-9am Lane Swim •	6.30am-9am Lane Swim •	6.30am-9am Lane Swim •	6.30am-9am Lane Swim •	6.30am-9am Lane Swim •	8am-1.30pm Public Swimming	8am-9am Aquabears Swimming Club
6.30am-9pm Public Swimming •	9am-11am Primetime •	6.30am-1.45pm Public Swimming •	6.30am-9pm Public Swimming •	6.30am-10am Public Swimming •	8am-10am Lane Swim •	8am-3pm Public Swimming •
9am-11am Primetime •	6.30am-9pm Public Swimming •	11am-12noon Schools Learn to Swim	9am-11am Primetime •	11.30am-9pm Public Swimming •	9am-2.30pm Link4Life Swim Academy	9am-2.30pm Link4Life Swim Academy
9.30am-11.30am Schools Learn to Swim	9.30am-11.30am Schools Learn to Swim	12noon-1pm Lane Swim •	9.30am-11.30am Schools Learn to Swim	9.30am-11.30am Schools Learn to Swim	1.30pm-2.30pm Aqua Fun	3pm-4pm Aqua Fun
12noon-1pm Lane Swim •	12noon-1pm Lane Swim •	1.45pm-4pm Closed Staff Training	12noon-1pm Lane Swim •	10am-10.45am Aqua Aerobics	2.45pm-5pm Ladies Only (including boys and girls under 8)	4pm-5pm Children's Parties
1pm-3pm Schools Learn to Swim	1pm-3pm Schools Learn to Swim	1pm-3pm Schools Learn to Swim	1pm-3pm Schools Learn to Swim	10.45am-11.30am Aqua Aerobics		
4pm-7pm Link4Life Swim Academy	4pm-7pm Link4Life Swim Academy	4pm-9pm Public Swimming*	4pm-5pm Link4Life Swim Academy	12noon-1pm Lane Swim •	<div style="border: 1px solid black; padding: 5px;"> <p><b>Swimming Pool Childs Admission Policy</b></p> <p>A responsible person may supervise children under the following ratios</p> <p><b>UNDER 4 Years</b> One Adult : One Child</p> <p><b>AGE 4-7 Years</b> One Adult : Two Children</p> <p><b>MIXED AGES</b> One Under 4 and One 4-7 year old can swim with one adult</p> </div>	
7pm-9pm Rochdale Swimming Club	7pm-8pm Rochdale Swimming Club	4pm-7pm Link4Life Swim Academy	5pm-6pm Swimability	1pm-3pm Schools Learn to Swim		
9.15pm-10pm Ladies Only (over 16s Only)	9pm-10pm Men Only (under 16s must be accompanied by an adult)	7pm-8pm Rochdale Swimming Club	6pm-9pm Rochdale Swimming Club	4pm-7pm Link4Life Swim Academy		
		8pm-9pm Rochdale Sub Aqua Club	9pm-10pm Adults Only	8pm-9pm Rochdale Swimming Club		
		9pm-10pm Adults Only		9pm-10pm Adults Only		

# Small Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30am-11.30am Schools Learn to Swim	8.30am-9.15am Aqua Aerobics	9.15am-10am Aqua Aerobics	9.30am-11.30am Schools Learn to Swim	9.30am-11.30am Schools Learn to Swim	9am-2.30pm Link4Life Swim Academy	9am-4pm Public Swimming •
11.30am-12noon Swim Academy Starfish	9.30am-11.30am Schools Learn to Swim	10am-10.45am Aqua Aerobics	12.15pm-1pm Aqua Tots	12.15pm-1pm Aqua Tots	11am-2.30pm Public Swimming •	9am-2.30pm Link4Life Swim Academy
12noon-12.30pm Swim Academy Starfish	11.30am-12noon Swim Academy Starfish	11am-12noon Schools Learn to Swim	1pm-3pm Schools Learn to Swim	1pm-3pm Schools Learn to Swim	3.30pm-5pm Ladies Only Swim Academy	4pm-5pm Children's Parties
1pm-3pm Schools Learn to Swim	12noon-12.30pm Swim Academy Starfish	12.15pm-1pm Aqua Tots	3pm-4pm Aqua Tots	3pm-4pm Aqua Tots		
3pm-4pm Aqua Tots	1pm-3pm Schools Learn to Swim	1pm-3pm Schools Learn to Swim	4pm-7pm Link4Life Swim Academy	4pm-7pm Link4Life Swim Academy		
4pm-8.15pm Link4Life Swim Academy	3pm-4pm Aqua Tots	4pm-6pm Link4Life Swim Academy				
	4pm-7pm Link4Life Swim Academy	6.15pm-7pm Aqua Aerobics				
	7.15pm-8pm Aqua Aerobics					

## 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	Ladies Only	Lane Swim	Men Only	Swimability

• = Sessions with shared pool time. Session times may vary during school holiday times.

Note - Monday evening Ladies Only Swim Academy the Large Pool is open for public swimming\* Please be aware, swimwear policy in place