

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 from 3 months 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

Public & Special Sessions			
		L4L CARD	L4L EXTRA
Adult	£4.90	£4.40	£2.65
Under 16s	£2.50	£2.25	£1.35
Under 5s	FREE		
Family/Group Swim (2 Adults/4 Children)	£13.00		
Primetime Swim	£3.00	£2.70	£1.60
Aqua Tots Plus (Adult and one child)	£4.90		£2.40
Swimability	£2.10		
Spectators	£1.00		

Annual Swim Season Tickets		
Valid for Public & Special Sessions		L4L EXTRA
Adult	£242.00	£145.20
Junior	£121.50	
Lunch-time Swim	£121.50	
Valid Mon-Fri 12noon-2pm		

Swim Super Saver Tickets		
Buy 10 Swims, get 2 Free		
Adult		£49.00
Junior		£25.00

Fitness Classes			
		L4L CARD	L4L EXTRA
Adult	£6.60	£6.00	£5.30
<i>All Classes free to Fitness Members</i>			
Dales Over 60s (combined with sports)			

Link4Life Swim Academy		
Payment for the course is due at time of booking. Direct Debit also available. Price per lesson.		L4L EXTRA
Adult	£6.30	
*Junior	£5.10	£4.40
1:2 Lesson	£26.20	
1:1 Lesson	£18.00	
1:1 Lesson (Swimability)	£13.20	

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	8am-9am Aquabears Masters	8am-9am Lane Swim
9am-10am* Primetime Swim	9.30am-11.30am Schools Learn to Swim	9.30am-11.30am* Public Swim	8.45am-9.30am* Aqua Aerobics	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-11.30am* Adults Swim Better	9.30am – 11.30am* Public Swim	9.30am-11.30am Schools Learn to Swim	10.45am-11.30am 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	9.30am-11.30am* Schools Learn to Swim	11.30am-1pm Lane Swim	10.45am -1pm* Public Swim	4pm-6pm Rochdale ASC
1pm-3pm* Public Swim	1pm-4pm* Public Swim	1pm-3pm* Schools Learn to Swim	11.30am-1pm Lane Swim	1pm-3pm* Public Swim	1pm-3pm* Link4Life Swim Academy	
1pm-3pm* Schools Learn to Swim	3pm-3.45pm Aqua Relax	1pm-3pm* Public Swim	1pm-3pm* Schools Learn to Swim	1pm-3pm* Schools Learn to Swim	1pm-3pm* Family Swim	
3pm-4pm Family Swim	4pm-7.30pm Link4Life Swim Academy	3pm-3.45pm* Aqua Aerobics	1.15pm-3.30pm Staff Training	3pm-4pm* Swimability	3pm-5pm* Public Swim	
4pm-4.45pm Junior Aqua Fun	7.30pm-8.15pm* Aqua Aerobics	3pm-5pm* Family Swim	3.30pm-7pm* Public Swim	3pm-5pm* Family Swim		
4.45pm-7pm* Public Swim	8.15pm-10pm* Public Swim	4pm-7.30pm Link4Life Swim Academy	4pm-4.45pm* Junior Aqua Fun	4pm-7.30pm* Link4Life Swim Academy		
5pm-7.30pm Link4Life Swim Academy		5pm-7.30pm* Public Swim	5pm-6.30pm* Link4Life Swim Academy	5pm-7pm* Public Swim		
7pm-8pm* Public Swim		7.30pm-8.30pm Lane Swim	6.30pm-7.15pm* Adults Swim Start	7pm-8pm* Adults Only		
8pm-10pm Ramsbottom SC		8.30pm-10pm Adults only	7.15pm-8pm* Adults Swim Better	8pm-9.30pm Ramsbottom SC		
			7pm-7.45pm* Aqua Aerobics			
			8pm-10pm 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-11.30am Schools Learn to Swim	9.30am-11.30am Schools Learn to Swim	9am-12.30pm Link4Life Swim Academy	9am-1pm Family Swim
11.45am-12.45pm Aqua Tots Plus	11.45am-12.15pm Link4Life Swim Academy	11.30am-12.30pm Aqua Tots Plus	11.30am-1pm Family Swim	11.30am-12noon Link4life Swim Academy	12.30pm-4pm Family Swim	1pm-4pm Link4life Swim Academy
1pm-3pm Schools Learn to Swim	12.15pm-1pm Sure Start	1pm-3pm* Schools Learn to Swim	2pm-3pm* Schools Learn to Swim	12noon-1pm Family Swim	4pm-5pm Children's Parties	4pm-5pm Children's Parties
3pm-4pm Family Swim	1pm-3pm Schools Learn to Swim	1pm-3pm* Link4Life Swim Academy	2pm-7pm Link4Life Swim Academy	1pm-3pm Schools Learn to Swim		
4pm-7pm Link4Life Swim Academy	3pm-4pm Family Swim	3pm-4pm Family Swim	7pm - 8pm Family Swim	3pm-4pm Family Swim		
7pm-8pm Swimability	4pm-7pm Link4Life Swim Academy	4pm-7.30pm Link4Life Swim Academy		4pm-7.30pm Link4Life Swim Academy		
	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