

## 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 Monday-Friday 9am-5pm, Saturday & Sunday any time

Public & Special Sessions			
<i>Concession: Over 60, Unemployed or Disabled. Proof required.</i>			
		L4L CARD	L4L EXTRA
Adult	£5.00	£4.50	£2.70
Under 16s	£2.50	£2.25	£1.40
Under 5s	FREE		
Family/Group Swim (2 Adults/4 Children)	£13.30	£11.70	
Primetime Swim	£3.05	£2.70	£1.60
Aqua Tots (Adult and one child)	£4.90	£4.30	£2.45
Aqua Tots Plus (Adult and one child)	£5.00		£3.00
Swimability*	£2.00		
Spectators	£1.00		

Annual Swim Season Tickets		
<i>Valid for Public &amp; Special Sessions</i>		
		L4L EXTRA
Adult	£246.00	£148.00
Junior	£123.90	
Lunch-time Swim (Valid Mon-Fri 12noon-2pm)	£124.00	

Swim Super Saver Tickets		
<i>Buy 10 Swims, get 2 Free</i>		
		L4L CARD
Adult	£50.00	£44.10
Junior	£25.00	£22.50

Fitness Classes			
		L4L CARD	L4L EXTRA
Adult	£6.75	£6.00	£5.40
<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>	
Adult	£6.30
Junior	£5.10
1:2 Lesson	£26.20
1:1 Lesson	£18.00
1:1 Lesson (Special Needs)	£13.20
<i>Fitness Membership Option available</i>	
<i>* £5.00 returnable deposit is required for casual users</i>	

		5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm		
MONDAY	Main Pool			Lane Swim			Aqua Fit	Aqua Fit	Swimability	Lane Swim	School Swim		Staff	L4L Swim Academy Lessons			Aqua Fit	Lane Swim			
				Public Swim								Staff Training		Public Swim							
	Small Pool							Aqua Tots	L4L Swim Academy Lessons			Staff Training		L4L Swim Academy Lessons							
								Aqua Tots	L4L Swim Academy Lessons			Staff Training		L4L Swim Academy Lessons							
TUESDAY	Main Pool			Lane Swim			Swim School			Lane Swim	Swim School		L4L Swim Academy Lessons			Clubs		Lane Swim			
				Public Swim															Aqua Jog	Public Swim	
	Small Pool						Swim School		Aqua Tots+	L4L	Swim School		Public Swim	L4L Swim Academy Lessons			Aqua Fit				
							Swim School		Aqua Tots+	L4L	Swim School		Public Swim	L4L Swim Academy Lessons			Aqua Fit				
WEDNESDAY	Main Pool			Lane Swim			Swim School		Aqua Fit	Public Swim	Swim School		L4L Swim Academy Lessons			Clubs		Lane Swim			
				Public Swim								L4L Swim Academy Lessons			Clubs		Public Swim				
	Small Pool						Swim School		Aqua Tots	L4L	Swim School		Public Swim	L4L Swim Academy Lessons			Clubs				
							Swim School		Aqua Tots	L4L	Swim School		Public Swim	L4L Swim Academy Lessons			Clubs				
THURSDAY	Main Pool			Lane Swim			Swim School			Lane Swim	Swim School		L4L Swim Academy Lessons			Anti Natel	Aqua Jog	Clubs			
				Public Swim															Clubs		
	Small Pool						Swim School		Aqua Tots+	L4L	Swim School		Public Swim	L4L Swim Academy Lessons							
							Swim School		Aqua Tots+	L4L	Swim School		Public Swim	L4L Swim Academy Lessons							
FRIDAY	Main Pool			Lane Swim			Aqua Fit	Aqua Fit	Swim School	Lane Swim	Swim School		L4L Swim Academy Lessons			Lane Swim					
				Public Swim																	
	Small Pool							Swim School	Public Swim	Swim School		Public Swim	L4L Swim Academy Lessons								
								Swim School	Public Swim	Swim School		Public Swim	L4L Swim Academy Lessons								
SATURDAY	Main Pool				Lane Swim	L4L Swim Academy Lessons					Public Swim	Aqua Fun	Birthday Parties								
				Public Swim								Aqua Fun	Birthday Parties								
	Small Pool					L4L Swim Academy Lessons	Aqua Tots	L4L Swim Academy Lessons			Public Swim										
						L4L Swim Academy Lessons	Aqua Tots	L4L Swim Academy Lessons			Public Swim										
SUNDAY	Main Pool				Lane Swim	L4L Swim Academy Lessons					Public Swim	Lane Swim									
				Public Swim																	
	Small Pool					L4L Swim Academy Lessons	Public Swim					Birthday Parties									
						L4L Swim Academy Lessons	Public Swim					Birthday Parties									

Clubs   Lane Swim   L4L Swim Academy lessons   Birthday parties   L4L Schools   Aqua Fitness Class   Public Swim   Swimability   Aqua Fun   Aquatots/-   Staff Training