

## 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 from birth.

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

Thursday 8.30pm-10pm

### Ladies Only

Saturday 2.30pm-5pm

All other times are mixed sessions for male and females.



## Rochdale Leisure Pool Prices

Public & Special Sessions	L4L	
	CARD	EXTRA
Adult	£5.00	£2.70
Under 16s	£2.50	£1.40
Under 5s	FREE	
Family/Group Swim (2 Adults/4 Children)	£13.30	£12.00
Primetime Swim	£3.05	£1.60
Aqua Tots (Adult and one child)	£4.90	£2.45
Aqua Tots Plus (Adult and one child)	£5.00	£3.00
Swimability*	£2.00	
Spectators	£1.00	

Annual Swim Season Tickets	L4L	
	CARD	EXTRA
Adult	£246.00	£148.00
Junior	£123.90	
Lunch-time Swim (Valid Mon-Fri 12noon-2pm)	£124.00	

Swim Super Saver Tickets		L4L	
Buy 10 Swims, get 2 Free		CARD	EXTRA
Adult	£50.00	£45.00	
Junior	£25.00	£22.50	

Fitness Classes		L4L	
		CARD	EXTRA
Adult	£6.75	£6.10	£5.40
All Classes free to Fitness Members			

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

Thermal Suite		L4L	
		CARD	EXTRA
Use of swimming pool included (as available)	£11.20	£10.10	£8.40
Fitness Membership Option available * £5.00 returnable deposit is required for casual users			

		6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MONDAY	Large Pool	Lane Swim •		Primetime •			Lane Swim •		Schools Learn to Swim		Link4Life Swim Academy			Rochdale Swimming Club		Ladies Only*		
		Schools Learn to Swim					Public Swimming •											
	Small Pool	Schools Learn to Swim				Starfish	Schools Learn to Swim		Aqua Tots	Link4Life Swim Academy								
TUESDAY	Large Pool	Lane Swim •		Primetime •			Lane Swim •		Schools Learn to Swim		Link4Life Swim Academy			Rochdale Swimming Club	Men Only*			
		Schools Learn to Swim					Public Swimming •											
	Small Pool	Aqua Aerobics		Schools Learn to Swim			Starfish	Schools Learn to Swim		Aqua Tots	Link4Life Swim Academy				Aqua Aerobics			
WEDNESDAY	Large Pool	Lane Swim •			Schools Learn to Swim		Lane Swim •	Closed Staff Training			Link4Life Swim Academy			Rochdale Swimming Club	Rochdale Sub Aqua Club	Adults Only		
		Schools Learn to Swim					Public Swimming •											
	Small Pool	Aqua Aerobics		Aqua Aerobics	Schools Learn to Swim	Aqua Tots	Schools Learn to Swim		Link4Life Swim Academy			Aqua Aerobics						
THURSDAY	Large Pool	Lane Swim •		Primetime			Lane Swim •		Schools Learn to Swim		Link4Life Swim Academy	Swimability	Rochdale Swimming Club				Adults Only	
		Schools Learn to Swim					Public Swimming •											
	Small Pool	Schools Learn to Swim				Aqua Tots *	Schools Learn to Swim		Aqua Tots	Link4Life Swim Academy								
FRIDAY	Large Pool	Lane Swim •		Aqua Aerobics	Aqua Aerobics	Lane Swim •		Schools Learn to Swim		Link4Life Swim Academy			Rochdale Swimming Club		Adults Only			
		Schools Learn to Swim				Public Swimming •												
	Small Pool	Schools Learn to Swim				Aqua Tots	Schools Learn to Swim		Aqua Tots	Link4Life Swim Academy								
SATURDAY	Large Pool	Lane Swim •		Link4Life Swim Academy			Aqua Fun		Ladies Only*									
		Public Swimming •																
	Small Pool	Link4Life Swim Academy						Ladies Only Swim Academy Lessons			Public Swimming •							
SUNDAY	Large Pool	Link4Life Swim Academy						Aqua Fun		Children's Parties								
		Public Swimming •																
	Small Pool	Link4Life Swim Academy						Children's Parties		Public Swimming •								

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. Notes - Monday evening Ladies Only Swim Academy the Large Pool is open for Public Swimming and is over 16s only. Please be aware, swimwear policy in place.

Tuesday Men Only - under 16s must be accompanied by an adult. Saturday Ladies Only includes boys and girls under 8. Starfish session is Starfish Swim Academy

\* = term time only