

Additional Information

The Benefits of Swimming

Psychological - Swimming is a great way of alleviating stress. Mastering a new skill can result in a great sense of achievement and satisfaction. Try a Wellbeing session.

Physical - Swimming can improve strength, stamina and suppleness. Regular exercise can help to improve fitness and enable the body to work more efficiently. Try an Active session.

Rehabilitating - Swimming allows muscles to be exercised against the resistance of the water, helping to maintain fitness and mobility. Try a Wellbeing session.

Social - Swimming is a good way to meet new friends and is an activity the whole family can participate in. Try a Social or Family session.

Safety - Being able to swim and perform simple personal survival skills are valuable life skills. Try Swim School or a Social session.

Access to other water based activities - The ability to swim facilitates access to other water-based activities such as sailing, water skiing, canoeing, and surfboarding with a degree of safety and confidence.

Pool Safety Information

- Shower before entering the pool
- Swim within your ability - use equipment and buoyancy aids if required
- Do not swim if feeling unwell
- Inform a lifeguard if you have any medical conditions
- Look out for yourself and others while in the pool
- Be aware of danger - sudden pool depths, slippery surfaces
- Listen out for the emergency alarms or lifeguard instruction

Clothing and Equipment

Speedo products including costumes, shorts, armbands and training fins are all available to buy at Reception. See the SRS Leisure catalogue for full details of all products available. Products can be ordered at no extra cost and will be guaranteed delivery to the centre within 48 hours for collection.

Membership feels great...

- No Joining fee
- No Contract*
- 10 Day Money back Guarantee
- Ability to Freeze
- Fixed Price for Life*

*depending on Membership type

Horwich Leisure Centre
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Opening Times

Monday-Friday

06.30 - 22.00

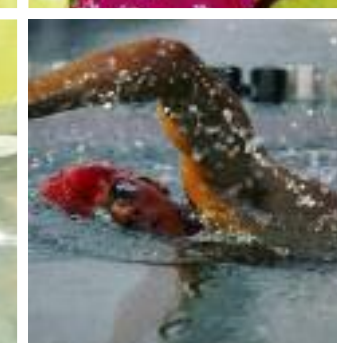
Saturday

08.00 - 20.00

Sunday

08.00 - 21.00

Pool Timetable



Session Descriptions



H2O-ACTIVE

Active sessions are for those looking to use swimming for exercise purposes, or to improve fitness levels. Active sessions permit the use of training aids and equipment for the more serious swimmer.

- Lane Swimming/Adult Only Lane Swimming
- Early Morning Swim
- Lunchtime Swim/Adult Only Lunchtime Swim
- Aqua Tone
- Over 50s Aqua Tone



H2O-SOCIAL

Social sessions are for those looking to get enjoyment out of swimming. These sessions enable you to swim with others of similar ability and are a great way to meet like-minded swimmers.

- General Swim
- Over 50's Swim



H2O-WELLBEING

Wellbeing sessions are for those looking to use swimming to improve overall health, fitness and wellbeing. A great way to exercise, tone and relieve stress.

- Aqua Natal
- Women Only Swim
- Adult Swim



H2O-FAMILY

Family sessions have been specifically designed for those with children. The Family sessions offer a calm and enjoyable atmosphere for young and old alike - the perfect family day out.

- Family Swim
- Parent and Toddler Swim



H2O-PARTY

Party sessions are perfect for children and teenagers. These fun sessions offer a lively, energetic and exciting atmosphere - the perfect pool party!

- Fun Session



Swim Life is the swimming lesson programme. Pupils progress through structured levels with a qualified swimming instructor, learning valuable skills and stroke techniques.

Pool Timetable

	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
POOL 1	MON	BOLTON METRO SWIMMING CLUB	ACTIVE LANE SWIMMING SOCIAL GENERAL SWIM	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	ACTIVE ADULT SOCIAL GENERAL SWIM	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	ACTIVE ADULT SOCIAL GENERAL SWIM	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	H2O swimlife SWIMMING LESSONS (5 lanes)	FAMILY SWIM	HORWICH LEISURE CENTRE SWIM CLUB	ACTIVE ADULT LANE SWIMMING					
	TUE	BOLTON METRO SWIMMING CLUB	ACTIVE LANE SWIMMING SOCIAL GENERAL SWIM	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	ACTIVE ADULT SOCIAL GENERAL SWIM	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	FAMILY SWIM	H2O swimlife SWIMMING LESSONS (2 lanes)	PRIVATE HIRE	ACTIVE ADULT WELLBEING ADULTS ONLY							
	WED		ACTIVE LANE SWIMMING SOCIAL GENERAL SWIM	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	ACTIVE ADULT SOCIAL GENERAL SWIM	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	ACTIVE	H2O swimlife SWIMMING LESSONS (3 lanes)	ACTIVE	WELLBEING ADULTS	HORWICH SUB AQUA CLUB						
	THU	BOLTON METRO SWIMMING CLUB	ACTIVE LANE SWIMMING SOCIAL GENERAL SWIM	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	ACTIVE ADULT SOCIAL GENERAL SWIM	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	FAMILY SWIM	H2O swimlife SWIMMING LESSONS (4 lanes)	ACTIVE	WELLBEING LADIES ONLY	WELLBEING ADULTS						
	FRI	BOLTON METRO SWIMMING CLUB	ACTIVE LANE SWIMMING SOCIAL GENERAL SWIM	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	ACTIVE ADULT	WELLBEING EDUCATIONAL SWIMMING LESSONS (2 lanes)	FAMILY SWIM	ACTIVE ADULT	H2O swimlife SWIMMING LESSONS (3 lanes)	SWIM LINK (1 Lane)	HORWICH LEISURE CENTRE SWIM CLUB						
	SAT	BOLTON METRO SWIMMING CLUB	HORWICH LEISURE CENTRE SWIM CLUB	H2O swimlife SWIMMING LESSONS (3 lanes)	FAMILY SWIM	RAVE WAVE	POOL HIRE PARTY	HORWICH LEISURE CENTRE SWIM CLUB										
	SUN	BOLTON METRO SWIMMING CLUB	ACTIVE ADULT	FAMILY FUN	FAMILY SWIM	FAMILY FUN	PRIVATE HIRE	ACTIVE SWIMFIT	CANOE LESSONS									
POOL 2	MON			EDUCATIONAL SWIMMING LESSONS	H2O swimlife SWIMMING LESSONS	FAMILY SWIM	H2O swimlife SWIMMING LESSONS	FAMILY FUN										
	TUE			EDUCATIONAL SWIMMING LESSONS	PARENTS & TODDLERS	FAMILY SWIM	H2O swimlife SWIMMING LESSONS											
	WED			EDUCATIONAL SWIMMING LESSONS	PARENTS & TODDLERS	FAMILY SWIM	H2O swimlife SWIMMING LESSONS	FAMILY FUN										
	THU			EDUCATIONAL SWIMMING LESSONS	PARENTS & TODDLERS	FAMILY SWIM	H2O swimlife SWIMMING LESSONS	FAMILY FUN										
	FRI			EDUCATIONAL SWIMMING LESSONS	H2O swimlife SWIMMING LESSONS	FAMILY SWIM	H2O swimlife SWIMMING LESSONS	FAMILY FUN										
	SAT			H2O swimlife SWIMMING LESSONS	FAMILY SWIM	FAMILY FUN	POOL HIRE PARTY											
	SUN			FAMILY FUN	FAMILY SWIM	FAMILY FUN	PRIVATE HIRE											

Under 8s Policy: All H2O Sessions (Except H2O Family) Children aged 4-7 years must be accompanied by a responsible adult (i.e. over the age of 16 years) in the ratio 2:1. Children under the age of 4 years must be accompanied by a responsible adult (i.e. over the age of 16 years) in the ratio 1:1.

H2O Family: Children aged 4-7 years must be accompanied by a responsible adult (i.e. over the age of 16 years) in the ratio 3:1. If one or more child is aged under 4, then they must be accompanied in the ratio 2:1.

Please note timetable was correct at time of print. Times and sessions are subject to change. Please contact the Centre for the latest information. Please note that during the school holidays the pool programme will change - please contact reception for more details. (Last entry into the pool 1/2 hour prior to the pool closing)