

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

Ladybridge Leisure Centre

New York, Deane, Bolton BL3 4NG

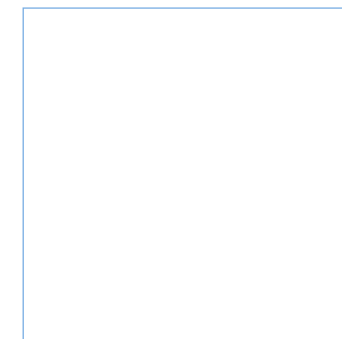
Telephone: 01204 334 432

Email: deane.bolton@leisure.serco.com

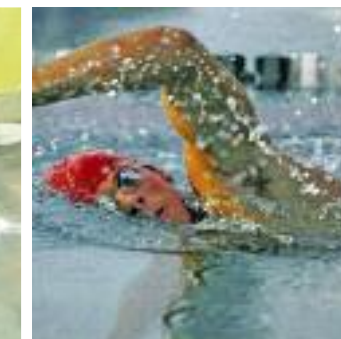
Web: www.boltonleisure.com



Opening Times
Monday-Friday
 05.15pm - 10.00pm
Saturday
 09.00am - 05.30pm
Sunday
 09.00am - 07.00pm



Pool Timetable



the
ultimate
 swimming
 experience

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
- Men 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

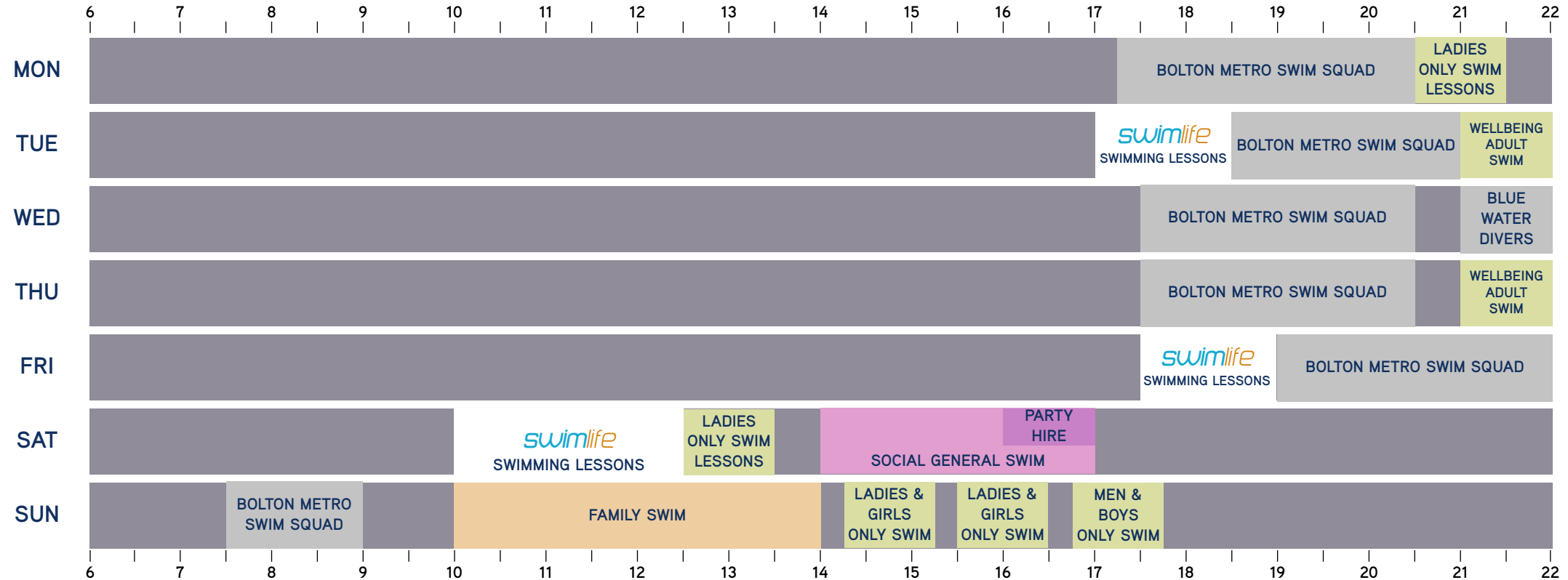
Party sessions are perfect for children and teenagers. These fun sessions offer a lively, energetic and exciting atmosphere - the perfect pool party!

- 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



Please note timetable was correct at time of print. Times and sessions are subject to change. Please contact the Centre for the latest information.

Under 8's Policy

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.