

Disability Swimming Sessions

Disability swimming sessions take place at the following sites:

Howe Bridge Sports Centre – main pool - Friday 11.15am-12.15pm

Leigh Indoor Sports Centre- Monday 11.00am-12.00pm

You do not need to pre- book any of the above sessions.

Children's Disability Swimming Sessions

Ashton Leisure Centre – Saturday 3-4pm Family Disability Swimming Session.

Pre Booking is required -please contact Ashton Leisure Centre 01942 720826 to book a place.

During the school holidays Children's Disability Swimming Sessions take place, please see the centres swimming holiday timetable for further information.

Please see the Active Life home page for each centre.

Pre -Booking is required at these sessions-please contact the relevant centre to book a place.

Swimming lessons for children with disabilities

Swimming lessons take place at:

Ashton Leisure Centre on Wednesday 5-5.30pm; Hindley Pool on Friday 6.30pm-7pm, 7pm-7.30pm; 7.30pm-8pm and Howe Bridge Sports Centre on Friday 4.30-5pm;

Equipment

All Active Life Pools have pool hoists to assist with access into the water.

Hindley Pool and Ashton Leisure Centre have hygiene suites.

All the pools have New Age Floatation mats which are a unique matrix of balls giving total support and independence in the water for all abilities. It has a wide application in the leisure market as an exercise unit and an aid to relaxation as well as being a fun toy in the water for all.

Free Swimming

A Free Swimming scheme is in operation, to take part in the Free Swimming sessions all participants must have a valid Lifestyle Membership card, otherwise you will be charged the general swimming admission price. Further information and an application form can be downloaded from www.wlct.org/lifestyle

The application can be processed on your first visit to the pool.