

Please note: Ashton Leisure Centre will be operating one hourly casual swimming sessions at busy periods to enable more customers access to the pool.

MAIN POOL

MONDAY	
7.15am - 9.00am	EARLY BIRDS
11.45am - 1.00pm	CASUAL SWIM
3.10pm - 4.00pm	AQUA NATAL
5.30pm - 6.30pm	CASUAL SWIM
6.30pm - 7.30pm	FAMILY SWIM
7.30pm - 8.30pm	LADIES ONLY
8.30pm - 9.30pm	SWIMFIT
TUESDAY	
11.45am - 1.00pm	CASUAL SWIM
5.30pm - 6.30pm	CASUAL SWIM
6.30pm - 8.00pm	FAMILY SWIM
WEDNESDAY	
7.15am - 9.00am	EARLY BIRDS
11.45am - 1.00pm	CASUAL SWIM
5.00pm - 5.30pm	ADULT SWIM LESSON
8.00pm - 9.00pm	LADIES ONLY
9.00pm - 10.00pm	SWIMFIT
THURSDAY	
11.45am - 1.00pm	CASUAL SWIM
5.30pm - 6.30pm	CASUAL SWIM
6.30pm - 7.30pm	CASUAL SWIM
FRIDAY	
11.45am - 1.00pm	CASUAL SWIM
1.10pm - 1.40pm	ADULT SWIM LESSONS
5.15pm - 6.30pm	CASUAL SWIM
8.00pm - 9.00pm	SWIMFIT
SATURDAY	
11.00am - 12.30pm	FAMILY SWIM
12.30pm - 2.00pm	CASUAL SWIM
SUNDAY	
9.00am - 10.00am	ADULTS ONLY
10.00am - 11.00am	CASUAL SWIM
11.00am - 12noon	CASUAL SWIM
12noon - 1.00pm	FAMILY SWIM
1.00pm - 2.00pm	FAMILY SWIM

CHILDREN'S POOL

MONDAY	
12.15pm - 1.00pm	AQUA AEROBICS
6.00pm - 8.00pm	FAMILY SWIM
TUESDAY	
12noon - 1.00pm	SWIMTOTS
6.00pm - 7.00pm	FAMILY SWIM
7.15pm - 8.00pm	AQUA AEROBICS
8.15pm - 9.00pm	AQUA AEROBICS
WEDNESDAY	
12noon - 1.00pm	FAMILY SWIM
6.00pm - 8.00pm	FAMILY SWIM
8.15pm - 9.00pm	AQUA AEROBICS
THURSDAY	
12.00pm - 1.00pm	FAMILY SWIM
6.00pm - 7.00pm	FAMILY SWIM
7.15pm - 8.00pm	AQUA AEROBICS
8.15pm - 9.00pm	AQUA AEROBICS
FRIDAY	
12noon - 1.00pm	SWIMTOTS
6.00pm - 8.00pm	FAMILY SWIM
SATURDAY	
12noon - 2.00pm	FAMILY SWIM
SUNDAY	
9.30am - 2.00pm	FAMILY SWIM



	LS FREESTYLE (£1.50 annual fee)	LS YOUNG ADULT (£1.50 annual fee)	ADULT (22- 59yrs) (£1.50 annual fee)	LS CONCESSION (£1.50 annual fee)	LS SENIOR (£1.50 annual fee)	GP REFERRAL
Early birds/casual swim/ family swim	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Swimtots	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Aqua Aerobics	£2.85	£2.85	£3.85	£2.85	£2.85	£2.85
Low aqua aerobics	£2.20	£2.20	£2.20	£2.20	£2.20	£2.20
Aqua Natal	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Adults Only	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Ladies only	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Swim Fit	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Adult swim lesson single	-----	£3.90	£3.90	£3.90	£3.90	£3.90
Junior swim lesson x 10	£39.00	-----	-----	-----	-----	-----
Locker token	£0.20	£0.20	£0.20	£0.20	£0.20	£0.20

Please note that if you forget your Lifestyle Card you will be charged full price.

Early birds
Casual swim
Family Swim

An early casual swim session for all ages. All under 8's must be accompanied by an adult.
A casual swim session for all ages. Under 8's must be accompanied by an adult.
An ideal opportunity to bring along the whole family to a fun filled session.

All children must be accompanied by an adult.

*Swim Fit
* Swim Tots
*Adults only swim
*Ladies only
*Adult swim lesson
*Aqua natal

Provides a dedicated lane swimming session for adults of all abilities (16+)
This session is ideal to introduce your child to water in a safe and controlled environment.
A swim session for adults only (16+)
As the name suggests, these sessions are dedicated to ladies only. (14+)
Learn new skills in a friendly and relaxed environment.
These classes, organised by a midwife team are designed to provide gentle and relaxing exercise to music.

Admissions policy.

- * Children aged 4-7 years must be accompanied into the water by a responsible adult on a maximum two-to-one basis.
- * One child 3 years or under and one child aged 4-7 years can be accompanied by 1 adult if the child aged 3 years or under wears approved buoyancy aids. For further details, please ask at reception.