

Heywood Sports Complex



Centre Programme

www.link4life.org/heysports
 West Starkey Street,
 Heywood, OL10 4TW
01706 367212



Regular Sessions

Pre-School

Turbo Tots			
Tues	8months-3 years	10am-11.30am	£2.20

Junior

Trampoline			
Thurs	8-15 years	4pm-6pm	£2.75

Over 50s

Primetime	Weds & Fri	4pm-6pm	£2.90
Primetime PTL			£2.10

Please ring the centre for more details. Sessions may be subject to change.

Equipment Hire

Badminton Racquet/Ball Hire	
Adult	£1.50
Junior	£0.75

A range of other equipment is available to buy.

Fitness Membership

Link4Life Fitness offers a range of all inclusive membership options including off-peak, corporate and Passport to Leisure. Each gives you access to our fully equipped fitness suite with swimming, an extensive timetable of aquatics and fitness sessions and sauna and steam, as available at any of our four centres in Heywood, Middleton, Rochdale and Littleborough, plus casual use of the running track at Springhill Sports Centre.

Use of all facilities are available to non-members – just ‘pay as you go’ for each session you attend. An induction is required.

Opening Times

Monday-Friday: 9am-10pm, Saturday: 9am-5pm, Sunday: 9am-4pm

Off-peak/PTL Fitness Membership and Casual Use: Monday-Friday: 9am-5pm, Weekends: Any time.

Membership options start from £16 per month with a complimentary induction.

Please contact the Centre for details.

WHY NOT JOIN ONLINE? Visit www.link4life.org/fitness

Synthetic All Weather Sports Pitch

Heywood's floodlit synthetic all weather pitch can provide your team with a first class training facility for a variety of sports including football, rugby and hockey. Full size pitches and 7-a-side pitches available. Changing and shower facilities are provided.

Opening Times

Monday - Friday	9am - 10pm
Saturday & Sunday	9am - 4pm

Times may vary during school holidays.

Prices: Per hour

		Adult	Junior
Full Pitch	Full	£135.25	£69.00
	Off Peak	£57.50	£35.00
7-a-Side Pitch	Full	£45.00	£28.00
	Off Peak	£32.50	£21.50

Seasonal courses and Clubs

Junior Hockey and Netball sessions run at intervals during the year.

School Holiday Coaching Courses

Please ask for details of sessions available.

Sports Hall

Facilities available for hire by the hour include sports hall for five-a-side football and 4 badminton courts. Equipment is also available for hire.

Opening Times

Monday - Friday	9am - 10pm
Saturday & Sunday	9am - 4pm

Times may vary during school holidays.

Booking Details

Bookings can be made in person or by phone with payment due within 48 hours of the booking being made. 10 week block bookings are available, payable in advance.

Off-peak rates are available Mon-Sun, last booking Adults 5pm, Juniors 4pm.

Last booking for Juniors: 6pm. All bookings after 7pm are charged at Adult rate.

Passport to Leisure (PTL) discounts are available Mon-Fri 9am-5pm, Saturday and Sunday any time.

Prices

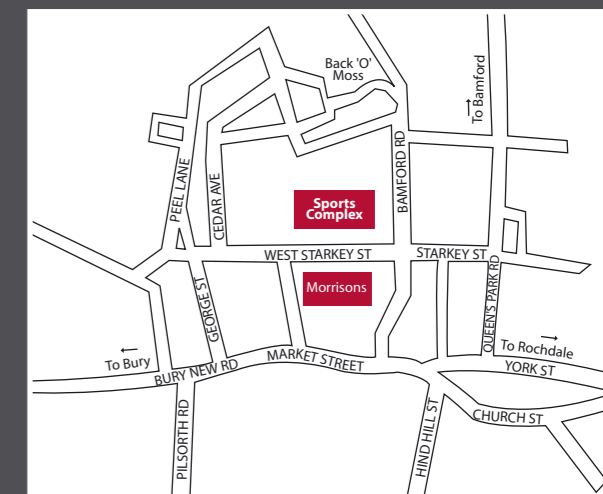
Prices per session: 55 minutes unless otherwise stated.

	Adult	Junior
Full Hall	£45.00	N/A
Off Peak	£35.00	£21.50
Half Hall	£22.50	N/A
Off Peak	£17.50	£10.75
Badminton (per court)	£9.20	N/A
Off Peak	£6.50	£4.20
PTL	£5.20	£3.35
Cricket Nets (2 lanes)	£45.00	N/A
Off Peak	£35.00	£21.50

Prices may be subject to change.

- Aquatics
- Fitness
- Racquets
- Sports

Heywood Sports Complex



Where to find us

Free parking is available at Heywood Sports Complex with lighting and CCTV. Heywood Town Centre is approximately 2 minutes away served by all local bus routes.

Access

Link4Life is committed to providing a service that provides equal opportunity and access for all.

- Disabled access available to pool and sports hall.
- Access to Fitness Studio by stairs only.

This information is available in other formats on request.

For more information about sport, leisure and culture in the Borough of Rochdale visit

www.link4life.org

Link4Life is the trading name of Rochdale Boroughwide Cultural Trust. Registered Charity No: 1118610



Regular Sessions

With an instructor

Aqua Aerobics

Low impact exercise workout in water for swimmers and non swimmers.

Aqua Natal

Ideal gentle exercise during pregnancy.

Aqua Tots

A chance to have fun and gain confidence in the water with a qualified instructor. From approx 3 months upwards. Each child must be accompanied by an adult. Child admitted free.

Learn to Swim

ASA Swimming Awards. 30 minute lessons for 3 year olds and upwards. Also available for adults only with individual tuition available. Booking required.

Without an instructor

Aqua Fun

Fun pool session with floats and inflatables.

Early Morning Swims

Wake yourself up with an this early morning swim session.

Family Swim

Designed for parents and children to swim together.

Swimability

For people with disabilities and their families. A special session in addition to all public swimming times.

Swim Fit

For people who want to swim for fitness with lane swimming. Design your own water workout using ASA training programmes available on poolside.

Primetime

Pool session for 50 plus swimmers.

Women only

Go on you guys – give the women a bit of space!

School Groups

Group bookings can be made during public swimming times without instruction.

Please note:

On some occasions pool time may be shared. Session times may vary during school holiday periods.

Swimming Pool Child Admission Policy

A responsible person aged at least 18 years (or parent) must accompany all children under the age of 8 into the swimming pool area.

The responsible person must at all times ensure that they maintain a constant watch over the children for whom they are responsible, particularly those children who are weak or non-swimmers and always follow the instructions of staff as and when directed.

In all cases, weak and non-swimmers are restricted at all times to the designated non-swimmer areas of the pools which are the teaching pool area and the shallow end of the main pool as indicated, and must also wear suitably approved buoyancy aids.

A responsible person may supervise children under the following ratios:

 **UNDER 4 Years**
One Adult : One Child

 **AGE 4 - 7 Years**
One Adult : Two Children

 **MIXED AGES**
One Adult: One Under 4 and One 4-7 year old

School Groups

Group bookings can be made during public swimming times without instruction.

Passport to Leisure

PTL discounts are available Monday-Friday 9am-5pm and any time at weekends with access to public swimming and all sessions without an instructor. Additional discounts for instructor-led sessions as advertised. PTL membership card must be shown on every visit to receive a discount. For membership enquiries please contact reception.

Pool hire and parties

The 25 metre pool is available for group or club bookings with spectator facilities for 44 people. The Learner Pool can be hired for birthday parties with self catering. Please contact the Centre for further details and to discuss your special requirements.

Please note:

On some occasions pool time may be shared. Session times may vary during school holiday periods.

Large Pool Programme

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am-9am Swim Fit						
9am-10am Dales Swinging 60's	9.30am-12noon Primary Schools Programme	9.30am-11am Public Swim	9.30am-11am Public Swim	8.30am-9.30am Public Swim	9am-10am Lane Swim / Adult Only	9am-12noon Family Swim
10am-12noon Primary Schools Programme				10am-12noon Primary Schools Programme	10am-11am Family Swim	
		1.15pm-1.15pm Women Only	11am-12noon School Learn to Swim		11am-12noon Public Swim	
12.15am-1.15pm Primetime Session	12.15am-1.15pm Swim Fit	1.15pm-2pm Swim Fit / School Learn to Swim	12.15am-1.30pm Swim Fit	12noon-1pm Swim Fit	12noon-1pm Aqua Fun	12noon-1pm Adults Only
1.30pm-3pm Primary Schools Programme	1.30pm-3.30pm Primary Schools Programme		1.30pm-3.30pm Staff Training	1pm-3pm Primary Schools Programme	1pm-2pm Learn to Swim	
		2pm-3pm Aqua Fit / School Learn to Swim				
3.15pm-5pm Family Swim		3pm-5pm Family Swim		3.45pm-4.45pm School Use		
	4pm-7.30pm Learn to Swim		3.45pm-5pm Family Swim			
5pm-6pm Swimability		5pm-7pm Public Swim	5pm-7pm Public Swim	5pm-8pm Learn to Swim		
6pm-7pm Public Swim		7pm-8pm Adults Only				
7pm-8pm Adults Only / Aqua Natal	7.30pm-8.30pm Aqua Fit	7pm-8pm Adult Only Session	7pm-8pm Aqua Fit			

Learner Pool Programme

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9.30am-12noon Primary Schools Programme	9.30am-11am Family Swim	9.30am-11am Family Swim	8.30am-9.30am Family Swim	9am-4pm Learn to Swim	9am-12noon Family Swim
10am-12noon Primary Schools Programme				10am-12noon Primary Schools Programme		
12.15am-1.15pm Aqua Tots	12.15am-1.15pm Aqua Tots					
1.30pm-3pm Primary Schools Programme	1.30pm-3.30pm Primary Schools Programme	1.30pm-3pm Learn to Swim	1.30pm-3.30pm Staff Training	1pm-3pm Primary Schools Programme		
3.15pm-4pm Family Swim		3pm-4pm Family Swim		3.45pm-4.45pm School Use		
4pm-7pm Learn to Swim	4pm-7.30pm Learn to Swim	4pm-7pm Learn to Swim	4pm-7pm Learn to Swim			
				5pm-8pm Learn to Swim		



Pool Prices

Without Instructor

Adult Swim	£3.00
Adult Concession*	£2.60
Adult PTL	£1.60
Over 60s	Free
Under 16s	Free
Spectators	£1.00

*Concessionary: Unemployed or Disabled

With Instructor

Aqua Aerobics/Water Workout/Aqua Natal	£4.30
Aqua Tots	
Adult - one child admitted free	£3.50
Adult PTL - one child admitted free	£2.00

Primetime

Adult	£1.95
Adult PTL	£1.45

Learn to Swim

Payment for the course is due at the time of booking
Price per lesson

Adult	£4.80
Adult PTL	£3.50
Junior/Under 5's	£3.95
Junior/Under 5's PTL	£3.00
Joining Pack	£6.50
One to One - Special Needs	£11.00
One to One - Lessons	£14.70

Swim & Save

Lunch Time Swim Pass	£90.00
Adult Season Ticket	£170.00
PTL/Concession Season Ticket	£85.00

Swim SuperSaver

Buy 10 swims and get 2 free	
Adult	£29.50
Concessionary	£25.00

Heywood's Sports Village opens September 2010

This £10.4million centre now under construction has fantastic new facilities

- 25m, 6 lane swimming pool
- 13m x 7m learner pool
- 100 station fitness centre with changing facilities and steam rooms
- Dance and aerobics studio
- 4 court sports hall
- 2 community/training rooms
- 1 youth activity room
- Shokk youth gym
- Indoor male and female wet/dry changing rooms with separate family changing village
- Outdoor team changing rooms
- 3 full-size grass playing pitches
- 1 junior grass playing pitch
- 60m x 40m floodlit synthetic sports pitch in addition to the existing synthetic pitch
- New surfaced car park for 200 cars

Link4Life aims to provide continuity of service during the building project and keep disruption to customers to a minimum.

For more information visit www.link4life.org/heywoodvillage

