



# Swimming Timetable

## Spring 2012

Rotherham Leisure Complex  
Maltby Leisure Centre  
Aston-cum-Aughton Leisure Centre  
Wath upon Dearne Leisure Centre

# Welcome...

Our centres offer some of the finest and best equipped water based facilities in the region that cater for a range of aquatic activities including parent and toddler swimming, Swim Academy Lessons, family fun sessions, fitness swimming, water based fitness classes and competitive aquatic clubs.

## Rotherham Leisure Complex

- Main Pool – 25 metre 6 Lane with moveable floor
- Teaching Pool – Graduated step entrance
- Leisure Water – Lazy waters and bubble pool
- Flume
- Sauna & Steam Room

## Maltby Leisure Centre

- Competition Pool – 25 metre 6 Lane with moveable floor and competition timing system
- Activity Pool – Moveable floor for shallow water and deep water
- Diving Boards – 5 metre, 3 metre and 1 metre diving boards.

## Aston-cum-Aughton Leisure Centre

- Main Pool – 25 Metre 5 Lane
- Teaching Pool – Graduated step entrance

## Wath upon Dearne Leisure Centre

- Main Pool – 25 Metre 5 Lane
- Teaching Pool – Graduated step entrance

## Swim Supervision Policy

Children under 8 years old must be supervised in the water and changing rooms by a parent or adult 18+ years. A maximum of 2 children under 8 is permitted per parent/adult.

This is the recommendation of the Healthy & Safety Executive.

At all pools a timed band system operates during busy times.

**Download the free Splashpath App for your Smartphone to view our swimming timetable wherever you are!**



In association with

**Splashpath**

## Swimming Prices

Under 8 years	Free*
Junior (3-15 years)	£2.55
Junior Rothercard	£2.00
Adult (16+ years)	£3.60
Rothercard / Concession	£2.55
Family Swim (2 Adults & 2 Children)	£10.70
Aqua Classes	£4.45
Aqua Classes Rothercard	£3.10

With a kinetika membership you can benefit from free swimming and aqua classes.

\* Subject to availability. A £2 admissions fee charged for all new applications.

Conditions apply.



## Swim Sessions

**All welcome** – A session available to all for fun and fitness

**Lane swimming** – A structured lane session for anyone wanting to swim lengths to develop fitness or to have a relaxing swim.

**Adult swimming** – An unstructured session available for those 16 and above, male and female.

**Adult Lane swimming** – A structured lane session for adults wanting to swim lengths to develop fitness or to have a relaxing swim.

**Parent & Toddler** – A fun session with play equipment aimed at parents with children aged 6 months to 5 years (term time only).

**Family Swimming** – A session for parents and their children (All children must be accompanied by a parent).

**Family fun session** – A session for parents and their children with play equipment (All children must be accompanied by a parent).

**Fun session** – Sessions open to all with play equipment.

**Woman Only** – Sessions available for women only

**Aqua Aerobics** – A low impact aerobics session in the pool suitable for all abilities.

**Aqua Jogging** – An instructor led activity for anyone wanting a highly effective workout with low or no impact.

**Aqua Circuits** – Equivalent to circuits in the gym this is based on a range of activities where participants move between stations to tone specific muscle groups and develop aerobic fitness.

**Aqua Natal** – A wonderful form of safe exercise during and after pregnancy, both fun and relaxing, freeing you from the weight of your pregnancy for an hour or so.

**Diving Boards** – For those wishing to practice or improve their diving.

**Swimfit** - A free pool-based health and fitness programme. Various swim style session cards which include expert help and guidance available on the poolside to help you set your own personal challenges.

Activities are subject to change and availability, please check with reception prior to your visit. Outside of these sessions the pool is used for swimming lessons, schools, staff training and private hire.

**Timetable available in large format. Contact reception for details.**

# Rotherham Leisure Complex

## Main Pool

### Monday

7.00am – 8.55am	Lane Swimming/Swimfit
9.00am – 9.55am	All Welcome
10.00am – 10.55am	Women Only – Aqua Aerobics
11.00am – 11.55am	Women Only – Aqua Zumba
12.00pm – 1.10pm	Lane Swimming/Swimfit
1.30pm – 2.45pm	All Welcome (half the pool)
2.50pm – 3.55pm	All Welcome (deep water 2.0m)
6.05pm – 9.00pm	All Welcome (half the pool)
7.00pm – 9.00pm	
9.05pm – 10.00pm	Lane Swimming/Swimfit

### Tuesday

7.00am – 9.25am	Lane Swimming/Swimfit
9.30am – 10.55am	All Welcome (half the pool)
11.00am – 11.55am	Aqua Aerobics/jogging (half the pool)
12.00pm – 1.10pm	Lane Swimming/Swimfit
2.50pm – 3.55pm	All Welcome
6.35pm – 7.55pm	All Welcome**
8.00pm – 8.55pm	Women Only*
9.00pm – 10.00pm	Lane Swimming/Swimfit

### Wednesday

7.00am – 8.55am	Lane Swimming/Swimfit
9.00am – 9.55am	Women Only/Lessons
10.00am – 10.55am	Aqua Aerobics
11.00am – 11.55pm	Aqua-natal (term time only)
12.00pm – 1.10pm	Lane Swimming/Swimfit
2.50pm – 3.25pm	All Welcome
3.30pm – 4.25pm	Women Only*
5.35pm – 6.55pm	All Welcome**

### Thursday

7.00am – 9.25am	Lane Swimming/Swimfit
9.30am – 10.30am	All Welcome (half the pool)
12.00pm – 1.10pm	Lane Swimming/Swimfit
2.50pm – 3.55pm	All Welcome
6.05pm – 6.55pm	All Welcome**
7.00pm – 7.55pm	Aqua Aerobics
8.00pm – 8.55pm	Women Only – Aqua Aerobics
9.00pm – 10.00pm	Women Only

### Friday

7.00am – 9.25am	Lane Swimming/Swimfit
9.30am – 11.55pm	All Welcome (half the pool)
12.00pm – 1.10pm	Lane Swimming/Swimfit
1.15pm – 2.55pm	All Welcome (half the pool)
3.00pm – 3.55pm	Women Only*
5.35pm – 9.00pm	All Welcome (half the pool 5:35-6:35 and 7.00pm-9.00pm)
9.05pm – 10.00pm	Lane Swimming/Swimfit

### Saturday

7.30am – 8.55am	Lane Swimming/Swimfit
12.05pm – 1.00pm	All Welcome
1.00pm – 2.00pm	Fun Session
2.05pm – 5.00pm	All Welcome**

### Sunday

7.30am – 8.55am	Lane Swimming/Swimfit
9.00am – 10.55am	Family Fun Session
11.00am – 12.55pm	Lane Swimming/Swimfit (2 single lanes)
1.00pm – 1.55pm	Fun Session
2.00pm – 3.55pm	All Welcome
4.00pm – 4.55pm	Aqua Aerobics
5.00pm – 5.55pm	Women Only
6.05pm – 7.00pm	All Welcome

\* These sessions are NOT guarded by women only staff.

\*\* Double lane dedicated to lane swimming.

## Sauna & Steam Room

(Rotherham Leisure Complex only)

Soothe away everyday stress and indulge yourself.

Treat yourself to a deep cleansing, whole body experience in our sauna and steam rooms at Rotherham Leisure Complex.

Better yet, why not combine it with an invigorating workout or refreshing swim and relax further.

Sauna & Steam room only available during public sessions, check out the swimming timetable for details.

Please note the Sauna & Steam room is restricted to use by Women Only during the Women Only sessions in the Main Pool.

## Teaching Pool

### Monday

- 9.00am – 10.00am All Welcome
- 10.00am – 12.00pm Parent & Toddler Swimming
- 1.35pm – 3.55pm All Welcome
- 6.35pm – 7.55pm All Welcome
- 8.00pm – 9.00pm Lane Swimming/Swimfit

### Tuesday

- 9.00am – 3.55pm All Welcome
- 6.35pm – 7.55pm All Welcome
- 8.00pm – 9.00pm Lane Swimming/Swimfit

### Wednesday

- 9.00am – 10.00am All Welcome
- 10.00am – 12.00pm Parent & Toddler Swimming
- 12.00pm – 3.55pm All Welcome
- 6.05pm – 7.55pm All Welcome
- 8.00pm – 9.00pm Lane Swimming/Swimfit

### Thursday

- 9.00am – 11.55am All Welcome
- 1.35pm – 3.55pm All Welcome
- 6.35pm – 7.55pm All Welcome
- 8.00pm – 9.00pm Lane Swimming/Swimfit

### Friday

- 9.00am – 11.55pm All Welcome
- 1.35pm – 3.55pm All Welcome
- 7.05pm – 7.55pm All Welcome
- 8.00pm – 9.00pm Lane Swimming/Swimfit

### Saturday

- 12.05pm – 1.00pm All Welcome
- 1.00pm – 2.00pm Fun Session
- 2.00pm – 5.00pm All Welcome

### Sunday

- 8.00am – 9.00am All Welcome
- 9.00am – 11.00am Family Fun Session
- 11.00am – 1.00pm All Welcome
- 1.00pm – 2.00pm Fun Session
- 2.00pm – 7.00pm All Welcome



## Leisure Water

The leisure waters are open for use  
9.00am – 7.55pm Monday – Friday.  
Opening times for the weekends are:

### Saturday

- 9.00am – 1.00pm All Welcome
- 1.00pm – 2.00pm Fun Session
- 2.00pm – 5.00pm All Welcome

### Sunday

- 8.00am – 9.00am All Welcome
- 9.00am – 11.00am Family Fun Session
- 11.00am – 1.00pm All Welcome
- 1.00pm – 2.00pm Fun Session
- 2.00pm – 7.00pm All Welcome

## Flume

The flume is open for use

- Monday – Friday 4.00pm – 6.00pm
- Saturday 12.00pm – 5.00pm
- Sunday 12.00am – 5.00pm

Please note that Swimming and Flume opening times are  
subject to change during the School and Bank Holidays.  
Please check at reception for timetable changes.



# Maltby Leisure Centre

## Main Pool

Pool depth is 1.2 metres unless stated

### Monday

7.00am – 9.00am Lane Swimming/Swimfit  
9.00am – 12.00pm All Welcome  
12.00pm – 1.15pm Lane Swimming/Swimfit  
1.15pm – 3.25pm All Welcome  
5.00pm – 6.55pm All Welcome

### Tuesday

7.00am – 9.00am Lane Swimming/Swimfit  
9.00am – 12.00pm All Welcome  
12.00pm – 1.15pm Lane Swimming/Swimfit  
1.15pm – 3.55pm All Welcome  
6.00pm – 7.30pm All Welcome  
7.30pm – 9.00pm Lane Swimming/Swimfit  
(variable pool depths 1.2m-1.8m)

### Wednesday

7.00am – 9.00am Lane Swimming/Swimfit  
9.00am – 12.00pm All Welcome  
12.00pm – 1.15pm Lane Swimming/Swimfit  
1.15pm – 5.55pm All Welcome  
8.00pm – 9.00pm Lane Swim/Swimfit  
(Variable pool depths 1.2m – 1.8m)

### Thursday

7.00am – 9.00am Lane Swimming/Swimfit  
9.00am – 12.00pm All Welcome  
12.00pm – 1.15pm Lane Swimming/Swimfit  
1.15pm – 5.55pm All Welcome  
8.00pm – 9.00pm Lane Swimming/Swimfit  
(2.0m)

### Friday

7.30am – 9.00am Lane Swimming/Swimfit  
9.00am – 12.00pm All Welcome  
12.00pm – 1.15pm Lane Swimming/Swimfit  
1.15pm – 3.55pm All Welcome  
8.00pm – 9.00pm Lane Swimming/Swimfit  
(variable pool depths 1.2m-1.8m)

### Saturday

7.30am – 8.55am Lane Swimming/Swimfit  
12.45pm – 2.00pm Fun Session  
2.15pm – 3.55pm All Welcome  
(variable pool depths 1.0m-1.5m)

### Sunday

12.15pm – 3.55pm All Welcome (1.2m)  
A section of the pool may be taken up with other activities.



**Variable pool depths** – During these times the pool depth will vary to create a shallow end and deep end, please observe the safety signs and depth indicators before entry into the pool.

We may have to clear the pool at the beginning or end of sessions to move lane ropes or alter the pool depth. Please follow the lifeguard's instructions.



## Learn to swim

Swimming Academy is our 'learn to swim' programme. It is run in accordance with the Amateur Swimming Association's (ASA) National Plan for Teaching Swimming (NPTS) for children and adults.

All of our Swimming Teachers are fully qualified and our lessons offer a safe and fun environment to develop a valuable 'life' skill. To enrol onto the swimming academy contact reception.

## Activity Pool

Pool depth is 0.9 metres unless stated

### Monday

8.45am – 9.30am	Adult learn to Swim
11.30am – 1.00pm	All Welcome
3.00pm – 5.55pm	All Welcome
6.00pm – 7.00pm	Aqua Aerobics (1.2m)
7.00pm – 9.00pm	All Welcome (1.2m)

### Tuesday

9.00am - 10.25am	All Welcome
10.30am - 11.30am	Aqua Aerobics (1.2m)
11.30am - 12.15pm	Aqua Natal (1.2m)
12.15pm - 1.00pm	All Welcome (1.2m)
8.15pm – 9.15pm	Aqua Aerobics (1.2m)

### Wednesday

3.00pm – 3.55pm	All Welcome
8.15pm - 9.15pm	Aqua Jogging (2.5m)

### Thursday

12.00pm – 1.00pm	All Welcome
3.00pm – 3.55pm	All Welcome

### Friday

9.00am – 10.25am	All Welcome
10.30am – 11.30am	Aqua Aerobics (1.2m)
11.35am – 1.15pm	All Welcome
3.00pm – 3.55pm	All Welcome
6.30pm – 7.55pm	All Welcome (1.2m)
8.00pm - 9.00pm	Deep Water Aqua Aerobics (2.5m)



### Saturday

12.50pm – 2.00pm	Diving Boards – Open to general public* (3.8m)
2.15pm – 3.55pm	Family Fun Session

### Sunday

7.30am – 8.55am	Lane Swimming/Swimfit (1.2m)
9.00am – 12.00pm	Family Fun Session
12.20pm – 1.55pm	Diving Boards – Open to general public* (3.8m)
2.15pm – 3.45pm	Family Fun Session
4.00pm – 7.00pm	All Welcome (1.2m)

\*Safety rules apply for use of the diving boards – please follow lifeguard instructions.

A section of the pool may be taken up with other activities.

We may have to clear the pool at the beginning/end of sessions to move lane ropes or alter pool depths, please follow the lifeguard instructions.

## Coffee Bar

Relax and unwind in our Caf eology coffee bars at Rotherham Leisure Complex and Maltby Leisure Centre.

We are open everyday selling a quality selection of hot and cold beverages and snacks.

- Hot and Cold snacks
- Assorted Panini
- Coffee, Tea and Hot Chocolate
- Soft Drinks



# Aston-cum-Aughton Leisure Centre

## Main Pool

### Monday

7.30am – 9.10am	Lane Swimming/Swimfit
9.15am – 10.00am	Aqua Aerobics
10.00am – 10.45am	Aqua Aerobics
10.50am – 11.55pm	All Welcome
12.00pm – 1.30pm	Lane Swimming/Swimfit
1.30pm – 2.30pm	Women Only
2.35pm – 3.45pm	All Welcome
5.35pm - 6.25pm	All Welcome
6.30pm – 7.15pm	Aqua Aerobics
7.15pm – 8.00pm	Aqua Aerobics
8.05pm – 9.00pm	Lane Swimming/Swimfit

### Tuesday

7.30am – 9.10am	Lane Swimming/Swimfit
12.00pm – 1.10pm	Lane Swimming/Swimfit
3.00pm – 3.55pm	All Welcome
6.05pm – 6.55pm	All Welcome

### Wednesday

7.30am – 9.10am	Lane Swimming/Swimfit
9.15am – 10.00am	Aqua Aerobics
10.00am – 10.45am	Aqua Aerobics
12.00pm – 1.10pm	Lane Swimming/Swimfit
3.00pm – 3.55pm	All Welcome
6.05pm – 7.55pm	All Welcome
8.00pm – 9.00pm	Lane Swimming/Swimfit

### Thursday

7.30am – 9.10am	Lane Swimming/Swimfit
12.00pm – 1.10pm	Lane Swimming/Swimfit
3.00pm – 3.55pm	All Welcome
5.35pm – 6.55pm	All Welcome

### Friday

7.30am – 9.00am	Lane Swimming/Swimfit
9.00am – 10.00am	Women Only
11.00am – 11.55pm	All Welcome
12.00pm – 1.00pm	Lane Swimming/Swimfit
3.30pm – 5.25pm	All Welcome
5.30 pm – 6.30pm	Lane Swimming/Swimfit



### Saturday

12.05pm – 2.55pm	All Welcome
3.00pm – 3.55pm	Fun Session
4.00pm – 5.00pm	All Welcome

### Sunday

7.30am – 8.30am	Lane Swimming/Swimfit
8.35am – 9.55am	All Welcome
10.00am – 12.00pm	Family Fun Session
12.05pm - 1.00pm	Lane Swimming
1.05pm – 2.00pm	Fun Session
2.05pm – 3.00pm	Family Swim
3.05 – 4.00pm	Aqua jog
4.05pm – 5.00pm	All Welcome



# Teaching Pool

## Monday

1.00pm – 3.25pm Family Swim  
6.05pm – 7.00pm Family Swim

## Tuesday

1.30pm – 3.25pm Family Swim  
7.15pm – 8.00pm Aqua Pilates

## Wednesday

9.00am – 12.00pm Family Swim  
3.30pm – 6.00pm Swimming Lessons  
6.05pm – 7.00pm Family Swim

## Thursday

9.00am – 11.55am Family Swim  
1.30pm-2.55pm Family Swim  
3.00pm – 4.00pm 1 to 1 Swimming Lessons

## Friday

11.00am – 11.45am Aqua Pilates  
11.45am – 12.30pm Aqua Natal  
3.30pm – 5.25pm Family Swim  
5.30pm – 6.30pm Family Swim

## Saturday

12.05pm – 2.55pm Family Swim  
3.00pm – 3.55pm Fun Session  
4.00pm – 5.00pm Family Swim

## Sunday

8.00am – 9.55pm Family Swim  
10.00am – 12.00pm Family Fun Session  
12.05pm – 1.00pm Family Swim  
1.05pm – 2.00pm Fun Session  
2.05pm – 2.55pm Family Swim  
3.00pm – 3.55pm Family Swim  
4.00pm – 4.45pm Aqua Yoga



## Swim Membership

If you swim just twice a week you could save money by taking out a Swimming Membership. Contact a customer advisor for further information.



# Wath upon Dearne Leisure Centre

## Main Pool

### Monday

7.30am – 8.55am	Lane Swimming/Swimfit
9.00am – 10.00am	All Welcome
12.00pm – 1.10pm	Lane Swimming/Swimfit
3.00pm – 6.25pm	All Welcome*
6.30pm – 7.15pm	Women Only (Lane Swimming)
7.15pm – 8.00pm	Women Only (Lane Swimming)
8.00pm – 9.00pm	Lane Swimming/Swimfit

### Tuesday

7.30am – 8.55am	Lane Swimming/Swimfit
9.00am – 10.25am	All Welcome
10.30am – 11.15am	Aqua circuit
11.15am – 11.55am	All Welcome
12.00pm – 1.25pm	Lane Swimming/Swimfit
2.45pm – 6.20pm	All Welcome
6.25pm – 6.55pm	Aqua Zumba/ All Welcome (Half Pool)

### Wednesday

7.30am – 9.25am	Lane Swimming/Swimfit
10.30am – 11.15am	Aqua Zumba
11.15am – 11.55am	All Welcome
12.00pm – 1.10pm	Lane Swimming/Swimfit
3.00pm – 3.55pm	All welcome
6.00pm – 6.55pm	All Welcome*

### Thursday

7.30am – 8.55am	Lane Swimming/Swimfit
9.00am – 9.40am	Women Only
9.45am – 10.30am	Aqua Aerobics
10.30am – 11.15am	Aqua Zumba
11.15am – 11.55am	All Welcome
12.00pm – 1.10pm	Lane Swimming/Swimfit
3.00pm – 6.55pm	All Welcome (4.00pm – 6.15pm half the pool)
7.00pm – 7.45pm	Aqua Aerobics
8.00pm – 9.00pm	Lane Swimming/Swimfit

### Friday

7.30am – 9.25am	Lane Swimming/Swimfit
12.00pm – 1.10pm	Lane Swimming/Swimfit
6.00pm – 6.55pm	All Welcome*

### Saturday

7.30am – 8.55am	Lane Swimming/Swimfit
12.30pm – 1.45pm	All Welcome
2.00pm – 2.55pm	Fun Session
3.00pm – 4.55pm	All Welcome*
5.00pm – 7.00pm	(Available for private hire ask at reception for details)

### Sunday

7.30am – 8.55am	Lane Swimming/Swimfit
9.00am – 12.25pm	All Welcome
12.30pm – 1.45pm	Lane Swimming/Swimfit
2.00pm – 2.55pm	Fun Session
3:00pm – 4:55pm	All Welcome
6.00pm – 7.00pm	(Available for private hire ask at reception for details)

\*1 dedicated Swimming Lane is available during these times



Visit our shop in reception where we have a wide range of Zoggs swimming products, including new **ULTEX** chlorine proof swimwear.

At Zoggs we have a passion for swimming, we want to share that passion with you!



# Teaching Pool

## Monday

9.00am – 2.30pm Family Swim  
6.00pm – 8.00pm Family Swim

## Tuesday

9.00am – 11.00am Family Swim  
11.00am – 12.00pm Parent & Toddler  
12.00pm – 1.30pm Family Swim  
7.30pm – 8.15pm Adult learn to swim  
8.15pm – 9.00pm Adult learn to swim

## Wednesday

9.00am – 1.25pm Family Swim  
7.00pm – 8.00pm Family Swim

## Thursday

9.00am – 10.30am Family Swim  
10.30am – 11.30am Parent & Toddler  
11.45am – 12.30pm Adult Learn To Swim  
12.30pm – 1.15pm Adult Learn To Swim  
1.30pm – 7.30pm Family Swim  
7.45pm – 8.30pm Aqua Yoga

## Friday

9.00am – 11.00am Family Swim  
1.30pm – 3.25pm Family Swim  
6.00pm – 8.00pm Family Swim

## Saturday

12.30pm – 1.45pm Family Swim  
2.00pm – 2.55pm Fun Session  
3.00pm – 4.55pm Family Swim  
(If no parties are booked  
– please call to check)

## Sunday

8.30am – 1.45pm Family Swim  
2.00pm – 2.55pm Fun Session  
3.00pm – 5.55pm Family Swim  
(If no parties are booked  
– please call to check)



## kinetika membership

Our kinetika membership aims to help you enjoy life, feel great and help you achieve a healthier lifestyle.

We offer a friendly fitness environment for real people. Membership includes unlimited use of:

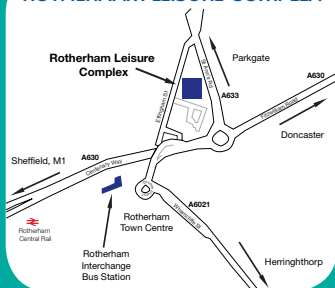
- The gym
- Group workout classes
- Sauna & Steam Room (Rotherham Leisure Complex only)
- Free personal fitness programme
- Unlimited Swimming

For further information on how to join contact reception.



# How to find us....

## ROTHERHAM LEISURE COMPLEX



## Rotherham

Leisure Complex

Effingham Street  
Rotherham, S65 1BL  
01709 722555

[enquiries@rotherhamleisurecomplex.co.uk](mailto:enquiries@rotherhamleisurecomplex.co.uk)  
[www.rotherhamleisurecomplex.co.uk](http://www.rotherhamleisurecomplex.co.uk)

## MALTBY LEISURE & SERVICES CENTRE



## Maltby

Leisure & Services Centre

High Street, Maltby, S66 8JE  
01709 797100

[enquiries@maltbyleisurecentre.co.uk](mailto:enquiries@maltbyleisurecentre.co.uk)  
[www.maltbyleisurecentre.co.uk](http://www.maltbyleisurecentre.co.uk)

## ASTON-CUM-AUGHTON LEISURE CENTRE



## Aston-cum-Aughton

Leisure Centre

Aughton Road, Swallownest  
Sheffield, S26 4TF  
0114 294 2580

[enquiries@astoncumaughtonleisurecentre.co.uk](mailto:enquiries@astoncumaughtonleisurecentre.co.uk)  
[www.aston-cum-aughtonleisurecentre.co.uk](http://www.aston-cum-aughtonleisurecentre.co.uk)

## WATH UPON DEARNE LEISURE CENTRE



## Wath upon Dearne

Leisure Centre

Festival Road, Wath upon Dearne  
Rotherham, S63 7HL  
01709 870120

[enquiries@wathupondearneleisurecentre.co.uk](mailto:enquiries@wathupondearneleisurecentre.co.uk)  
[www.wathupondearneleisurecentre.co.uk](http://www.wathupondearneleisurecentre.co.uk)