



Swimming Timetable

April 2009

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



Swimming Timetable

Our centres offer some of the finest and best equipped water based facilities in the region that cater for all ranges of aquatic activity including parent and toddler swimming, Swim Academy Programmes, family fun sessions, fitness swimming, 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

Aston-cum-Aughton Leisure Centre

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

Wath upon Dearne Leisure Centre

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

Swim Supervision Policy

Children under 8 years old must be accompanied by a parent/adult 18 years or over in the pool and changing areas. A ratio of no more than 2 children per adult is allowed in the water.



Timetable available in large format. Contact reception for details.

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.



Free Swimming

Did you know...

As of 1st April 2009 DC Leisure in partnership with Rotherham Metropolitan Borough Council, offers FREE SWIMMING to anyone 16 years and under and 60 years and over.

Once registered you can attend as many sessions as you want, however free swimming is NOT available during fitness classes (Aquafit & Aqua natal) or certain sessions (please check individual site timetables for more details). An admin fee of £2 applies to all FREE SWIMMING registrations.

To take advantage of free swimming you must register at one of the following sites:

Rotherham Leisure Complex

Aston-cum-Aughton Leisure Centre

Wath upon Dearne Leisure Centre

Maltby Sports Centre

kinetika Members

All kinetika members receive UNLIMITED* swimming and fitness classes as part of the membership packages available. For more information about the various membership packages available please contact reception.



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!

Rotherham Leisure Complex

Main Pool

Monday

7.00am – 9.00am	Swim4fitness*
9.00am – 10.00am	General Swim (half the pool)
10.00am – 11.00am	AquaFit**
11.00am – 12.00pm	Aqua-natal**
12.00pm – 1.15pm	Lane Swimming
3.00pm – 4.00pm	General Swim (half the pool)
6.00pm – 9.00pm	General Swim (half the pool 7.00pm – 9.00pm)
9.00pm – 10.00pm	Lane Swimming

Tuesday

7.00am – 9.30am	Swim4fitness*
12.00pm – 1.15pm	Lane Swimming
3.00pm – 4.00pm	General Swim
6.30pm – 8.00pm	General Swim
8.00pm – 9.00pm	Ladies Only
9.00pm – 10.00pm	Lane Swimming

Wednesday

7.00am – 9.00am	Swim4fitness*
9.00am – 10.00am	Ladies Only
10.00am – 11.00am	AquaFit
11.00am – 12.00pm	Aqua-natal
12.00pm – 1.15pm	Lane Swimming
3.00pm – 3.30pm	General Swimming
3.30pm – 4.00pm	Ladies Only
5.30pm – 7.00pm	General Swim

Thursday

7.00am – 9.00am	Swim4fitness*
9.00am – 12.00pm	General Swim (half the pool)
12.00pm – 1.15pm	Lane Swimming
3.00pm – 4.00pm	General Swim
6.00pm – 7.00pm	General Swim
7.00pm – 8.00pm	AquaFit
8.00pm – 9.00pm	Hydrofit**
9.00pm – 10.00pm	Ladies Only

Friday

7.00am – 9.00am	Swim4fitness*
9.00am – 12.00pm	General Swim (half the pool)
12.00pm – 1.15pm	Lane Swimming
1.15pm – 3.00pm	General Swim (half the pool)
3.00pm – 4.00pm	Ladies Only
5.30pm – 9.00pm	General Swim (half the pool 7.00pm – 9.00pm)
9.00pm – 10.00pm	Lane Swimming

Saturday

7.30am – 9.00am	Swim4fitness*
12.00pm – 1.00pm	General Swim

1.00pm – 2.00pm	Supersplash
2.00pm – 5.00pm	General Swim

Sunday

7.30am – 9.00am	Swim4fitness*
9.00am – 11.00am	Family Fun
11.00am – 1.00pm	General Swim
1.00pm – 2.00pm	Supersplash
2.00pm – 5.00pm	General Swim
5.00pm – 6.00pm	Ladies Only
6.00pm – 7.00pm	General Swim

Teaching Pool

Monday

9.00am – 10.00am	General Swim
10.00am – 12.00pm	Parent & Toddler Swimming
1.30pm – 4.00pm	General Swim
6.30pm – 8.00pm	General Swim
8.00pm – 9.00pm	Lane Swimming

Tuesday

9.00am – 4.00pm	General Swim
6.30pm – 8.00pm	General Swim
8.00pm – 9.00pm	Lane Swimming

Wednesday

9.00am – 10.00am	General Swim
10.00am – 12.00pm	Parent & Toddler Swimming
12.00pm – 4.00pm	General Swim
6.00pm – 8.00pm	General Swim
8.00pm – 10.00pm	Lane Swimming

Thursday

9.00am – 12.00pm	General Swim
1.30pm – 4.00pm	General Swim
6.30pm – 8.00pm	General Swim
8.00pm – 9.00pm	Lane Swimming

Friday

9.00am – 12.00pm	General Swim
1.30pm – 4.00pm	General Swim
7.00pm – 8.00pm	General Swim
8.00pm – 9.00pm	Lane Swimming

Saturday

12.00pm – 1.00pm	General Swim
1.00pm – 2.00pm	Supersplash
2.00pm – 5.00pm	General Swim

Sunday

8.00am – 9.00am	General Swim
9.00am – 11.00am	Family Fun
11.00am – 1.00pm	General Swim
1.00pm – 2.00pm	Supersplash
2.00pm – 7.00pm	General Swim

Swim4fitness

During these sessions you can workout to your own swimming fitness programme. Extra equipment is made available on the poolside for your use during these times. For more information about Swim4fitness please contact reception.

Leisure Water

The leisure waters are open for use 9.00am – 8.00pm Monday – Friday. Opening times at the weekends:

Saturday

9.00am – 1.00pm	General Swim
1.00pm – 2.00pm	Supersplash
2.00pm – 5.00pm	General Swim

Sunday

8.00am – 9.00am	General Swim
9.00am – 11.00am	Family Fun
11.00am – 1.00pm	General Swim
1.00pm – 2.00pm	Supersplash
2.00pm – 7.00pm	General Swim

Flume

Opening times for the flume are:

Term Time

Monday – Friday	
4.00pm – 6.00pm	Open

School Holidays

Monday - Friday	
10.00am – 4.00pm	Open

Weekends

Saturday	
12.00pm – 5.00pm	Open

Sunday	
10.00am – 5.00pm	Open

Sauna & Steam Room

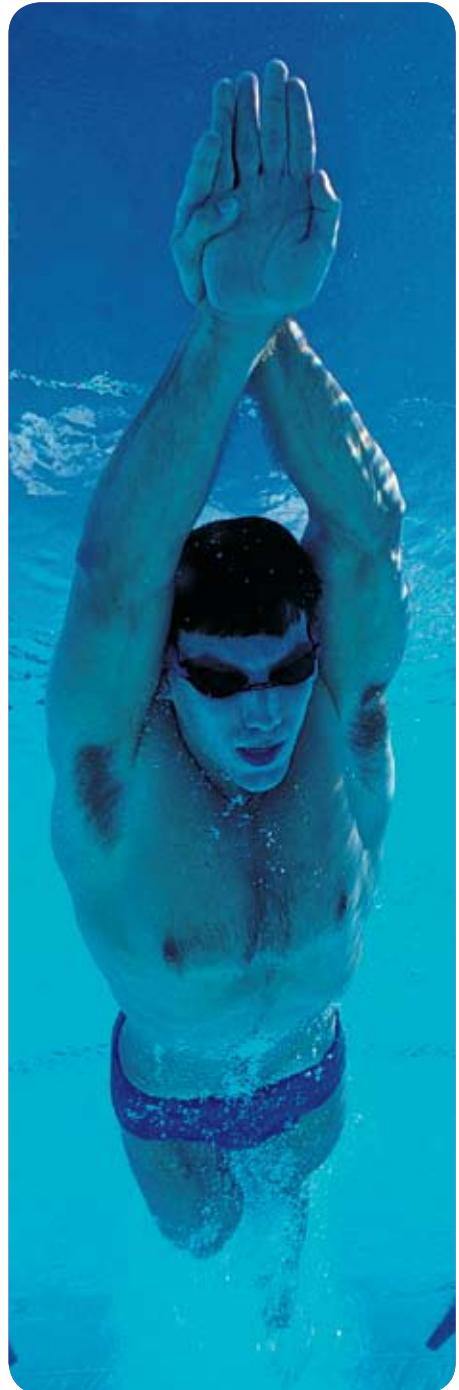
(Rotherham Leisure Complex only)

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.



Aston-cum-Aughton Leisure Centre

Main Pool

Monday

7.30am – 9.10am	Lane Swimming
9.15am – 10.00am	AquaFit
10.00am – 10.45am	AquaFit
10.45am – 11.55am	General Swim
12.00pm – 1.10pm	Lane Swimming
3.00pm – 6.30pm	General Swim
6.30pm – 7.15pm	AquaFit
7.15pm – 8.00pm	AquaFit
8.05pm – 9.00pm	Lane Swimming

Tuesday

7.30am – 9.10am	Lane Swimming
12.00pm – 1.10pm	Lane Swimming
3.00pm – 4.00pm	General Swim
6.00pm – 6.55pm	General Swim

Wednesday

7.30am – 9.00am	Lane Swimming
12.00pm – 1.30pm	Lane Swimming
1.30pm – 2.30pm	Ladies Only
6.00pm – 7.55pm	General Swim
8.00pm – 9.00pm	Lane Swimming

Thursday

7.30am – 9.10am	Lane Swimming
12.00pm – 1.10pm	Lane Swimming
3.00pm – 4.00pm	General Swim
5.30pm – 6.55pm	General Swim

Friday

7.30am – 9.00am	Lane Swimming
9.00am – 10.00am	Ladies Only
11.00am – 11.55am	General Swim
12.00pm – 1.00pm	Lane Swimming
3.30pm – 4.30pm	Super Splash
4.30pm – 6.30pm	General Swim

Saturday

12.00pm – 3.00pm	General Swim
3.00pm – 4.00pm	Supersplash
4.00pm – 5.00pm	General Swim

Sunday

7.30am – 8.30am	Lane Swimming
8.35am – 10.00am	General Swim
10.00am – 11.55am	Family Fun Session
12.00pm – 1.00pm	Lane Swimming
1.05pm – 2.00pm	Supersplash
2.00pm – 5.00pm	General Swim



Teaching Pool

Monday

11.15am – 12.00pm	Aqua-natal
12.00pm – 1.00pm	Aqua Pilates
1.00pm – 3.30pm	General swim
6.00pm – 7.00pm	General Swim

Tuesday

1.30pm – 3.30pm	General Swim
-----------------	--------------

Wednesday

9.00am – 12.00pm	General Swim
6.00pm – 7.00pm	General Swim

Thursday

9.00am – 12.00pm	General Swim
1.30pm – 4.00pm	General Swim

Friday

9.00am – 10.00am	Ladies Only
11.00am – 11.45am	Aqua-natal
3.30pm – 4.30pm	Supersplash
4.30pm – 6.30pm	General Swim

Saturday

12.00pm – 3.00pm	General Swim
3.00pm – 4.00pm	Supersplash
4.00pm – 5.00pm	General Swim

Sunday

8.00am – 10.00am	General Swim
10.00am – 12.00pm	Family Fun Session
12.00pm – 1.00pm	General Swim
1.00pm – 2.00pm	Supersplash
2.00pm – 5.00pm	General Swim

Wath upon Dearne Leisure Centre

Main Pool

Monday

7.30am – 9.00am	Lane Swimming
9.00am – 10.00am	General Swim
12.00pm – 1.30pm	Lane Swimming
1.30pm – 6.30pm	General Swim
6.30pm – 7.15pm	Ladies Only
7.15pm – 8.00pm	Ladies Only
8.00pm – 9.00pm	Lane Swimming

Tuesday

7.30am – 9.00am	Lane Swimming
9.00am – 10.00am	General Swim
10.00am – 11.00am	Aqua-fit
11.00am – 12.00pm	General Swim
12.00pm – 1.30pm	Lane Swimming
3.30pm – 7.00pm	General Swim

Wednesday

7.30am – 9.00am	Lane Swimming
12.00pm – 1.15pm	Lane Swimming
3.00pm – 4.00pm	General Swim
6.00pm – 7.00pm	General Swim

Thursday

7.30am – 9.00am	Lane Swimming
9.00am – 9.45am	Ladies Only
9.45am – 10.30am	Aquafit
10.30am – 11.15am	Aquafit
11.15am – 12.00pm	General Swim
12.00pm – 1.15pm	Lane Swimming
3.00pm – 7.00pm	General Swim

Friday

7.30am – 9.00am	Lane Swimming
9.00am – 9.30am	General Swim
12.00pm – 1.15pm	Lane Swimming
6.00pm – 7.00pm	General Swim

Saturday

7.30am – 9.00am	Lane Swimming
12.30pm – 1.45pm	General Swim
2.00pm – 3.00pm	Supersplash
3.00pm – 5.00pm	General Swim
5.00pm – 7.00pm	Available for private hire Contact reception for details

Sunday

7.30am – 9.00am	Lane Swimming
9.00am – 1.45pm	General Swim
2.00pm – 3.00pm	Supersplash
3.00pm – 6.00pm	General Swim
6.00pm – 7.00pm	Available for private hire Contact reception for details

Teaching Pool

Monday

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

Tuesday

9.00am – 11.00am	General Swim
11.00am – 12.00pm	Parent & Child
12.00pm – 1.30pm	General Swim

Wednesday

9.00am – 1.30am	General Swim
7.00pm – 8.00pm	General Swim

Thursday

9.00am – 10.30am	General Swim
10.30am – 11.30am	Parent & Toddler
1.30pm – 8.00pm	General Swim

Friday

9.00am – 10.00am	General Swim
2.30pm – 3.30pm	General Swim
6.00pm – 8.00pm	General Swim

Saturday

12.30pm – 1.45pm	General Swim
2.00pm – 3.00pm	Supersplash
3.00pm – 5.00pm	General Swim
5.00pm – 7.00pm	Available for private hire Contact reception for details

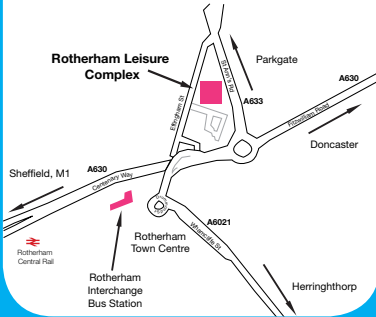
Sunday

8.30am – 1.45pm	General Swim
2.00pm – 3.00pm	Supersplash
3.00pm – 6.00pm	General Swim
6.00pm – 7.00pm	Available for private hire Contact reception for details



How to find us....

ROTHERHAM LEISURE COMPLEX

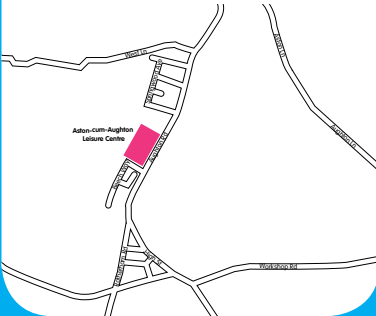


Rotherham 
Leisure Complex

Effingham Street
Rotherham, S65 1BL
01709 722555

enquiries@rotherhamleisurecomplex.co.uk

ASTON-CUM-AUGHTON LEISURE CENTRE

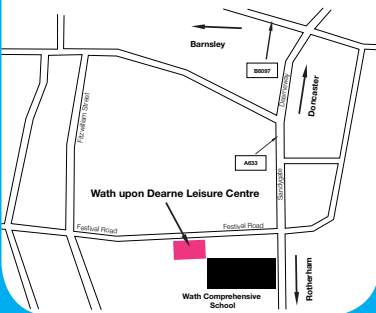


Aston-cum-Aughton 
Leisure Centre

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

enquiries@astoncumaughtonleisurecentre.co.uk

WATH UPON DEARNE LEISURE CENTRE



Wath upon Dearne 
Leisure Centre

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

enquiries@aston-cum-aughtonleisurecentre.co.uk