

Swim 4 life

There are a number of different opportunities you can take part in under Swim4Life, including the following:

Free swimming

Everyone can swim for free in Wigan Borough. All you need is to obtain a valid Lifestyle card (£1.50 per annum, from all WLCT venues). It offers a varied programme including adult only swim, swim tots, disability swim, early bird swim and aqua natal sessions at five WLCT managed sites across Wigan Borough. For a copy of our free swimming timetable, visit www.wlct.org/lifestyle or call 01942 486901.

Learn to swim

A Learn to Swim programme for children and adults is available at all WLCT managed pools. For more information on programmes and costs, contact your local leisure centre/swimming pool or visit www.wlct.org/activelife

Club swimming

Those interested in joining a Swimming Club and improving performance, please visit www.wbcs.org for details of swimming clubs in the Borough.

Fitness

Water fitness (aqua aerobics) classes for all fitness levels. A current 'Swimming Timetable and Prices' document can be downloaded from www.wlct.org/sport/activelife

Health

Health related aqua classes suitable for specific groups e.g. those with joint problems, aqua natal classes, hydro-therapy sessions. A current 'Swimming Timetable and Prices' document can be downloaded from www.wlct.org/sport/activelife

Other

There are also a wide range of other services including pool party hire, Water Walkerz and Sub Aqua Clubs. For more information contact your local leisure centre/swimming pool or visit www.wlct.org/activelife

