



Time to

SWIM

YOUR WAY

However you like to swim
we have the right
session for you

**FREE
SWIM
VOUCHER
INSIDE**



**Salford
Community
Leisure**

www.salfordcommunityleisure.co.uk/sport

FIND THE RIGHT SWIM SESSION FOR YOU:

SWIM

YOUR WAY

General swim sessions

Suitable for swimmers of all abilities



SwimFit

Fun and effective sessions to help lose weight, tone up, improve technique or just become fitter



Family Swim

Ideal for younger families with interactive play equipment in our smaller pools



Aquatic Classes

Pool based classes, including Aqua Fit, Aqua Circuit, Aqua Zumba, Aquanatal, Hydrofit and FloatFit*



Swimability

Fun and interactive sessions that encourage parents and carers involvement in activities for children



Parent & Child sessions

Help develop the fundamentals of swimming through the use of play to build confidence and skills



Lane Swimming

Sections of the pool are roped off, usually for fast, medium and slow swimmers



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PLUS GET 5 SESSIONS FOR £5

Just present this voucher at your local Salford Leisure Centre and claim your FREE Swim and get 5 sessions for £5*



*This offer does not apply to FloatFit classes. New visitors only. Only one voucher per visitor. Cannot be used in conjunction with any other offers. Further terms and conditions apply.



FIND

YOUR LOCAL SWIMMING POOL:



Broughton Leisure Centre

Great Cheetham Street West, M7 2DN

Clarendon Leisure Centre

Liverpool Street, M5 4HU

Eccles Leisure Centre

Barton Lane, M30 0DD

Irlam & Cadishead Leisure Centre

Liverpool Road, M44 6BR

Swinton & Pendlebury Leisure Centre

Cromwell Road, M27 9SZ

Worsley Leisure Centre

Bridgewater Road, M28 3AB

GOT ANY QUESTIONS?

Contact your Swim Activator:

Samantha Johnson

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Tel: 0161 775 4134