

Starting a healthier lifestyle is as easy as 1, 2, 3...

1 JOIN FOR ONLY **£1**
SAVE UP TO **£18.99**
Terms and conditions apply.

...you can now enjoy unlimited use of our fantastic fitness and leisure facilities and with a range of superb offers and membership deals, there's never been a better time to get active...



PLATINUM*

Access to all facilities, any time, any day.

£32



GOLD*

Access to all facilities, before 4.30pm (Mon - Fri), after 1pm (Sat & Sun).

£22



SILVER*

For 60 plus and 16 to 19 year olds, or adults who qualify for the Leisure Key Activity Plus scheme. Access to all facilities, before 4.30pm (Mon - Fri), after 1pm (Sat & Sun).

£19.50

*Opening times and program restrictions apply.

2 TWO FOR ONE
SAVE UP TO **£42**
Terms and conditions apply.

3 3 MTHS FREE
SAVE UP TO **£96**
When you purchase annual membership. Terms and conditions apply.



*don't delay...
...join today!*



Join one and you join them all...

...ASHTON, COPLEY, MEDLOCK & HYDE

- Choose from 5 (25m) swimming pools
- Choose from 4 state-of-the-art fitness suites
- Choose from 3 luxury thermal suites
- Choose from over 50 weekly exercise classes

PLUS Enjoy the thrill of the NEW Hyde leisure pool



- Attractions:**
- Brand new: 'Red Ripster' Aqua slide!
 - Wave Machine
 - White Water Channel
 - Water Cannons
 - Geysers
 - Bubble Pool
 - New Changing Village
 - New Cafe
 - New Fitness Suite
 - New Thermal Suite
 - New Dance Studio
 - Free Parking

.....see inside for introductory programme

What's on 2-8th November 2009:

See below your daily guide to activities available at Hyde Leisure Pool operating during the week from 2-8 November 2009:

Monday:

Pool: AS: 10.30-12.00noon, CS: 12.30-4pm.
Fitness Suite: 7am-10pm. Thermal Suite: 10am-10pm.
Dance Studio: Fitball: 10:30-11.15am. Cafe: 11am-5pm.

Tuesday:

Pool: WW: 1-2.30pm, SSW: 4.30-8.00pm.
Fitness Suite: 9am-10pm. Thermal Suite: 10am-8pm, Ladies only: 8.30-10pm
Dance Studio: Low Impact Aerobics: 9.30-10.15am, Cycle Workout: 6-6.45pm & 7-7.45pm,
Combat Aerobics: 8-8.45pm. Cafe: 1.30-8.30pm.

Wednesday:

Pool: LS: 9-10.30am, AS: 10.30am-12noon, CS: 2-4.00pm, SSW: 4.30-6pm, FD:6-7pm
Fitness Suite: 7am-10pm. Thermal Suite: 11am-10pm, Ladies only: 9-10.30am
Dance Studio: Street Dance (8-11yrs): 5-6pm, Bums and Tums: 6.30-7.15pm,
Fitball:7.30-8.15pm. Cafe: 11am-8pm.

Thursday:

Pool: AL: 10-10.45am, CS: 1.30-4.00pm, SSW: 4.30-6pm, SS: 6-8pm.
Fitness Suite: 11am-10pm, Ladies Only: 9-10.30am. Thermal Suite: 10am-10pm
Dance Studio: Bums and Tums 10-10.45am Ftiball 11-11.45am, Cheerleading (11-16yrs): 5-6pm,
Yoga; 6.30-7.15pm. Cafe: 11am-8pm.

Friday:

Pool: WW: 10-11.30am, CS: 12noon-4pm, SSW: 4.30-6pm, FSSW: 6-9pm.
Fitness Suite: 7am-10pm. Thermal Suite: 10am-9.30pm.
Dance Studio: Yoga: 11-11.45am, Cycle Workout: 6-6.45pm & 7-7.45pm. Cafe: 11am-9.30pm.

Saturday:

Pool: WW: 9.15-10.45am, SSW: 11.15am-4pm. Cafe: 10am-4.30pm.
Fitness Suite: 9am-4pm. Thermal Suite: 10am-4pm.

Sunday:

Pool: SSW 9am-4pm. Cafe: 10am-4.30pm. Fitness Suite: 9am-4pm Thermal Suite: 10am-4pm

Key to Swim Sessions:

AS=Adult Swim; special session just for adults. **CS**=Casual Swim; available to everyone, swim in any direction or just splash about! There are no features (waves or slide) operating during casual swim sessions. **LS**= Ladies Swim; swim session exclusive to ladies. **WW**=Wally Walrus; fun sessions for the under 5's and adults with your favourite walrus 'Wally'. **FD**: Family Ducklings session: Parents and tots sessions introducing water confidence, this session is welcomes other family members too, however please note the features such as waves and slide will not be operating. **SSW**= Swim, Slide, Waves; available to everyone, full on fun with all features; waves, 'Red Ripster' Aqua Slide, geysers, cannons! **FSSW**= Family Slide, Swim, Waves; Family fun with all features; waves, 'Red Ripster' Aqua Slide, geysers, cannons. Plus, games and competitions between waves! **SS**= Super Splash; Available to all, all features plus 10 minute sample sessions in aqua fit, water pool and rookie lifeguard between waves! **AF**= Aqua Fit; workout session in the water. **AQL**= Aqua Fit -for Ladies only. **AL**= Adult Swimming Lessons. **SL**= Junior Swimming Lessons. **SCH**= Schools session.

What's on from 9th November 2009:

See below your daily guide to activities available at Hyde Leisure Pool operating from 9 November 2009:

Monday:

Pool: AS: 10.30-12.00noon, CS: 12.30-3pm, SL: 4-7pm & AL: 7.30-8.15pm.
Fitness Suite: 7am-10pm. Thermal Suite: 10am-10pm.
Dance Studio: Fitball: 10:30-11.15am. Cafe: 11am-9pm.

Tuesday:

Pool: SCH: 9-11.30am, WW: 1-2.30pm, CS:3-4pm, SSW: 4.30-8.00pm, LS: 8.30-10pm, AQL Aqua Fit – ladies only).
Fitness Suite: 9am-10pm. Thermal Suite: 10am-8pm, Ladies only: 8.30-10pm
Dance Studio: Low Impact Aerobics: 9.30-10.15am, Cycle Workout: 6-6.45pm & 7-7.45pm,
Combat Aerobics: 8-8.45pm. Cafe: 1.30-8.30pm.

Wednesday:

Pool: LS: 9-10.30am, AS: 10.30am-12noon, AF: 1.15-2pm, CS: 2-4.00pm, SSW: 4.30-6pm, FD:6-7pm, SSW: 7-8pm
Fitness Suite: 7am-10pm. Thermal Suite: 11am-10pm, Ladies only: 9-10.30am
Dance Studio: Street Dance (8-11yrs): 5-6pm, Bums and Tums: 6.30-7.15pm,
Fitball:7.30-8.15pm. Cafe: 11am-8pm

Thursday:

Pool: SCH: 9-10am & 1.30-3pm, AL: 10-10.45am, SSW: 4.30-6pm, SS: 6-8pm, AF: 8.15-9pm. LS: 9-9.30pm
Fitness Suite: 11am-10pm, Ladies Only: 9-10.30am. Thermal Suite: 10am-10pm
Dance Studio: Bums and Tums 10-10.45am Ftiball 11-11.45am, Cheerleading(11-16yrs): 5-6pm,
Yoga; 6.30-7.15pm. Cafe: 11am-8pm.

Friday:

Pool: WW: 10-11.30am, CS: 12noon-4.00pm, SSW: 4.30-6pm, FSSW: 6-9pm.
Fitness Suite: 7am-10pm. Thermal Suite: 10am-10pm.
Dance Studio: Yoga: 11-11.45am, Cycle Workout: 6-6.45pm & 7-7.45pm. Cafe: 11am-9.30pm.

Saturday:

Pool: WW: 9.15-10.45am, SSW: 11.15am-4pm. Cafe: 10am-4.30pm.
Fitness Suite: 9am-4pm. Thermal Suite: 10am-1pm.

Sunday:

Pool: SSW 9am-4pm. Cafe: 10am-4.30pm. Fitness Suite: 9am-4pm Thermal Suite: 10am-4pm