

FACILITIES INCLUDE:

- Swimming pool
- Free Car Park
- Disabled / Family Changing rooms
- Training Centre for Meetings and NPLQ Training Sessions

Term Time Pool Opening Times and Sessions		
Monday	7.00am - 8.30am	Early Bird Lane Swimming
	12.00pm - 7.15pm	Public Swimming
	1.00pm - 3.00pm	Pre-School swimming Lessons
	4.00pm - 7.00pm	Swimming Lessons
	7.15pm - 8.00pm	Aqua Fit
	8.00pm - 9.15pm	Adults Only Swimming
Tuesday	7.00am - 8.30am	Early Bird Lane Swimming
	12.00pm - 1.00pm	Public Swimming
	3.00pm - 6.30pm	Public Swimming
	4.00pm - 6.30pm	Swimming Lessons
Wednesday	7.00am - 8.30am	Early Bird Lane Swimming
	12.00pm - 1.15pm	Public Swimming
	2.45pm - 7.00pm	Public Swimming
	4.00pm - 7.00pm	Swimming lessons
Thursday	7.00am - 8.30am	Early Bird Lane Swimming
	12.00pm - 7.15pm	Public Swimming
	1.00pm - 3.00pm	Pre-School Swimming Lessons
	3.00pm - 3.30pm	Adult Swimming Lessons
	4.00pm - 7.00pm	Swimming Lessons
	7.15pm - 8.00pm	Aqua Fit
Friday	7.00am - 8.30am	Early Bird Lane Swimming
	12.00pm - 7.30pm	Public Swimming
	1.00pm - 3.00pm	Pre-School Swimming lessons
	3.00pm - 3.30pm	Adult Swimming Lessons
	4.00pm - 7.00pm	Swimming Lessons
Saturday	9.00am - 10.00am	Lane Swimming
	10.00am - 4.30pm	Public Swimming
	9.00am - 2.00pm	Swimming Lessons
Sunday	8.00am - 10.00am	Lane Swimming
	10.00am - 4.00pm	Public Swimming



CONTACT

Rural Splash YMCA
Station Road
Kirkham
PR4 2HA
01772 682989

kirkhamymca@live.co.uk

OPENING TIMES

Mon, Thurs & Fri
7.00am – 9.30pm

Tuesday & Wednesday
7.00am – 10.00pm

Saturday
9.00am – 5.00pm

Sunday
8.00am – 6.00pm

OTHER ACTIVITIES AT RURAL SPLASH YMCA:

- Kirkham & Wesham Swimming Club
- Kirkham Lifesaving Club

Non Member and Member Prices		
	Member	Non Member
Adult Swim	£4.10	£4.70
Junior Swim	£2.00	£2.40
Family Swim	£8.00	£10.00
Swimming Lessons		
Junior	£3.80	£4.10
Adult	£5.10	£5.40

For full membership details please phone the centre.



YMCA working in partnership with



Rural Splash YMCA Classes Timetable		
Pre-School swimming Lessons (children aged 3-4 years)	Monday Thursday Friday	1.00pm - 3.00pm
Swimming Lessons (Year 1 Children +)	Monday Tuesday Wednesday Thursday Friday Saturday	4.00pm - 7.00pm 4.00pm - 6.30pm 4.00pm - 7.00pm 4.00pm - 7.00pm 4.00pm - 7.00pm 9.00am - 2.00pm
Adult swimming Lessons	Thursday Friday	3.00pm - 3.30pm
Aqua Fit	Monday Thursday	7.15pm - 8.00pm
Adult only Swimming	Monday	8.00pm - 9.15pm

Free Swimming for Under 16 and Over 60 Timetable		
	Term Time	School Holidays
Sunday	10.00am - 4.00pm	10.00am - 4.00pm
Monday to Friday	12.00pm - 1.00pm	9.00am - 11.45am (out of water) 12.00pm - 1.00pm 60+ only
Saturday	12.00pm - 3.30pm	12.00pm - 4.30pm

YMCA FYLDE COAST MEMBERSHIPS

All of our memberships have no contract or joining fee and you have the choice to pay by monthly direct debit or save even more money by paying for the whole year up front.

The Prestige Executive

Peak membership £370 a year upfront or £37 a month

The Prestige Classic

Off peak membership (opening time until 3:30pm) and anytime at weekends £205 a year upfront or £21 a month.

The Prestige Concept

Designed specifically for student's aged 16+ offering access to facilities at anytime, 7 days a week.

The Prestige Memberships offer you access to 6 gyms (Lytham, St Annes, Poulton, Thornton, Fleetwood and Garstang) 4 swimming pools (Rural Splash, Garstang, Fleetwood and Poulton) steam and sauna suites, fitness and relaxation classes, Aqua Aerobics classes, Racquet sports courts, Free fitness assessments, Free function room hire and priority booking when booking a class or court.

We know that some people simply enjoy swimming so if you consider yourself to be a water baby and want to take advantage of our swimming only memberships ask one of the team to help you select the right individual swimming package to suit your needs.

Plus...

Did you know that a Fylde Coast YMCA membership not only provides you with the best in health and fitness BUT as we are a not for profit organisation your membership fees are actually reinvested back into your local community.

CHILDREN'S POOL PARTIES AT RURAL SPLASH

Pool Parties with Inflatable are now available at Rural Splash; please contact the centre for further details.

FREE SWIMMING

Swimming for Adults aged 60+ and youngsters aged 16 and under is now free. Designated swim times for free swimming are available at Rural Splash. If you are aged 60+ or 16 and under applying for your free swimming card couldn't be easier. Simply visit Rural Splash with proof of your age and complete an application form.

FITNESS AND RELAXATION CLASSES AVAILABLE AT LYTHAM AND ST ANNES YMCA'S NOW!

We offer a wide range of group classes across all of our centres, designed to meet your needs whether you want to energise, revitalise or relax in or out of the water! All of our classes are delivered by highly qualified instructors and each class has been measured and classified depending on its level of intensity and impact.