Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Hydrotherapy and Leisure Centre

Version number: **2**
Last modified date: **12th November 2026**

Hydrotherapy and Leisure Centre

Patient Information

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- Author ID: CW

- Leaflet Ref: Tpy 044

- Version: 2
- Leaflet title: Hydrotherapy and Leisure Centre

- Date Produced: December 2024
- Expiry Date: December 2026

Introduction

This leaflet is to provide further information on the local facilities available for water based rehabilitation. You may have been advised to consider water based rehabilitation as a part of your therapy or you have completed your course of hydrotherapy within physiotherapy. We would encourage you to continue with your exercise programme in your local swimming pool.

There are five Council Leisure Centres within Wigan & Leigh, that are accessible through the BeWell Scheme. Each of the pools have pool hoists and accessible changing facilities. There are also swim classes available at each Centre, which may be appropriate for you.

Unfortunately there is no open access hydrotherapy pool available within Wigan and Leigh. The Jubilee Centre in Bolton is available for open swims.

BeWell Scheme Wigan and Leigh

Register at your local Leisure Centre with a free BeWell Card to use the pool facilities.

Staff are unfortunately not able to provide you with any assistance that requires lifting and handling. Anyone accompanying you must have a BeWell card and will not be charged when supporting as a carer.

Ashton Leisure Centre

Facilities: Hygiene room which has a shower, toilet, swinging movable hoist and a bed. Hoist on poolside which can be used with a sling or a chair. Telephone: **01942 720826**

Howe Bridge Sports Centre

Facilities: Disabled poolside changing room (inc. shower, toilet & lockers). Large & small pool disabled hoist. Disabled shower hoists. Telephone: **01942 870403**

Hindley Pool and Leisure Centre

Facilities: Pool has hoist access and disabled changing facilities. Telephone: **01942 253142**

Wigan Life Centre

Facilities: Disabled changing rooms with hoist. Oxford Dipper pool hoist. Disabled toilets. Telephone: **01942 489611**

Leigh Leisure Centre

Accessibility: Pool hoist, disabled changing rooms, a changing bed and a transfer wheel chair. Telephone: **01942 487800**

The Jubilee Centre and Pool – Bolton

The Jubilee pool is also especially suited and equipped to help, support and benefit people with physical and learning disabilities.

There are two poolside hoists that assist access to the pool from either bed, chair or sling, and it has easy access steps into the pool.

The pool offers a range of sessions including, family swim, open swim classes and parents and tots' sessions as the warmer temperature makes it a popular venue with families and children.Theraputic swim for people with disabilities include 1 free carer.

Pricing ranges from £1.50-5.00 per session. The timetable and further pricing detail is available on the Jubilee Centre Website. We would advise contacting the Centre via the website or telephone prior to attendence as there maybe recent updates. Booking is required prior to attending, sessions can be booked two weeks in advance on the below contact details.

Website: https://boltoncares.org.uk/our-services/jubilee-community-centre-and-pool/

Telephone: **01204 331337**

Email: jubileepool@boltoncares.org.uk

Address: 324 Crompton Way, Bolton, BL2 3AF



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