

The Wave by Aquarius Swim Club, Sandbach

Issue 1, October 2026



Welcome



A very warm welcome to our **first** ever issue of "The Wave". Firstly, thank you for taking the time to read this. The Wave is going to be a newsletter/bulletin highlighting all things club related, or community based, which hopefully will be of benefit to our community of Sandbach and nearby towns.

We will be publishing this as and when we have any new updates to share with everyone. If you have something local you'd like us to include, please get in touch – all the contact details are at the bottom.

PUBLIC SWIMMING SESSIONS FOR PEOPLE WITH DISABILITIES AND THEIR CARERS (Everyone is welcome!)



THE ATMOSPHERE

A relaxed and friendly session. Numbers vary each week, and you might meet others and have a chat! (Note: Swimmers must be responsible for themselves)



SESSION PRICES

- £6.95 for a CHILD
- £8.95 for an ADULT

**WANT TO
SAVE
MONEY?**

GET AN OPTIONS CARD!



COST:
£14.99 per year
BENEFIT:
Then you get **FREE SWIMMING** for a year!
(It's an ideal way to save!)

TO APPLY:

- Bring proof to the Leisure Centre
- Example documents: PIP or DLA award, Carer's Allowance award letter

ADDRESS: Sandbach Leisure Centre,
Middlewich Road, Sandbach, Cheshire, CW11 1HX



**ENJOY POOL TIME
AND STAY ACTIVE!**



**Delicious homemade
meals delivered
straight to your door**



01270 256919 | support@wishingwellproject.net
Registered Charity No. 1180756
Meals delivered between 11.30am-1.30pm
Price is just £6.50 for a main meal and dessert
Areas we cover: Crewe, Shavington, Nantwich, Willaston, Alsager, Sandbach, Haslington, Weston
Our friendly drivers provide more than a delivery service; they also offer a reassuring welfare check-in for customers and their families.

Is the cold in your home putting your health at risk?

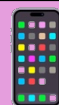
Our free Save Energy Advice Line offers impartial, expert advice to help you stay healthy and warm in your home.

Ready to Get Support?
Call the Save Energy Advice Line FREE on: 0800 043 0151
Scan the QR code to refer yourself!
Website: epplus.org.uk
Email: advice@epplus.org
@EP_Plus
@Energy.Projects.Plus
@energyprojectplus



This month see's
Aquarius Swim Club
celebrate **56 years**
offering swimming to
local disabled people!

Stay Connected



Instagram

[aquariussandbach](https://www.instagram.com/aquariussandbach)

YouTube

[AquariusSwimClub](https://www.youtube.com/AquariusSwimClub)

Email

aquarius.comms@gmail.com