

Swimming Pool Programme



From
Monday 8th April 2024



Ibstock Leisure Complex
Ibstock Community College
Central Avenue
Ibstock
LE67 6NE

Telephone 01530 265836
Email leisure@ibstockcollege.co.uk
Visit www.nwleics.gov.uk/ibstockcc
Facebook Ibstock Leisure Complex

Swimming Pool Timetable

From Monday 8th April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
7.00						Coalville Swim Club 7.15-9.15am								
7.15														
7.30														
7.45														
8.00														
8.15														
8.30														
8.45														
9.00														
9.15														
9.30	General Swim 9.15-10.15am	PS Curriculum Swimming		PS Curriculum Swimming	Aqua Fitness Class 9.00-9.45am		Learn to Swim Scheme 9.00-11.00am							
9.45														
10.00			General Swim 10.15-11.15am	PS Curriculum Swimming										
10.15														
10.30		Parent & Infant 10.45-11.25am		Parent & Infant 10.45-11.25am	PS Curriculum Swimming									
10.45														
11.00	Deep Water Aqua Jog Class 11.00-11.45am	General Swim 11.30-12.30pm	Aqua Fitness Class 11.15am-12.00pm	General Swim 11.30-12.30pm		Learn to Swim Scheme 9.15am-1.30pm	Fun Float Swim 11.00-12.00pm							
11.15														
11.30							General Swim with 2 lanes 12.00-1.30pm							
11.45														
12.00														
12.15														
12.30														
12.45														
1.00														
1.15														
1.30														
1.45														
2.00	PS Curriculum Swimming	PS Curriculum Swimming	PS Curriculum Swimming	PS Curriculum Swimming	PS Curriculum Swimming									
2.15														
2.30														
2.45														
3.00														
3.15														
3.30														
3.45														
4.00														
4.15														
4.30	Learn to Swim Scheme 3.45-6.15pm	Learn to Swim Scheme 3.45-6.15pm	Learn to Swim Scheme 3.45-6.15pm	Learn to Swim Scheme 3.45-6.15pm	Learn to Swim Scheme 3.45-6.15pm									
4.45														
5.00														
5.15														
5.30														
5.45														
6.00														
6.15								LTS Rookies 6.15-6.45pm	Aqua Fitness Class 6.15-7.00pm		Lane Swim 6.15-7.15pm			
6.30														
6.45								Special Sessions... •NEW Gentle Aqua •Whirligig Inflatable •Fun Float Session See individual pages for details	General Swim with 2 lanes 7.00-8.00pm	Coalville Swim Club 6.30-9.30pm		Fun Float Session 6.30-7.30pm		
7.00														
7.15														
7.30														
7.45														
8.00	Coalville Triathlon Club 8.00-9.00pm													
8.15														
8.30														
8.45														
9.00														
9.15														
9.30														
	General Swim 8.30-9.30pm			General Swim 8.00-9.00pm										

May Half-Term

1:1 Swimming Lessons

During the May Half-Term school holiday, we are running our most popular 1:1 intensive booster swimming lessons

These are tailored to meet the individual needs of the swimmer and are available to children aged 3 years and above of any swimming ability. At the time of booking, let us know what you need the lessons to focus on

The teacher will be in the water with the beginner Stages 1 & 2



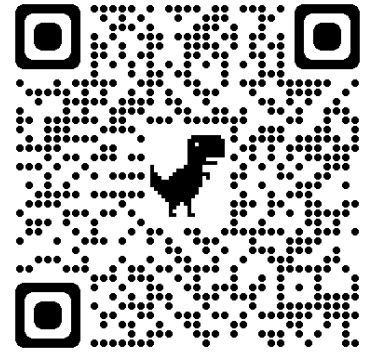
Prices...
Our 3 day courses are
£45.00

Days, Dates & Times...

May Half-Term – 28th, 29th, 30th May

Lesson Times...

Lessons run for 30 mins each day starting at 9.00am, 9.30am, 10.00am and 10.30am



These courses are now live and available to book on SchoolHire activities searching for;
Activity - Holiday Crash Courses / **Location** - Ibstock Leisure Complex
Visit <https://schoolactivity.co.uk> or scan the QR code above

Fun Float Sessions

A fun float session that includes;

...Giant Floats... Rafts...
River Riders... Body Boards
...Woggles... Stepping Stones...

This play session is great for boosting water confidence in non or weak swimmers and younger children **OR** an aquatic energy burner for older children and young people who are competent swimmers

Children under 8 years old and non or weak swimmers must be accompanied in the water at all times by a responsible adult aged 16 years or above



Day	Date	Time
Fridays	Weekly	6.30 - 7.30pm
Sundays	Weekly	11.00 - 12.00pm
Monday	22/4/24	7.15 - 8.15pm

Prices

Adult	Blue Light	Staff
£4.35	£3.25	£2.15
Junior	ClubActiv8	U5's
£3.25	£1.65	Free

These sessions are also included in a Swim OR Gym & Swim Membership

Adults are welcome to accompany their children in the water or watch from the spectator area.

Unaccompanied swimmers must be;

- 8 years old or above
- Able to swim 25m unaided
- Confident in deep water
- Comfortable submerging underwater

These sessions are now live and available to book on SchoolHire activities searching for;

Activity – Family Fun Swimming / Location - Ibstock Leisure Complex

Visit <https://schoolactivity.co.uk>

Parent / Adult and Infant Swim Session

Get your infant swimming...

A fun 'play' session encouraging water confidence for parents / grandparents / adult caregiver with infants aged 0 - 3 years

Instructor led sessions where water equipment and toys are provided



Book at your convenience on SchoolHire or contact reception by telephone or email. Places are limited...



Day	Date	Time
Tuesdays	Term-time	10.45 - 11.25am
Thursday	Term-time	10.45 - 11.25am

Prices

Adult	Blue Light	Staff
£4.40	£3.30	£2.20
	Under 5's	
	Free	

Some benefits of infant swim time...

- improves cognitive functioning
- reduces the risk of drowning
- improves confidence
- increases quality time between caregivers and babies
- builds muscle
- improves co-ordination and balance
- improves sleep patterns
- improves appetite

These sessions are now live and available to book on SchoolHire activities searching for;
Activity – Aqua Tots / **Location** - Ibstock Leisure Complex
Visit <https://schoolactivity.co.uk>

Whirligig Pool Inflatable



The challenge is on...
Our Whirligig swimming pool inflatable features...

- 15m dual-lane aqua run
- Whirligig obstacles
- Climbing wall
- Wobble plate
- Under / Over bar
- Wiggle wall
- Climb 'n' Slide finale

Book in advance, as places are limited

Age Range...

8 – 14 years

Junior participants only
No adults or casual swimming



Day	Date	Time
Monday	15/4/24	7.15 - 8.15pm
Monday	29/4/24	7.15 - 8.15pm
Monday	20/5/24	7.15 - 8.15pm

Prices

Junior
£4.50

This session MUST be booked in advance as places are limited. This session may not run if minimum numbers have not been reached.

Ability...

Participants must be;

- 8 – 14 years old **OR LTS Stage 6 of above if younger than 8 years**
- Able to swim 25m competently
- Confident in deep water
- Comfortable submerging underwater

Participants may be required to perform a swim test at the beginning of the session

These sessions are now live and available to book on
SchoolHire activities searching for;
Activity – Pool Inflatable / **Location** - Ibstock Leisure Complex
Visit <https://schoolactivity.co.uk> or scan the QR code above

General Swim Sessions & Lane Swimming

The **General Swim Sessions** are open to all ages and abilities.

Lane swimming is also open to swimmers aged 8 years and above, or, in our LTS Stage 6 who can swim the length of the pool without stopping, and when accompanied by an adult.

Children under 8 years old and non or weak swimmers must be accompanied in the water at all times by a responsible adult aged 16 years or above



General Swim Sessions (Some with 2 lanes)

Day	Date	Time
Monday	Weekly	9.15 - 10.15am
Monday	Weekly	8.30 - 9.30pm
Tuesday	Weekly	11.30 - 12.30pm
Tuesday	Weekly	7.00 - 8.00pm
Wednesday	Weekly	10.15 - 11.15am
Thursday	Weekly	11.30 - 12.30pm
Thursday	Weekly	8.00 - 9.00pm
Friday	Weekly	11.45 - 12.45pm
Sunday	Weekly	12.00 - 1.30pm

Lane Swim (4 Lanes)

Thursdays	Weekly	6.15 - 7.15pm
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Prices

Adult	Blue Light	Staff
£4.35	£3.25	£2.15
Junior	ClubActiv8	U5's
£3.25	£1.65	Free

These sessions are also included in a Swim OR Gym & Swim Membership

These sessions are now live and available to book on
SchoolHire activities searching for;

Activity – Casual Swim or Lane Swimming / **Location** - Ibstock Leisure Complex

Visit <https://schoolactivity.co.uk>

Aqua Exercise Classes

Deep Water Aqua Jog & Aqua Fitness Class



Deep Water Aqua Jog offers you the benefits of running / jogging but with low impact.

It's friendly on your joints (ankles, knees, hips) which makes it perfect for those needing to protect their joints or for runners or other sports athletes recovering from an injury.

These sessions are instructor led, are in deep water and wearing a flotation belt (provided) or you can bring your own.

Prices...

Adult £5.05 / Blue Light £3.80 / Staff £2.55
Let's Get Moving £3.80 (was Exercise Ref)
Junior £3.80 / ClubActiv8 £1.90

Deep Water Aqua Jog

Day	Date	Time
Monday	Weekly	11.00 - 11.45am
Thursday	Weekly	7.25 - 8.00pm

Aqua Fitness Class

Day	Date	Time
Tuesday	Weekly	6.15 - 7.00pm
Wednesday	Weekly	11.15 - 12.00pm
Friday	Weekly	9.00 - 9.45am

The Aqua Fitness Classes are also instructor led and offer the following benefits;

- Water is dense so you work harder and burn more calories
- The pressure of the water helps your heart pump blood round your body
- Is joint friendly
- Is adaptable so you can work at your own pace

These sessions are now live and available to book on SchoolHire activities searching for;

**Activity – Aqua Fitness and SwimFit Classes / Location - Ibstock Leisure Complex
Visit <https://schoolactivity.co.uk>**

Memberships 2024

Do more in 2024...

The **Gym Membership** is for The Gym@Ibstock powered by MATRIX and gives unlimited use during our opening hours, 7 days a week...

The **Swim Membership** is for;

- ✓ General Swim
- ✓ Lane Swim
- ✓ Fun Float Sessions
- ✓ Unlimited use during the purchased calendar month

See out latest swimming pool timetable for session details

The Memberships are for the purchaser only and are not transferable



Do more in 2024!!!

Take advantage of our Memberships for the Gym OR Swim or Gym & Swim combined...

Prices shown are single / combined

Adult £23.95 / £30.90

Blue Light £17.95 / 23.20

Staff £12.00 / £15.45

(Leics Education or LIFE MAT)

Junior £17.95 / £23.20

ClubActiv 8 £9.00 / £11.60

Do more for less...

Memberships are valid for the calendar month, from the first day to the last day...

There's no reduction if you buy part way through the month, but it might still be worth it to you...

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