

## Hermitage Leisure Centre - Swimming Pool - Term Time Only

Free swimming for 60+ and 16 and unders

Teaching pool closed \*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00	2 Swim lanes 7-8am	2 Swim lanes 7-8am	2 Swim lanes 7-8am	2 Swim lanes 7-8am	2 Swim lanes 7-8am	Closed	Closed
8.00	Public swim 7-10am	Public swim 7am-2.30pm	Public swim 7am-3.45pm	Public swim 7am-3.30pm	Public swim 7am-3pm	2 Swim lanes Public swim	2 Swim lanes Public swim
9.00	Aqua Aerobics 9-10am	Aqua Aerobics 9.30-10.30am	Learn to Swim 9-10am	Aqua Tots 9.40-10.30am	Aqua Tots 9.40-10.30am	Learn to Swim* 8.30am-2pm	Public swim 7.30am-7pm
10.00	Special Needs session* 10-11.30am (not on bank holidays)	Aqua Aerobics 10.30-11.30am	Nursery Lesson	School Swim 10.30-11.30am	Aqua Aerobics 10.30-11.30am	Inflatable Session* (8-14's only) 2.15-3pm	
11.00			2 Swim lanes 12-1.30pm	School Swim 11.30-12.30pm	2 Swim lanes 12-2pm		
12.00	2 Swim lanes 12-2pm	2 Swim lanes 12-2pm	School Swim	Active Lifestyle 2.15-3.15pm	Staff Training 1st Friday of the month pool closed*	Public Swim 3.10-8pm	
1.00		Active Lifestyle 2.30-3.30pm	Active Lifestyle 2.30-3.30pm	Learn to Swim* 3.30-7pm	Learn to Swim* 4-6pm		
2.00	Learn To Swim* 3-6pm	Learn to Swim* 3.45-5.15pm	Learn to Swim* 3.45-5.15pm	Free Disabled Swim* 7-8pm	Public Swim 6-8pm		
3.00		Public Swim 5.15-10pm	Public swim 5.15-6pm	Public Swim 8-10pm	Public Swim 8-10pm	Available for private party hire	
4.00		Lane Swim 6-7pm	Aqua Aerobics* 6-7pm	Adults only lane swim* 6-8pm	Lane swim 8-10pm		Lane swim 6-7pm
5.00	Swim Club Link* 6-7pm	Aqua Aerobics 7-8pm	Aqua Aerobics* 7-8pm	Public swim 8-10pm	Lane swim 8-10pm		Aqua Aerobics 7-8pm
6.00	Coalville Swim Club* 7-9.10pm		Public swim 8-10pm	Public Swim 8-10pm	Public swim 8-10pm		
7.00							
8.00							
9.00	Public swim 9.10-10pm						Closed

## Hermitage Leisure Centre - Swimming Pool - School Holidays

Free swimming for 60+ and 16 and unders

Teaching pool closed \*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00	2 Swim lanes 7-8am	2 Swim lanes 7-8am	2 Swim lanes 7-8am	2 Swim lanes 7-8am	2 Swim lanes 7-8am	Closed	Closed
8.00	Public Swim 7-10am	Public Swim 7am-2.30pm	Public Swim 7am-1.30pm	Public Swim 7am-4pm	Public Swim 7am-1.30pm	2 Swim lanes Public swim	2 Swim lanes Public swim
9.00	Aqua Aerobics 9-10am	Aqua Aerobics 9.30-10.30am	Learn to Swim 9-10am	Aqua Tots 9.40-10.30am	Aqua Tots 9.40-10.30am	Learn to Swim* 8.30am-2pm	Public Swim 7.30am-7pm
10.00	Special Needs session* 10-11.30am (Not on bank holidays)	Aqua Aerobics 10.30-11.30am	Nursery Lesson	School Swim 10.30-11.30am	Aqua Aerobics 10.30-11.30am	Inflatable Session* (8-14's only) 2.15-3pm	
11.00		Nursery Lesson 11-30am	Public Swim 12-1.30pm	2 Swim lanes 12-1.30pm	2 Swim lanes 12-1.30pm		
12.00	2 Swim lanes 12-1.30pm	2 Swim lanes 12-1.30pm	2 Swim lanes 12-1.30pm	2 Swim lanes 12-1.30pm	2 Swim lanes 12-1.30pm	Public Swim 6-8pm	
1.00	Public swim 1.30pm		Inflatable Session* 1.30-3pm		Inflatable Session* 1.30-3pm	Public Swim 6-8pm	
2.00	Inflatable Session* 1.30-3pm	Active Lifestyle 2.30-3.30pm	Public Swim 3-3.45pm	Learn to Swim* 4-7pm	Staff Training 1st Friday of the month pool closed*	Public Swim 3.10-8pm	
3.00		Learn to Swim* 3.45-5.15pm	Learn to Swim* 3.45-5.15pm	Public Swim 8-10pm	Learn to Swim* 4-6pm		
4.00	Learn To Swim* 3-6pm	Public Swim 5.15-10pm	Public Swim 5.15-6pm	Free Disabled Swim* 7-8pm	Public Swim 8-10pm	Public Swim 8-10pm	
5.00		Lane swim 6-7pm	Aqua Aerobics* 6-7pm	Public Swim 8-10pm	Lane swim 8-10pm	Public Swim 8-10pm	
6.00	Swim Club Link* 6-7pm	Aqua Aerobics 7-8pm	Aqua Aerobics* 7-8pm	Public Swim 8-10pm	Public Swim 8-10pm	Public Swim 8-10pm	
7.00	Coalville Swim Club* 7-9.10pm		Public swim 8-10pm	Public Swim 8-10pm	Public Swim 8-10pm	Public Swim 8-10pm	
8.00						Available for private party hire	
9.00	Public swim 9.10-10pm					Available for private party hire	Closed



## Session Descriptions

### Early Morning Sessions / Lunchtime Lanes / Lane Swimming

These sessions have been tailored towards the more serious swimmer who has very limited time available.



### Aqua Aerobics

Looking for a different and challenging workout? If you have any joint problems and are unable to take part in a normal workout class then aqua aerobics may be for you! If you do suffer from joint problems then please consult your Doctor first.

### Public Sessions

Our public sessions are suitable for all types of swimmer and are great for children and families.

### Adults Only

These sessions are only available for swimmers aged 16+ years at Hood Park only. During these sessions, no lane will be available for length swimming.



### Kids Inflatable

A great way for your children to burn off all that extra energy at the weekends or during the school holidays. These sessions are limited to children aged 8-14 years and numbers are limited so arrive early to avoid disappointment.

### Music Policy

Please be aware that appropriate music will be played throughout the day on Mondays, Wednesdays, Fridays and Saturdays ONLY at Hood Park Leisure Centre.

### School Holiday Programme

We will be operating the school holiday programme during the following dates:

15-21st February

29th March -11th April

31st May - 6th June

19th July-29th August

18th-24th October

20th December - 2nd January 2011



## Safety Guidelines and Information

1. Please note tickets for sessions will be available from Reception at the designated session start time and not prior to this.
2. Never swim under the effects of alcohol or after a heavy meal.
3. Avoid holding your breath and swimming long distance under water.
4. Make sure you know the depth of water you are in and check where slopes lead into deep water. No non-swimmers in the deep end.
5. It is safer to swim with a companion. Please keep an eye open for other swimmers and be careful around children and non-swimmers.
6. If you see someone in difficulty get help immediately.
7. All children under the age of 8 must be accompanied in the water by a responsible adult (over 16) who can be responsible for: upto 2 children under 5, upto 3 children 5-8 years old, 1 child under 5 and 1 child 5-8 years old.
8. Unruly behaviour in and around the pool is strictly forbidden.
9. All our lifeguards are trained to the nationally recognised Royal Life Saving Society National Pool Lifeguard standard so let us look after your safety whilst you swim.
10. Pre book all aqua aerobics classes
11. Both Leisure Centres operates a Learn To swim Scheme. For further information, please ask at reception for an information pack or visit [www.nwleics.gov.uk/learntoswim](http://www.nwleics.gov.uk/learntoswim).
12. Coalville Swimming Club is the Districts competitive swimming club. For further information, please contact Norma Smith on 01530 831109 or use the link from [www.nwleics.gov.uk/learntoswim](http://www.nwleics.gov.uk/learntoswim).
13. Please note that the splash pool closes at 3.30pm Monday to Friday due to swimming lessons.
14. Please be aware that the pools close early on bank holidays.