

General Information

The following classes / sessions are pre-book only due to restricted numbers:

- Aqua Water Works
- 50+ Aqua Aerobics
- Swimming Lessons
- Swim 'a' Song Aqua tots sessions

Activity Descriptions

Aqua Water Works is the effective total body workout where you are immersed in a fun environment and can choose your intensity level. Water works is a new concept aqua class, with constantly changing programme to offer a great workout and training goal to deliver results! Water has fantastic properties to allow everyone to achieve their fitness goals. Waterbased exercise trains the entire body—heart, lungs and muscles—with very little joint strain. Take part to see what's causing the waves! Suitable for all.

Aqua / Post Natal is a wonderful form of safe water based exercise during and after pregnancy. It is fun and relaxing and gives you the opportunity to meet other new mums. The buoyancy and natural resistance of water make it the ideal exercise during and after pregnancy when the extra weight may make other forms of exercise too tiring or difficult.

Clubs

- Coalville Swimming Club
- Fosse Way Divers
- Ibstock Canoe Club
- Charnwood Triathlon

All the above clubs have Junior and Adult training at Ibstock Leisure Complex and would welcome new members. Please contact a member of the Leisure team for further information.



SWIMMING POOL

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Ibstock Leisure Complex
Central Avenue, Ibstock, Leics. LE67 6NE
Tel 01530 265836 – Leisure Complex Reception
Tel 01530 265835 – Leisure Team
Email—leisure@ibstockcollege.leics.sch.uk

Daytime Sessions				Evening Sessions			
	7.15-8.15 am	11.00am-12.00pm	12.00-1.00 pm	4.00-6.00pm	6.00-7.00pm	7.00-8.00pm	8.00-9.00pm
Monday	Closed	Aqua / Post Natal	General Swimming Including Lanes	Swimming Lessons	General Swimming	Adult Swimming Only	Canoe Club
Tuesday	Early Riser Swim	Aqua Water Works Fitness	50+ Aqua Aerobics	Swimming Lessons	General Swimming		Triathlon Club
Wednesday	Closed	Swim 'a' Song Aqua Tots Birth - 18mths 11.00-11.30 18mths -3yrs 11.30-12.00	General Swimming Including Lanes	Swimming Lessons	6.30—7.30 pm Aqua Water Works Fitness		7.30 –9.00pm Coalville Swimming Club
Thursday	Early Riser Swim	Little Swimmers Exclusive Parent & Child session	Junior Lessons	Swimming Lessons	General Swimming	Ladies Only Swimming	Canoe Club
Friday	Closed	Adult Swimming Lessons	Private Swimming Lessons	Lifesaving Club		Disability Swimming Club	CLOSED

Weekend Sessions						
Saturday	9.00-12.00 a.m Swimming Lessons		1.00-2.00 pm General Swimming	2.00—3.00 pm Inflatable Fun Session	3.00—5.00 pm Swimming Lessons	7.00—8.00 pm Sub Aqua
Sunday	9.00-12.00 a.m General Swimming		CLOSED			