

Course Dates...

Week Number	Month / Day	Mon	Tues	Wed	Thur	Fri	Sat	Additional Information
Week 1	Dec 2011	5th	6th	7th	8th	9th	10th	
Week 2	Dec 2011	12th	13th	14th	15th	x	17th	
Week 3	Dec 2011	19th	20th	21st	22nd	x	x	
Week 3	Jan 2012	x	x	x	x	x	7th	
Week 4	Jan 2012	9th	10th	11th	12th	13th	14th	
Week 5	Jan 2012	16th	17th	18th	19th	20th	21st	
Week 6	Jan 2012	23rd	24th	25th	26th	27th	28th	
Week 7	Jan/ Feb 2012	30th	31st	1st	2nd	3rd	4th	Payment Week
Week 8	Feb 2012	6th	7th	8th	9th	10th	11th	
Week 9	Feb 2012	13th	14th	15th	16th	17th	18th	
Week 10	Feb 2012	20th	21st	22nd	23rd	24th	25th	

Swim Accessories Now Available at Reception !!!

- Goggles 
- Swim Hats
- Arm Bands 
- Swim Nappies



Aqua Water Works Classes

Tuesday's with Gary Allan
11.00am - 11.45 am

Wednesday's with Debbie Shaw
6.30pm—7.15pm

Sundays with Debbie Shaw
4.15pm - 5.00pm

It is advised that you pre-book to avoid disappointment.

FITNESS CLASSES AT IBSTOCK LEISURE COMPLEX

Tuesdays

Urban Rebound 6.30 - 7.15pm

Circuit Training* 7.15 - 8.00pm

Thursdays

Zumba* 6.00 - 7.00pm

* Pre-booking not required

Urban Rebound 8.00 - 8.15pm



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NEWSLETTER



Course 7 - Dec 2011

Ibstock Leisure Complex
Central Avenue, Ibstock, Leics. LE67 6NE

Telephone: 01530 265836—Leisure Complex Reception
Telephone: 01530 265835—Leisure Manager & Administrator
E-mail: leisure@ibstockcollege.leics.sch.uk

Course Information...

Moving Up...

Your child will be continually assessed throughout the course of lessons. Once your child is ready to move to the next stage you will be contacted to arrange the time of the new lesson.

Health and Safety...

- Please ensure children wait at the metal shutter prior to the start of their lesson.
- Please encourage your child to use the toilet before the start of the lesson.
- We are in the process of issuing swimming hats to all children. Please ensure your child wears the hat to each lesson.
- Young children swinging on the spectator area barrier is not permitted, please be vigilant with young children playing in this area.

Payment Week...

In order to secure your place(s) on the next LTS course, please ensure payment is made during WEEK 7 of the current course.

Next payment week will be due w/c 30/01/2012



10 Week Course Price
£39.00 for the 1st child
25% discount for any subsequent siblings.

25% discount applies to the lowest payment, i.e. LTS instead of Lifesaving.

The ASA have re-structured their badge awards so as well as receiving the stage certificate once a swimmer moves up a stage expect to see other badge awards now issued within lessons, including distance badges.

What's on at Ibstock Leisure Complex...

RLSS NATIONAL POOL LIFEGUARD QUALIFICATION

Interested in becoming a Lifeguard?

Intensive courses running throughout the year.

Only £200 !!!

Next course

February 1/2 Term 2012

Ask at reception for details

Must be 16 years + and a competent swimmer

A stepping stone in to
Employment !!!



Early Riser Swim

Start the day
refreshed after an
early morning
swim !!!

Now running
Mon—Fri

7.15am—8.15am

Private Lessons Available

4 Week Blocks

One to One
Tuition

See Reception
for more details

TAKE THE PLUNGE WITH A NEW CAREER!!!

ASA UKCC Level 1 Award in Teaching
Aquatics is being held here!

Ask at Reception for Details

This course is aimed at those who are interested in supporting the teaching programme in a learn to swim environment.

Achievement of this certificate will qualify you to operate as a support teacher.

Applicants must be 16 years +

For more information or to book a place
visit www.theiosonline.com or call
01509 640640