

Hermitage Leisure Centre - Swimming Pool - Term Time Only

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	Public swim	2 Swim lanes Public swim Public swim 7.30am-7pm
9.00			Learn to Swim 9-10am	Aqua Tots 9.40-10.30am	Aqua Tots 9.40-10.30am	Learn to Swim* 8.30am-1.30pm	
10.00	Special Needs session* 10-11.30am (not on bank holidays)	Aqua Aerobics 9.30-10.30am	Nursery Lesson		Aqua Aerobics 10.30-11.30am		
11.00		Aqua Aerobics 10.30-11.30am	School Swim 10.30-11.30am				
12.00	Public swim 11.30am-4pm		2 Swim lanes 12-1.30pm	2 Swim lanes 12.30-2pm	2 Swim lanes 12-2pm		
1.00		2 Swim lanes 12-2pm				Inflatable Session* (8-14s only) 1.45-2.30pm	
2.00			School Swim				
3.00		Active Lifestyle 2.30-3.30pm	Active Lifestyle 2.30-3.30pm		Staff Training 1st Friday of the month pool closed*		
4.00	Learn To Swim* 3-6pm	Learn to Swim* 3.45-5.15pm	Learn to Swim* 3.45-5.15pm	Learn to Swim* 3.30-7pm	Learn to Swim* 4-6pm	Public Swim 2.45-7pm	
5.00		Public Swim 5.15-10pm	Public swim 5.15-6.30pm				Lane swim 6-7pm
6.00	Swim Club Link* 6-7pm	Lane Swim 6-7pm	Aqua Aerobics 6.30-7.30pm	Free Disabled Swim* 7-8pm	Public Swim 6-8pm		Aqua Aerobics 7-8pm
7.00	Coalville Swim Club* 7-9.10pm	Aqua Aerobics 7-8pm	Public Swim 7.30-10pm	Public Swim 8-10pm	Public swim 8-10pm	Available for private party hire	
8.00			Lane swim 8-10pm				Closed
9.00	Public swim 9.10-10pm					Closed	

Hermitage Leisure Centre - Swimming Pool - School Holidays

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 7.30am-7pm
9.00			Learn to Swim 9-10am Nursery Lesson	Aqua Tots 9.40-10.30am	Aqua Tots 9.40-10.30am		
10.00	Special Needs session* 10-11.30am (Not on bank holidays)	Aqua Aerobics 9.30-10.30am Aqua Aerobics 10.30-11.30am			Aqua Aerobics 10.30-11.30am	Learn to Swim* 8.30am-1.30pm	
11.00		Nursery Lesson					
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		
1.00							
2.00	Inflatable Session* 1.30-3pm		Inflatable Session* 1.30-3pm		Inflatable Session* 1.30-3pm	Inflatable Session* (9-14s only) 1.45-2.30pm	
3.00	Public swim 3-4pm	Active Lifestyle 2.30-3.30pm	Public Swim 3-3.45pm		Staff Training 1st Friday of the month pool closed*		
4.00	Learn To Swim* 3-6pm	Learn to Swim* 3.45-5.15pm	Learn to Swim* 3.45-5.15pm	Learn to Swim* 4-7pm	Learn to Swim* 4-6pm	Public Swim 2.45-7pm	
5.00							
6.00	Swim Club Link* 6-7pm	Public Swim 5.15-10pm Lane swim 6-7pm	Public Swim 5.15-6.30pm		Public Swim 6-8pm		Lane swim 6-7pm
7.00	Coalville Swim Club* 7-9.10pm	Aqua Aerobics 7-8pm	Aqua Aerobics 6.30-7.30pm* Public swim 7.30-10pm	Free Disabled Swim* 7-8pm		Available for private party hire	Aqua Aerobics 7-8pm
8.00				Public Swim 8-10pm	Public swim 8-10pm		Closed
9.00	Public swim 9.10-10pm		Lane swim 8-10pm	Public Swim 8-10pm	Lane swim 8-10pm	Closed	

Hood Park Leisure Centre - Swimming Pool - Term Time Only

	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7.00	Early Morning Lane Swimming 14 year olds upwards 7-9am Teaching Pool closed							Closed
8.00								Closed
9.00								Public Swim 9am-12noon
10.00		School Swimming 10.15am-12.15pm	School Swimming 10.15am-12.00noon	School Swimming 10.15am-12.30pm	Learn to Swim 12.00noon-12.30pm (teaching pool only)			
11.00	Learn to Swim 11.15-11.45am (teaching pool only)							
12.00	Lunchtime Lanes 12-1.15pm	Lunchtime Lanes 12.30-1.30pm	Lunchtime Lanes 12-1.15pm	Lunchtime Lanes 12.30-1.30pm	Lunchtime Lanes 12.00noon-1.30pm	Public Swim 9am-6pm	Public Swim 9am-5pm	
1.00								
2.00	School Swimming 1.15-3.30pm	School Swimming 1.30-3.30pm	School Swimming 1.15-3.30pm	School Swimming 1.30-3.30pm	School Swimming 1.30-3pm			
3.00					GP Referral 3-3.30pm			
4.00	Learn to swim 3.30-6pm	Learn to swim 3.45-6.15pm	Learn to swim 3.30-6pm	Learn to swim 3.45-6.15pm	Learn to swim 3.30-6pm			
5.00							Lane Swimming 5-6pm	
6.00	Public swim 6-9pm	Public Swim 6.15-8pm	Lane Swimming 6-7pm	Public Swim 6.15-8pm	Swim Club Link 6-7pm	Free Disabled session 6.15-7.30pm		
7.00		Aqua Aerobics 8-9pm	Public swim 7-9pm	Aqua Aerobics 8-9pm	Coalville Swim Club 7-9pm			
8.00							Closed	
9.00			Public lane swim 9-10pm					
			Teaching Pool closed					

Session Descriptions

Early Morning Sessions / Lunchtime Lanes / Lane Swimming

These sessions have been tailored towards the more serious swimmer who has limited time available before or after work or just fancies a quick dip at dinner.



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. 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. To attend you must be able to swim 25m

Music Policy

Please be aware that appropriate music will be played throughout the day at Hermitage and Hood Park Leisure Centres.

School Holiday Programme

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

13th - 17th February

2nd - 13th April

1st - 8th June

16th July - 31st August

22nd - 26th October

24th December - 4th January 2013



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. If you have any health conditions please ensure that you inform the lifeguards.
3. Never swim under the effects of alcohol or after a heavy meal.
4. Avoid holding your breath and swimming long distance under water.
5. Make sure you know the depth of water you are in and check where slopes lead into deep water. Non-swimmers are not allowed in the deep end.
6. It is safer to swim with a companion. Please keep an eye open for other swimmers and be careful around children and non-swimmers.
7. If you see someone in difficulty get help immediately.
8. 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.
9. Unruly behaviour in and around the pool is strictly forbidden.
10. 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.
11. Please pre-book all aqua aerobics classes
12. Both Leisure Centres operate a Learn To swim Scheme. For further information, please ask at reception for an information pack or visit www.nwleics.gov.uk/pages/learntoswim.
13. Coalville Swimming Club is the Districts competitive swimming club. For further information, please contact Alison Cooper on 07729 723866
14. Please note that the splash pool closes at Hermitage Leisure Centre at 3.30pm Monday to Friday due to swimming lessons.
15. Please be aware that the pools close early on bank holidays.

Photographic Policy

Photographs may be taken by NWLDC employees/professional photographers working for the Council during sessions and used for publicity reasons. If this causes you any concern, please speak to the activity leader or Centre Manager.