

Swimming Pool Programme



**From Monday 4th
November 2024**

This information contains a timetable for our regular programme, week commencing Monday 4th November 2024. Then we are operating a 2-week timetable, Week B and Week A, in order to accommodate the PE curriculum swimming lessons. The dates are shown at the top of the table on each page



**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

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 £25.15 / £32.45

Blue Light £18.85 / £24.35

NEW – Let's Get Moving £18.85 / £24.35

Junior £18.85 / £24.35

ClubActiv 8 £14.15 / £18.25

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...

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

Find us on Facebook Ibstock Leisure Complex

Swimming Pool Timetable

Week B effective on weeks commencing - 4/11/24, 18/11/24, 2/12/24 & 16/12/24

Week B	Monday 4/11/24 18/11/24 2/12/24 16/12/24	Tuesday 5/11/24 19/11/24 3/12/24 17/12/24	Wednesday 6/11/24 20/11/24 4/12/24 18/12/24	Thursday 7/11/24 21/11/24 5/12/24 19/12/24	Friday 8/11/24 22/11/24 6/12/24 20/12/24	Saturday 9/11/24 23/11/24 7/12/24 21/12/24	Sunday 10/11/24 24/11/24 8/12/24 22/12/24				
7.00am						Coalville Swim Club 7.15-9.15am					
15											
30											
45											
8.00am											
15	General Swim 8.45-9.45am	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Aqua Fitness Class 9.00-9.45am	Learn to Swim Scheme 9.00-11.00am					
30											
45											
10.00am											
15							Curriculum Swimming	General Swim 10.15-11.15am	General Swim 10.15-11.15am	Curriculum Swimming	Curriculum Swimming
30	Deep Water Aqua Jog Class 11.15-12.00pm	Curriculum Swimming	Aqua Fitness Class 11.15-12.00pm	Curriculum Swimming	Parent & Infant 11.15-11.55am	Learn to Swim Scheme 9.15am-1.30pm					
45											
12.00pm											
15							Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	General Swim 12.00-1.00pm
30											
45											
1.00pm											
15											
30	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	General Swim 12.00-1.00pm	Fun Float Swim 11.00-12.00pm					
45											
2.00pm											
15							Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	General Swim 12.00-1.00pm
30											
45											
3.00pm											
15	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 includes Rookies 5.45-6.15pm						
30											
45											
4.00pm											
15						LTS Rookies 6.15-6.45pm	Aqua Fitness Class 6.15-7.00pm		Lane Swim 6.15-7.15pm	Fun Float Swim 6.30-7.30pm	
30											
45											
7.00pm	National Lifesaving Academy Bronze Certificate Bronze Star Bronze Medallion	General Swim with 2 lanes 7.00-8.00pm	Coalville Triathlon Club 8.00-9.00pm	Coalville Swim Club 6.30-9.30pm	Deep Water Aqua Jog 7.25-8.00pm						
15											
30											
45											
8.00pm											
15											
30											
45											
9.00pm											
15											
30											
45											
10.00pm											

Swimming Pool Timetable

Week A effective on weeks commencing - 11/11/24, 25/11/24, 9/12/24 & 6/1/25

Week A	Monday 11/11/24 25/11/24 9/12/24 6/1/25	Tuesday 12/11/24 26/11/24 10/12/24 7/1/25	Wednesday 13/11/24 27/11/24 11/12/24 8/1/25	Thursday 14/11/24 28/11/24 12/12/24 9/1/25	Friday 15/11/24 29/11/24 13/12/24 10/1/25	Saturday 16/11/24 30/11/24 14/12/24 11/1/25	Sunday 17/11/24 1/12/24 15/12/24 12/1/24
7.00am							
15							
30							
45							
8.00am						Coalville Swim Club 7.15-9.15am	
15							
30							
45							
9.00am	Curriculum Swimming	Curriculum Swimming	Aqua Fitness 9.00-9.45am	Curriculum Swimming	Aqua Fitness 9.00-9.45am		Learn to Swim Scheme 9.00-11.00am
15							
30							
45							
10.00am	Curriculum Swimming	General Swim 10.15-11.15am	Curriculum Swimming	General Swim 10.15-11.15am	Curriculum Swimming		
15							
30							
45							
11.00am						Learn to Swim Scheme 9.15am-1.30pm	Fun Float Swim 11.00-12.00pm
15	Deep Water Aqua Jog Class 11.15-12.00pm			Parent & Infant 11.15-11.55am	General Swim 11.15-12.15pm		
30		Curriculum Swimming	Curriculum Swimming				
45							
12.00pm	General Swim 12.00-1.00pm						General Swim with 2 lanes 12.00-1.30pm
15		Curriculum Swimming	Curriculum Swimming	Curriculum Swimming			
30							
45							
1.00pm		Curriculum Swimming	Curriculum Swimming	Curriculum Swimming			
15							
30							
45							
2.00pm	Curriculum Swimming	Curriculum Swimming		Curriculum Swimming			
15							
30							
45							
3.00pm							
15							
30							
45							
4.00pm	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 includes Rookies 5.45-6.15pm		
15							
30							
45							
5.00pm							
15							
30							
45							
6.00pm	LTS Rookies 6.15-6.45pm	Aqua Fitness Class 6.15-7.00pm		Lane Swim 6.15-7.15pm		Fun Float Swim 6.30-7.30pm	
15							
30							
45							
7.00pm	National Lifesaving Academy Bronze Certificate Bronze Star Bronze Medallion	General Swim with 2 lanes 7.00-8.00pm	Coalville Swim Club 6.30-9.30pm	Deep Water Aqua Jog 7.25-8.00pm			
15							
30							
45							
8.00pm		Coalville Triathlon Club 8.00-9.00pm		General Swim 8.00-9.00pm			
15							
30							
45							
9.00pm							
15							
30							
45							
10.00pm							

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.

This is an instructor led session where water equipment and toys are provided, although you are welcome to bring your own.

Swim nappies are now on sale at reception.

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

Day, Date, Time...

Friday 8th November	11.15 – 11.55am
Thursday 14th November	11.15 – 11.55am
Friday 22nd November	11.15 – 11.55am
Thursday 28th November	11.15 – 11.55am
Friday 6th December	11.15 – 11.55am
Thursday 12th December	11.15 – 11.55am
Friday 20th December	11.15 – 11.55am
Thursday 9th January	11.15 – 11.55am

Prices...

Adult	Blue Light / Let's Get Moving	Under 5's
£4.65	£3.50	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** - Istock Leisure Complex
Visit <https://ibstock.schoolactivity.co.uk>

Learn to Swim Scheme

We teach to the Swim England
Learn to Swim Framework
Stages 1 – 10
'the leading national teaching
syllabus for delivering safe,
inclusive and effective swimming
lessons for all ages'.

This framework is also followed during the
Primary School curriculum swimming
lessons for continuity

Classes run every day...

Monday to Friday
3.45-6.15pm
Saturday
9.15am-1.30pm
Sunday
9.00-11.00am



Prices...

Block 4 - from £63.80 for the
11 week block of ½ hr lessons.



We take children from 3 years of age.
Prior to this, our instructor led Parent
& Toddler sessions are a great way to
boost a young child's confidence in
the water.

Wherever possible, the beginner
stages have the teacher and an
assistant in the water with the class.

When the classes are full we operate
a waiting list.



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

Activity – Swimming Lessons / **Location** - Ibstock Leisure Complex

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

Fun Float Swim 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	6.30 - 7.30pm
Sundays	11.00 - 12.00pm

Prices...

Adult	Blue Light / Let's Get Moving	
£4.60	£3.40	
Junior	ClubActiv8	Under 5's
£3.40	£2.55	Free

These sessions are also included in a Swim Membership OR a Swim & Gym 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://ibstock.schoolactivity.co.uk>

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 continuously.

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

Please see the pages at the beginning of this brochure for the week commencing Monday 28th October 2024.

Then we are operating a 2-week timetable, Week B and Week A, in order to accommodate the PE curriculum swimming lessons. The dates are shown at the top of the table on each page



Prices

	Blue Light / Let's Get Moving	
Adult	£4.60	
Junior	£3.40	
	ClubActiv8	U5's
	£2.55	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://ibstock.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 £5.30 / Blue Light £4.00
Let's Get Moving £4.00 (was Exercise Ref)
Junior £4.00 / ClubActiv8 £3.00

Day, Date, Time...

Week B starting 4/11/24 (then alternate weeks)

Monday - Deep Water Aqua Jog	11.15 - 12.00pm
Tuesday - Aqua Fitness Class	6.15 - 7.00pm
Wednesday - Aqua Fitness Class	11.15 - 12.00pm
Thursday - Deep Water Aqua Jog	7.25 - 8.00pm
Friday - Aqua Fitness Class	9.00 - 9.45am

Week A starting 11/11/24 (then alternate weeks)

Monday - Deep Water Aqua Jog	11.15 - 12.00pm
Tuesday - Aqua Fitness Class	6.15 - 7.00pm
Wednesday - Aqua Fitness Class	9.00 - 9.45am
Thursday - Deep Water Aqua Jog	7.25 - 8.00pm
Friday - Aqua Fitness Class	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://ibstock.schoolactivity.co.uk>**

Rookie Lifeguard Courses

If you'd like a new challenge, enjoy swimming and want to learn lifesaving skills, why not become a Rookie Lifeguard.

You will...

- Find out more about water safety
- Learn how to save yourself
- Perform rescues
- Swim with your clothes on
- Use specialist equipment
- Gain achievement awards
- And have loads of fun too!!!

To find out more visit rlss.org.uk/rookie

Days / Times...

Monday
6.15-6.45pm
Friday
5.45-6.15pm



The Rookie Lifeguard is for swimmers aged 8 – 12 years, in LTS Stage 6 or above



Courses run in-line with our Learn to Swim Scheme, they are ½ hour a week lessons and we run 4 blocks throughout the year. (The block can be 11, 12 or 13 weeks)

It is a great starting point for the National Lifesaving Academy and National Pool Lifeguard Qualification

You will need to bring...

- Swimming kit and towel
- Shorts and a t-shirt to swim in

Price...

Monday £63.80 / Friday £63.80

Block 4

October to December 2024

Inclusive

**Places are currently available
Book now online or call reception**

Visit

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

Start your lifeguard journey with us...