

Summer Programme 2024



**Saturday 20th July to
Wednesday 28th August
inclusive**



**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**



EMPWR SUMMER CAMP



IBSTOCK COMMUNITY COLLEGE

**FREE PLACES
AVAILABLE!**

**HAF PLACES AVAILABLE ONLY
WITH BENEFITS RELATED FREE
SCHOOL MEALS**

**AGES 5-12
WELCOME!**

**DATES:
22-26 JULY
29 JUL-2ND
AUG**

**05-09 AUG
12-16 AUG**

**Paid Places
£20 £80
/day /week**

Activities

- ✓ Football
- ✓ Multisports
- ✓ Dance
- ✓ Team Building
- ✓ NERF!

Ibstock Community College

Central Ave,
Ibstock LE67 6NE

BOOK NOW!



**SCAN OR VISIT:
EMPWRSPORTS.CO.UK!**

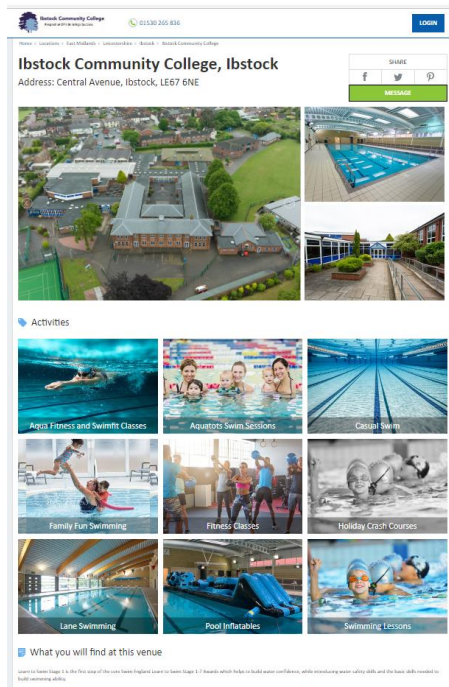


Swimming Pool Timetable

	Monday 15/7/24 - Closed	Tuesday 16/7/24 - Closed	Wednesday 17/7/24 - Closed	Thursday 18/7/24 - Closed	Friday 19/7/24 - Closed	13/7/24 - Closed Saturday	14/7/24 - Closed Sunday
	22/7/24 29/7/24 5/8/24 12/8/24 19/8/24 26/8/24 – Bank Holiday Closure	23/7/24 30/7/24 6/8/24 13/8/24 20/8/24 27/8/24 – Teacher Training Day	24/7/24 31/7/24 7/8/24 14/8/24 21/8/24 28/8/24 – Teacher Training Day	25/7/24 1/8/24 8/8/24 15/8/24 22/8/24	26/7/24 2/8/24 9/8/24 16/8/24 23/8/24	20/7/24 27/7/24 3/8/24 10/8/24 17/8/24 24/8/24	21/7/24 28/7/24 4/8/24 11/8/24 18/8/24 25/8/24
7.00am						Coalville Swim Club 7.15-9.15am	
15							
30							
8.00am							
15							
30							
45							
9.00am		1:1 Intensive Swimming Lessons 9.00-11.00am	1:1 Intensive Swimming Lessons 9.00-11.00am	1:1 Intensive Swimming Lessons 9.00-11.00am	Aqua Fitness Class 9.00-9.45am		Learn to Swim Scheme 9.00-11.00am
15	General Swim 9.30-10.30am	See the information page for further details	See the information page for further details	See the information page for further details	Whirligig Pool Inflatable 10.00-11.00am See page for details		
30							
45							
10.00am		General Swim 11.00-12.00pm	Parent & Infant 11.00-11.40am	Fun Float Swim 11.00-12.00pm	General Swim 11.15-12.15pm	Learn to Swim Scheme 9.15am-1.30pm	Fun Float Swim 11.00-12.00pm
15			Aqua Fitness Class 11.50-12.35pm	General Swim 12.00-1.00pm			
30							
45							
11.00am	Deep Water Aqua Jog 11.00-11.45am						
15							
30							
45							
12.00pm							
15							
30							
45							
1.00pm	NPLQ Course (water element) 29/7/24 to 3/8/24 inclusive Visit https://first-aid-midlands.co.uk/course-dates OR https://rlssuk.tahdah.me/event/detail/850972 for further details and to book on to the course.						
15							
30							
45							
2.00pm							
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	NPLQ Exams 3/8/24 only	
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	Whirligig Pool Inflatable OR Rookie Taster See pages for info	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	General Swim 8.00-9.00pm	Coalville Triathlon Club 8.00-9.00pm		General Swim 8.00-9.00pm			
15							
30							
45							
9.00pm							
15							
30							
45							
10.00pm							

School Hire Help Page...

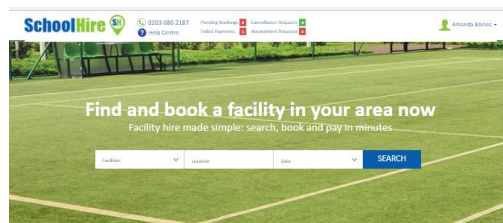
To book activities such as 1:1 Swimming Lessons, Parent and Infant Swim, Aqua Fitness Class, Whirligig Inflatable etc use this site



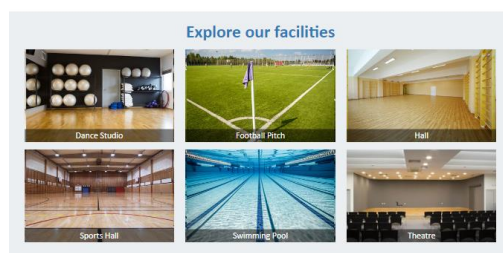
Sessions can be booked and paid for online following the steps below:-

1. Click on the following link - <https://ibstock.schoolactivity.co.uk>
2. Select from the activity tabs.
3. Choose the session and date add the attendees name and date of birth then click 'add activity to basket'.
4. If you have more than one attendee, you can add another activity and repeat Step 3. Once complete, click proceed to payment
5. If you are a new customer, you will be asked to create an account to log in. Existing customers, please use your current log in.
6. Please answer the questions on the next screen in full for all attendees.
7. Proceed to payment and follow the on-screen instructions.
8. You will receive a confirmation email from School Hire, which details your day and time of sessions and gives you further information on our scheme. Your sessions are then booked and confirmed

<https://schoolhire.co.uk/ibstock/ibstock-community-college>



SchoolHire makes booking simple



There are 2 School Hire sites, one for activities (as shown above) and one for facilities. Use the facilities site (this one) for booking the sports hall for badminton or dance practice or the floodlit court for football etc.

To book facilities for badminton, dance practice, football etc use this site

Summer Holiday

1:1 Swimming Lessons

During the Summer school holiday, we are running our most popular 1:1 intensive booster swimming lessons

These are tailored to meet the individual needs of the swimmer and are available to children aged 3 years and above of any swimming ability. At the time of booking, let us know what you need the lessons to focus on

The teacher will be in the water with the beginner Stages 1 & 2



Prices...

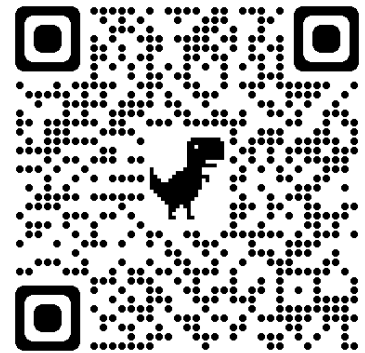
Our 3 day courses are
£45.00

Days, Dates & Times...

Week 1 – Closed
Week 2 – 23/7/24 to 25/7/24
Week 3 – 30/7/24 to 1/8/24
Week 4 – 6/8/24 to 8/8/24
Week 5 – 13/8/24 to 15/8/24
Week 6 – 20/8/24 to 22/8/24

Lesson Times...

Lessons run for 30 mins each day starting at 9.00am, 9.30am, 10.00am and 10.30am



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

Activity - Holiday Crash Courses / **Location** - Ibstock Leisure Complex
Visit <https://ibstock.schoolactivity.co.uk> or scan the QR code above

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 3 - from £60.50 for the 11 week
block and from £66.00 for 12 weeks ½
hr lessons. Depends on the day.**

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>

Rookie Lifeguard Courses & Summer Taster Session

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 £60.50 / Friday £66.00
Block 3 – July to September 2024

Taster Session **£7.50**
Monday 19/8/24 7.00-8.00pm

If you want to give it a try before committing to a course, we are running a **Taster Session** on Monday 19/8/24, 7-8pm
Book in advance as places are limited

Enjoy Water **Safely**



ROYAL
LIFE SAVING
SOCIETY UK

RLSS UK National Pool Lifeguard Qualification

Fancy becoming a lifeguard? Courses run here and at Ashby School

May Half Term - Monday 27 to Saturday 1 June - Ibstock Leisure Complex

Summer - Monday 29 July to Saturday 3 August - Ibstock Leisure Complex

Summer - Saturday 17 to Wednesday 21 - Ashby School

October Half Term - Monday 21 - Saturday 26 - Ashby School

November - Weekends of the 9,10,16,17,23,24 - Ibstock Leisure Complex

Interested?

To book your place email futuretraining@live.co.uk

or visit first-aid-midlands.co.uk

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...

Wednesday – 24th, 31st July, 7th, 14th, 21st 28th August
11.00-11.40am

Prices...

Adult	Blue Light / Let's Get Moving	Staff
£4.40	£3.30	£2.20
	Under 5's	
	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>



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...

Thursday - 25th July, 1st, 8th, 15th, 22nd August
11.00-12.00pm

Friday - 26th July, 2nd, 9th, 16th, 23rd August 2024
6.30-7.30pm

Sunday - 21st, 28th July, 4th, 11th, 18th, 25th August
11.00-12.00pm

Prices...

	Blue Light / Let's	
Adult	Get Moving	Staff
£4.35	£3.25	£2.15
Junior	ClubActiv8	U5's
£3.25	£1.65	Free

These sessions are also included in a Swim
OR Gym & Swim 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>

Whirligig Pool Inflatable

The challenge is on...

Our Whirligig swimming pool inflatable features...

- 15m dual-lane aqua run
- Whirligig obstacles
- Climbing wall
- Wobble plate
- Under / Over bar
- Wiggle wall
- Climb 'n' Slide finale

Age Range...

8 – 14 years

Junior participants only

No adults or casual swimming

Day, Date, Time...

Monday – 22nd, 29th, July, 5th, 12th August
7.00-8.00pm

Friday – 26th July, 2nd, 9th, 16th, 23rd August
10.00-11.00am

Prices...

Junior

£4.50

This session MUST be booked in advance as places are limited. This session may not run if minimum numbers have not been reached.

Book in advance, as places are limited



Ability...

Participants must be;

- 8 – 14 years old OR LTS Stage 6 or above if younger than 8 years
- Able to swim 25m competently
- Confident in deep water
- Comfortable submerging underwater

Participants may be required to perform a swim test at the beginning of the session

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

Activity – Pool Inflatable / Location - Ibstock Leisure Complex

Visit <https://ibstock.schoolactivity.co.uk> or scan the QR code above

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



General Swim Sessions (Some with 2 lanes)

Day	Date	Time
Monday		9.30-10.30am
Monday		8.00-9.00pm
Tuesday		11.00-12.00pm
Tuesday		7.00-8.00pm
Thursday		12.00-1.00pm
Thursday		8.00-9.00pm
Friday		11.15-12.15pm
Sunday		12.00-1.30pm

See the timetable page for the dates of all of these sessions

Lane Swim (4 Lanes)

Thursday	See timetable	6.15 - 7.15pm
----------	---------------	---------------

Prices

	Blue Light / Let's Get Moving	Staff
Adult	£3.25	£2.15
Junior	ClubActiv8 £1.65	U5's 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 £5.05 / Blue Light £3.80 / Staff £2.55
Let's Get Moving £3.80 (was Exercise Ref)
Junior £3.80 / ClubActiv8 £1.90

Deep Water Aqua Jog

Day, Date, Time...

Monday – 22nd, 29th July, 5th, 12th, 19th August
11.00 - 11.45am

Thursday – 25th July, 1st, 8th, 15th, 22nd August
7.25 - 8.00pm

Aqua Fitness Class

Day, Date, Time...

Tuesday – 23rd, 30th July, 6th, 13th, 20th August
6.15 - 7.00pm

Wednesday – 24th, 31st, 7th, 14th, 21st August
11.50 - 12.35pm

Friday – 26th July, 2nd, 9th, 16th, 23rd August
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>

The Gym @ Ibstock

powered by MATRIX

The Gym @ Ibstock is an air-conditioned, purpose-built facility that contains;

- a range of MATRIX touch screen cardiovascular machines
- various dual-exercise resistance machines
- a multi-functional trainer
- Concept II rowers
- Free Inductions (if needed)
- Friendly staff
- Relaxed atmosphere
- Pay per session or Membership
- Supervised junior sessions



Prices... (per session)

Adult £4.35 / Blue Light £3.25 / Staff £2.15
 Let's Get Moving £3.25 (was Exercise Ref)
 Junior £3.25 / ClubActiv8 £1.65

Opening Times...

Monday to Thursday

9.00am-1.00pm & 3.30-9.00pm

Friday

9.00am-1.00pm & 3.30-7.45pm

Saturday

7.30am-1.30pm

Sunday

9.00am – 5.30pm

Sessions...

Inductions – Usually Monday 6pm & 7pm Wednesday 6pm & 7pm – please book through reception as dates may change over the summer holiday period.

Junior Gym – Friday 26/7/24 & 2/8/24 11.15-12.15pm

Junior Gym – Friday 16th, 23rd & 30th August 6.00-7.00pm

Session / User Criteria	Need an Induction	Can use Cardiovascular Machines	Can use Resistance Machines	Coached or Supervised Session	Must be Accompanied	May be Unaccompanied
Age						
Junior						
10 years	✓	✓	✗	✓	✓	✗
11 years	✓	✓	✗	✓	✓	✗
12 years	✓	✓	✗	✓	✓	✗
13 years	✓	✓	Yes IF you physically fit the machine correctly	✓	✓	✗
14 years	✓	✓		✗	✗	✓
15 years	✓	✓		✗	✗	✓
16 years	✓	✓	✓	✗	✗	✓
17 years	✓	✓	✓	✗	✗	✓
Adult						
18 years	See Note	✓	✓	✗	✗	✓

Induction note – Adults who regularly use, or have used another gym may not need an Induction unless they choose to have a refresher that is specific to the gym at Ibstock.

Admission criteria...

- All junior user must have an Induction
- Coached & Supervised Sessions are for 10 years and above
- Juniors aged 10-13 years must be accompanied by an adult, min age 18 years

The Supervised Sessions are now live and available to book on SchoolHire activities searching for;

Activity – Fitness Classes / Location - Ibstock Leisure Complex

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

Sports Courts

Sports Hall / Floodlit Court

Sports Hall...

The Sports Hall is suitable for;

- Badminton / Short Tennis
- Basketball
- Netball
- Indoor Football / Futsal
- Cricket Training with Nets
- Fitness and Exercise Classes
- Dance Classes and practice
- Martial Arts
- Parties, Children's Sport and Play



Floodlit Court...

The Floodlit Court is suitable for;

- Football / Walking Football
- Netball / Walking Netball
- Hockey / Walking Hockey
- Small-sided Games / Training Sessions
- Leagues and Tournaments
- Casual use and Block Bookings

You can use your **ClubActiv8** points for some activities in these facilities **50% points / 50% cash**

Summer Special...
Floodlit Court
ONLY £20 an hour



These are available to book on
SchoolHire

Visit <https://schoolhire.co.uk/ibstock/ibstock-community-college>

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 £23.95 / £30.90

Blue Light £17.95 / 23.20

NEW – Let's Get Moving £17.95 / 23.20

Staff £12.00 / £15.45

(Leics Education or LIFE MAT)

Junior £17.95 / £23.20

ClubActiv 8 £9.00 / £11.60

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

Party Packages

Sports Hall and Swimming Pool options

Create Your Own Party



Parties are available on Saturday & Sunday and during some school holidays

Prices will vary depending on your booking

Age Range
All ages

Numbers will vary depending on your booking

This option is suitable for all ages and all swimming abilities

If our options are not quite right for you, simply 'Create Your Own Party'. You tell us what you want and we will do our best to provide it for you...

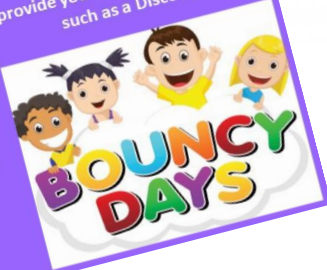
OR
Hire one of our rooms and provide your own entertainment such as a Disco!!!



We are now a venue for Bouncy Days parties

Contact them direct for more great party options

Telephone 07749 244397
Visit www.bouncydays.co.uk
Email info@bouncydays.co.uk



Bring your own coach Sports Party



Parties are available on Saturdays 1-3pm plus setting-up and clearing away time

Room Hire with Party Pack in food / drink area £60.00 (3 hrs)

Recommended Age Range
5 years & above

Invite up to 20 children for this option

A huge emphasis is placed on enjoyment, inclusion and fair play...

Choose up to 3 sports for our Multi-Sport Option or just your favourite for our Single Sport Party!!!



Make your choice from a host of sports, including...

- Football
- Basketball
- Dodgeball
- Uni-Hoc
- Kwik Cricket
- Handball and many more



Whirligig Pool Inflatable



Parties are available on Saturdays 2.00-4.00pm
Pool 2.00-3.00pm
Room 2.00-4.00pm

Package £137.00

Age Range
8-14 years

Invite up to 20 children for this option

Junior swimmers only, no adults or casual swimmers

- Our NEW swimming pool inflatable features...
- 15m dual-lane aqua run
 - Whirligig obstacle start
 - Climbing wall
 - Wobble plate
 - Under/Over bar
 - Wiggle wall
 - Climb 'n' Slide finale

Participants must be;

- 8-14 years
- Competent at swimming 25m
- unaided
- Confident in deep water
- Comfortable submerging underwater



Aqua Splash Pool Party



Parties are available on Saturdays 2.00-4.00pm
Pool 2.00-3.00pm
Room 2.00-4.00pm

Package £107.00 for up to 30 swimmers

Age Range
All ages

Invite up to 30 children for this option

This option is suitable for all ages and all swimming abilities

SPLASH and SWIM during our Aqua Splash pool party. The pool will be filled with River Riders, Giant Floats, Woggles, Body Boards and other floating and sinking toys for everyone to enjoy...



All under 8's and non-swimmers MUST be accompanied in the water, at all times, by a responsible adult aged 16 years or above and who is a confident, competent swimmer

