

# Swimming Pool Programme



From Monday 6<sup>th</sup>  
January 2025

This information contains a timetable for our regular programme, week commencing Monday 6<sup>th</sup> January 2025. We are operating a 2-week timetable, Week A and Week B, in order to accommodate the 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

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Visit [www.nwleics.gov.uk/ibstockcc](http://www.nwleics.gov.uk/ibstockcc)  
Facebook Ibstock Leisure Complex

# Memberships 2025

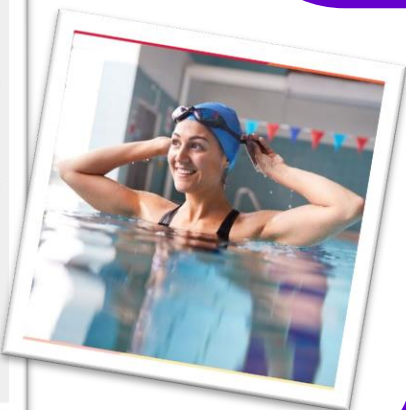
The **Gym Membership** is for The Gym@Ibstock powered by MATRIX and gives unlimited use during our opening hours, 7 days a week...

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...

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Find us on Facebook Ibstock Leisure Complex

# Swimming Pool Timetable

6/1/25 – 12/1/25

Week A	Monday 6/1/25	Tuesday 7/1/25	Wednesday 8/1/25	Thursday 9/1/25	Friday 10/1/24	Saturday 11/1/25	Sunday 12/1/24
7.00am						Coalville Swim Club 7.15-9.15am	
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8.00am							
15	Curriculum Swimming	Curriculum Swimming	Aqua Fitness 9.00-9.45am		Aqua Fitness 9.00-9.45am		
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10.00am							
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11.00am							
15	Deep Water Aqua Jog 11.15-12.00pm	Curriculum Swimming	Curriculum Swimming	Parent & Infant 11.15-11.55am		Learn to Swim Scheme 9.15am-1.30pm	
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12.00pm							
15							General Swim 12.00-1.00pm
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1.00pm							
15	Curriculum Swimming			Curriculum Swimming		General Swim with 2 lanes 12.00-1.30pm	
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2.00pm							
15							Curriculum Swimming
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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		
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4.00pm							
15						LTS Rookies 6.15-6.45pm	Aqua Fitness Class 6.15-7.00pm
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7.00pm							
15	National Lifesaving Academy	General Swim with 2 lanes 7.00-8.00pm	Coalville Swim Club 6.30-9.30pm	Deep Water Aqua Jog 7.25-8.00pm			
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8.00pm							
15						Coalville Triathlon Club 8.00-9.00pm	
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# Swimming Pool Timetable

13/1/25 – 19/1/25

Week B	Monday 13/1/25	Tuesday 14/1/25	Wednesday 15/1/25	Thursday 16/1/25	Friday 17/1/25	Saturday 18/1/25	Sunday 19/1/25
7.00am						Coalville Swim Club 7.15-9.15am	
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8.00am							
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30	General Swim 8.45-9.45am	Curriculum Swimming	General Swim 9.15-10.15am	Curriculum Swimming	Aqua Fitness 9.00-9.45am	Learn to Swim Scheme 9.00-11.00am	
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9.00am							
15	Curriculum Swimming	Curriculum Swimming	Aqua Fitness 10.15-11.00am	Curriculum Swimming	Curriculum Swimming	Learn to Swim Scheme 9.15am-1.30pm	
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10.00am	Curriculum Swimming	General Swim 11.15-12.15pm		Curriculum Swimming	Parent & Infant 11.35-12.15pm	Fun Float Swim 11.00-12.00pm	
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45	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	General Swim with 2 lanes 12.00-1.30pm	
11.00am							
15							
30	Deep Water Aqua Jog 11.15-12.00pm	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming		
45							
12.00pm							
15	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming		
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45							
1.00pm	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming		
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45	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming		
2.00pm							
15							
30	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming		
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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		
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4.00pm	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		
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30							
45	National Lifesaving Academy	General Swim with 2 lanes 7.00-8.00pm	Coalville Swim Club 6.30-9.30pm	Deep Water Aqua Jog 7.25-8.00pm			
7.00pm							
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30	Coalville Triathlon Club 8.00-9.00pm			General Swim 8.00-9.00pm			
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# Swimming Pool Timetable

20/1/25 – 26/1/25

Week A	Monday 20/1/25	Tuesday 21/1/25	Wednesday 22/1/25	Thursday 23/1/25	Friday 24/1/25	Saturday 25/1/25	Sunday 26/1/25
7.00am						Coalville Swim Club 7.15-9.15am	
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8.00am							
15	General Swim 8.45-9.45am				Aqua Fitness 9.00-9.45am		
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45	Curriculum Swimming	General Swim 9.15-10.15am					Learn to Swim Scheme 9.00-11.00am
10.00am							
15	Curriculum Swimming		Aqua Fitness 10.15-11.00am				
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45				Parent & Infant 11.00-11.40am	Curriculum Swimming	Learn to Swim Scheme 9.15am-1.30pm	Fun Float Swim 11.00-12.00pm
11.00am							
15	Deep Water Aqua Jog 11.15-12.00pm	General Swim 11.15-12.15pm	Curriculum Swimming	General Swim 11.45-12.45pm	Parent & Infant 11.35-12.15pm		General Swim with 2 lanes 12.00-1.30pm
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12.00pm							
15	Curriculum Swimming						
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45	Curriculum Swimming			Curriculum Swimming	Curriculum Swimming		
1.00pm							
15	Curriculum Swimming						
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45		Curriculum Swimming					
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15	Curriculum Swimming						
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3.00pm							
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45	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		
4.00pm							
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45	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	
5.00pm							
15	National Lifesaving Academy	General Swim with 2 lanes 7.00-8.00pm	Coalville Swim Club 6.30-9.30pm	Deep Water Aqua Jog 7.25-8.00pm			
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45		Coalville Triathlon Club 8.00-9.00pm					
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# Swimming Pool Timetable

27/1/25 – 2/2/25

Week B	Monday 27/1/25	Tuesday 28/1/25	Wednesday 29/1/25	Thursday 30/1/25	Friday 31/1/25	Saturday 1/2/25	Sunday 2/2/25
7.00am						Coalville Swim Club 7.15-9.15am	
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8.00am	General Swim 8.45-9.45am	Curriculum Swimming	General Swim 9.15-10.15am		Aqua Fitness 9.00-9.45am	Learn to Swim Scheme 9.15am-1.30pm	Learn to Swim Scheme 9.15am-1.30pm
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10.00am	Curriculum Swimming		Aqua Fitness 10.15-11.00am	Curriculum Swimming		Learn to Swim Scheme 9.15am-1.30pm	Fun Float Swim 11.00-12.00pm
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45							
11.00am	Deep Water Aqua Jog 11.15-12.00pm	General Swim 11.15-12.15pm			Parent & Infant 11.35-12.15pm	Learn to Swim Scheme 9.15am-1.30pm	General Swim with 2 lanes 12.00-1.30pm
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12.00pm	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming		
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1.00pm		Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming		
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2.00pm		Curriculum Swimming	Curriculum Swimming				
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3.00pm							
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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		
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5.00pm	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		
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7.00pm	National Lifesaving Academy	General Swim with 2 lanes 7.00-8.00pm	Coalville Swim Club 6.30-9.30pm	Deep Water Aqua Jog 7.25-8.00pm			
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8.00pm		Coalville Triathlon Club 8.00-9.00pm		General Swim 8.00-9.00pm			
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# Swimming Pool Timetable

3/2/25 – 9/2/25

Week A	Monday 3/2/25	Tuesday 4/2/25	Wednesday 5/2/25	Thursday 6/2/25	Friday 7/2/25	Saturday 8/2/25	Sunday 9/2/25
7.00am						Coalville Swim Club 7.15-9.15am	
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8.00am							
15	General Swim 8.45-9.45am				Aqua Fitness 9.00-9.45am		
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45	Curriculum Swimming	General Swim 9.15-10.15am					Learn to Swim Scheme 9.00-11.00am
10.00am							
15	Curriculum Swimming		Aqua Fitness 10.15-11.00am		Curriculum Swimming		
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45				Parent & Infant 11.00-11.40am		Learn to Swim Scheme 9.15am-1.30pm	Fun Float Swim 11.00-12.00pm
11.00am							
15	Deep Water Aqua Jog 11.15-12.00pm	General Swim 11.15-12.15pm	Curriculum Swimming	General Swim 11.45-12.45pm	Parent & Infant 11.35-12.15pm		
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45							General Swim with 2 lanes 12.00-1.30pm
12.00pm							
15		Curriculum Swimming					
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45			Curriculum Swimming	Curriculum Swimming	Curriculum Swimming		
1.00pm							
15	Curriculum Swimming	Curriculum Swimming		Curriculum Swimming			
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2.00pm							
15							
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3.00pm							
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4.00pm							
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		
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5.00pm							
15	LTS Rookies 6.15-6.45pm	Aqua Fitness Class 6.15-7.00pm		Lane Swim 6.15-7.15pm			
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45		General Swim with 2 lanes 7.00-8.00pm	Coalville Swim Club 6.30-9.30pm	Deep Water Aqua Jog 7.25-8.00pm	Fun Float Swim 6.30-7.30pm		
7.00pm							
15	National Lifesaving Academy	Coalville Triathlon Club 8.00-9.00pm					
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# Swimming Pool Timetable

10/2/25 – 16/2/25

	Monday 10/2/25	Tuesday 11/2/25	Wednesday 12/2/25	Thursday 13/2/25	Friday 14/2/25	Saturday 15/2/25	Sunday 16/2/25
<b>7.00am</b>						Coalville Swim Club 7.15-9.15am	
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<b>8.00am</b>							
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<b>9.00am</b>	Curriculum Swimming	Curriculum Swimming		Curriculum Swimming	Aqua Fitness 9.00-9.45am	Learn to Swim Scheme 9.15am-1.30pm	Learn to Swim Scheme 9.00-11.00am
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<b>10.00am</b>	Curriculum Swimming	NEW LTS 1-2 yrs Starts 25/2/25		Parent & Infant 10.45-11.25am	Curriculum Swimming	Learn to Swim Scheme 9.15am-1.30pm	Fun Float Swim 11.00-12.00pm
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<b>11.00am</b>	Deep Water Aqua Jog 11.00-11.45am	NEW LTS 2-3 yrs Starts 25/2/25	Aqua Fitness 11.15-12.00pm	General Swim 11.30-12.30pm		Learn to Swim Scheme 9.15am-1.30pm	General Swim with 2 lanes 12.00-1.30pm
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<b>12.00pm</b>	General Swim 11.45-12.45pm	General Swim 12.00-1.00pm	General Swim 12.00-1.00pm			Learn to Swim Scheme 9.15am-1.30pm	General Swim with 2 lanes 12.00-1.30pm
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<b>1.00pm</b>	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming		
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<b>5.00pm</b>	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		
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<b>6.00pm</b>	LTS Rookies 6.15-6.45pm	Aqua Fitness Class 6.15-7.00pm		Lane Swim 6.15-7.15pm			
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<b>7.00pm</b>	National Lifesaving Academy	Coalville Triathlon Club 8.00-9.00pm	Coalville Swim Club 6.30-9.30pm	Deep Water Aqua Jog 7.25-8.00pm			
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45							
<b>10.00pm</b>							



# Swimming Pool Timetable

February Half-Term 17/2/25 – 23/2/25

	Monday 17/2/25	Tuesday 18/2/25	Wednesday 19/2/25	Thursday 20/2/25	Friday 21/2/25	Saturday 22/2/25	Sunday 23/2/25
7.00am						Coalville Swim Club 7.15-9.15am	
7.15							
7.30							
7.45							
8.00am							
8.15	General Swim 9.30-10.30am	LTS Intensive 1:1 Swimming Lessons 3 day Course	LTS Intensive 1:1 Swimming Lessons 3 day Course	LTS Intensive 1:1 Swimming Lessons 3 day Course	Aqua Fitness 9.00-9.45am	Learn to Swim Scheme 9.15am-1.30pm	Learn to Swim Scheme 9.00-11.00am
8.30							
8.45							
9.00am							
9.15							
9.30	Deep Water Aqua Jog 11.00-11.45am	Fun Float Swim 11.00-12.00pm		General Swim 11.30-12.30pm	General Swim 9.45-10.45am	Learn to Swim Scheme 9.15am-1.30pm	Fun Float Swim 11.00-12.00pm
9.45							
10.00am							
10.15							
10.30							
10.45	Fun Float Swim 11.45-12.45pm	General Swim 12.00-1.00pm	General Swim 12.00-1.00pm		Whirligig Inflatable 11.15-12.15pm	Learn to Swim Scheme 9.15am-1.30pm	General Swim with 2 lanes 12.00-1.30pm
11.00am							
11.15							
11.30							
11.45							
12.00pm						Learn to Swim Scheme 9.15am-1.30pm	
12.15							
12.30							
12.45							
1.00pm							
1.15						Learn to Swim Scheme 9.15am-1.30pm	
1.30							
1.45							
2.00pm							
2.15							
2.30						Learn to Swim Scheme 9.15am-1.30pm	
2.45							
3.00pm							
3.15							
3.30							
3.45	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	Learn to Swim Scheme 9.15am-1.30pm	
4.00pm							
4.15							
4.30							
4.45							
5.00pm	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	Learn to Swim Scheme 9.15am-1.30pm	
5.15							
5.30							
5.45							
6.00pm							
6.15		General Swim with 2 lanes 7.00-8.00pm	Coalville Swim Club 6.30-9.30pm	Deep Water Aqua Jog 7.25-8.00pm		Learn to Swim Scheme 9.15am-1.30pm	
6.30							
6.45							
7.00pm							
7.15							
7.30	Coalville Triathlon Club 8.00-9.00pm			General Swim 8.00-9.00pm		Learn to Swim Scheme 9.15am-1.30pm	
7.45							
8.00pm							
8.15							
8.30							
8.45						Learn to Swim Scheme 9.15am-1.30pm	
9.00pm							
9.15							
9.30							
9.45							
10.00pm						Learn to Swim Scheme 9.15am-1.30pm	
10.15							
10.30							
10.45							
11.00pm							

# Swimming Pool Timetable

Weekly from 24/2/25 to Easter 2025

	Monday 24/2/25	Tuesday 25/2/25	Wednesday 26/2/25	Thursday 27/2/25	Friday 28/2/25	Saturday 1/3/25	Sunday 2/3/25						
7.00am						Coalville Swim Club 7.15-9.15am							
15													
30													
45													
8.00am													
15													
30													
45													
9.00am								Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Aqua Fitness 9.00-9.45am	Learn to Swim Scheme 9.00-11.00am
15													
30													
45													
10.00am	Deep Water Aqua Jog 11.00-11.45am	NEW LTS 1-2 yrs Starts 25/2/25	Aqua Fitness 11.15-12.00pm	Parent & Infant 10.45-11.25am	Curriculum Swimming	Learn to Swim Scheme 9.15am-1.30pm	Fun Float Swim 11.00-12.00pm						
15													
30													
45													
11.00am	General Swim 11.45-12.45pm	NEW LTS 2-3 yrs Starts 25/2/25	General Swim 12.00-1.00pm	General Swim 11.30-12.30pm			General Swim with 2 lanes 12.00-1.30pm						
15													
30													
45													
12.00pm	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming	Curriculum Swimming								
15													
30													
45													
1.00pm													
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 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	National Lifesaving Academy	General Swim with 2 lanes 7.00-8.00pm	Coalville Swim Club 6.30-9.30pm	Deep Water Aqua Jog 7.25-8.00pm									
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...

Thursday 9/1/25	11.15am – 11.55am
Friday 17/1/25	11.35am – 12.15pm
Thursday 23/1/25	11.00 – 11.40am
Friday 24/1/25	11.35am – 12.15pm
Friday 31/1/25	11.35am – 12.15pm
Thursday 6/2/25	11.00 – 11.40am
Friday 7/2/25	11.35am – 12.15pm
Thursday 13/2/25	10.45 – 11.25am
Thursday 27/2/25 onwards	10.45 – 11.25am

### 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 - Ibstock 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 £69.60 for the  
12 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

### Half-Term Sessions (additional sessions)

Monday 17/2/25 11.45 – 12.45pm

Tuesday 18/2/25 11.00 – 12.00pm

### Prices...

	Blue Light / Let's Get Moving	
Adult	£3.40	
Junior	£2.55	Under 5's 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 - Istock 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 weekly sessions effective from Monday 6<sup>th</sup> January 2025 to Easter, including February Half-Term.

The dates are shown at the top of the table on each page.



## Prices

	<b>Blue Light / Let's Get Moving</b>	
<b>Adult</b>	£3.40	
<b>Junior</b>	<b>ClubActiv8</b>	<b>U5's</b>
£3.40	£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...

Please see the pages at the beginning of this brochure for the weekly sessions effective from Monday 6<sup>th</sup> January 2025 to Easter, including February Half-Term.

The dates are shown at the top of the table on each page.

**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](http://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 blocks 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 £69.60 / Friday £69.60**  
Block 1 (12 weeks)  
January to March 2025  
inclusive

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

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

**Start your lifeguard journey with us...**