

## Additional Information

### The Benefits of Swimming

**Psychological** - Swimming is a great way of alleviating stress. Mastering a new skill can result in a great sense of achievement and satisfaction. Try a Wellbeing session.

**Physical** - Swimming can improve strength, stamina and suppleness. Regular exercise can help to improve fitness and enable the body to work more efficiently. Try an Active session.

**Rehabilitating** - Swimming allows muscles to be exercised against the resistance of the water, helping to maintain fitness and mobility. Try a Wellbeing session.

**Social** - Swimming is a good way to meet new friends and is an activity the whole family can participate in. Try a Social or Family session.

**Safety** - Being able to swim and perform simple personal survival skills are valuable life skills. Try Swim School or a Social session.

**Access to other water based activities** - The ability to swim facilitates access to other water-based activities such as sailing, water skiing, canoeing, and surfboarding with a degree of safety and confidence.

### Pool Safety Information

- Shower before entering the pool
- Swim within your ability - use equipment and buoyancy aids if required
- Do not swim if feeling unwell
- Inform a lifeguard if you have any medical conditions
- Look out for yourself and others while in the pool
- Be aware of danger - sudden pool depths, slippery surfaces
- Listen out for the emergency alarms or lifeguard instruction

## Clothing and Equipment



Shop online at [www.charwoodleisure.com](http://www.charwoodleisure.com) to receive 10% off all Speedo clothing, equipment and accessories with discount code ACTIVE3432. All orders delivered free to UK addresses.

## Membership feels great...

- No Joining fee
- No Contract\*
- 10 Day Money Back Guarantee
- Ability to Freeze
- Fixed Price for Life\*

\*depending on Membership type

### Loughborough Leisure Centre

Browns Lane, Loughborough, Leicestershire LE11 3HE

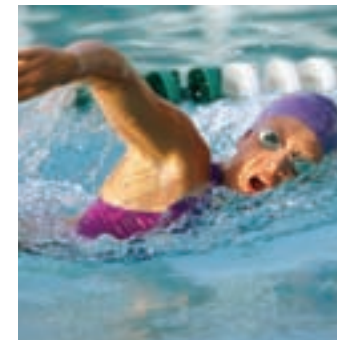
Telephone: 01509 611 080

Web: [www.charwoodleisure.com](http://www.charwoodleisure.com)

### SWIM4FREE

From 1st April 2009 FREE swimming for those aged 60 and above, and those of 16 year's of age and under.

This leaflet is available on request in Braille, on audio tape, in large print and various community languages. To access these please phone 01509 634560.



### Centre Opening Times

**Monday-Friday**  
06.15 - 23.00

**Saturday**  
08.00 - 21.00

**Sunday**  
08.00 - 21.00

NB. Isospa opening times may differ to the above

## Pool Timetable September 2009



the ultimate swimming experience

## Session Descriptions



### H2O-ACTIVE

Active sessions are for those looking to use swimming for exercise purposes, or to improve fitness levels. Active sessions permit the use of training aids and equipment for the more serious swimmer.

- Lane Swimming/Adult Only Lane Swimming
- Early Morning Swim
- Lunchtime Swim/Adult Only Lunchtime Swim
- Aqua Tone
- Over 50s Aqua Tone



### H2O-SOCIAL

Social sessions are for those looking to get enjoyment out of swimming. These sessions enable you to swim with others of similar ability and are a great way to meet like-minded swimmers.

- General Swim
- Over 50's Swim



### H2O-WELLBEING

Wellbeing sessions are for those looking to use swimming to improve overall health, fitness and wellbeing. A great way to exercise, tone and relieve stress.

- Aqua Natal
- Women Only Swim
- Adult Swim



### H2O-FAMILY

Family sessions have been specifically designed for those with children. The Family sessions offer a calm and enjoyable atmosphere for young and old alike - the perfect family day out.

- Family Swim
- Parent and Toddler Swim



### H2O-PARTY

Party sessions are perfect for children and teenagers. These fun sessions offer a lively, energetic and exciting atmosphere - the perfect pool party!

- Fun Session
- Nite Wave



Swim Life is the swimming lesson programme. Pupils progress through structured levels with a qualified swimming instructor, learning valuable skills and stroke techniques.

## Pool Timetable

	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22		
MAIN POOL	MON	ACTIVE Early Risers				ACTIVE Aqua Aerobics	ACTIVE Aqua Jogging	WELLBEING Adult Swim	ACTIVE Lane Swimming		SCHOOL Swimming Lessons	ACTIVE 50+ Aqua	SOCIAL 50+ Swim	swimlife Swimming Lessons	ACTIVE Lane Swim	SOCIAL General Swim	ACTIVE Lane Adults	WELLBEING Women Only Swim	ACTIVE Lane Swimming
	TUE	ACTIVE Early Risers				SCHOOL Swimming Lessons	CLOSED FOR MAINTENANCE		ACTIVE Lane Swimming		SCHOOL Swimming Lessons	WELLBEING Adult Swim	STAFF TRAINING	swimlife Swimming Lessons	ACTIVE Lane Swim	SOCIAL General Swim	ACTIVE Lane Adults	Loughborough Town Swimming Club	ACTIVE Lane Swimming
	WED	ACTIVE Early Risers				SCHOOL Swimming Lessons	ACTIVE Aqua Aerobics	SCHOOL Swimming Lessons	ACTIVE Lane Swimming		WELLBEING Adult Swim		swimlife Swimming Lessons	ACTIVE Lane Swim	SOCIAL General Swim	ACTIVE Aqua Jogging	ACTIVE Aqua Aerobics	ACTIVE Lane Swimming	
	THU	ACTIVE Early Risers				SCHOOL Swimming Lessons			ACTIVE Lane Swimming		SCHOOL Swimming Lessons	SOCIAL 50+ Swim	swimlife Swimming Lessons		Loughborough Town Swimming Club				
	FRI	ACTIVE Early Risers				SCHOOL Swimming Lessons			ACTIVE Lane Swimming		SCHOOL Swimming Lessons	WELLBEING Adult Swim	swimlife Swimming Lessons	ACTIVE Lane Swim	SOCIAL General Swim	ACTIVE Lane Adults	PARTY Nite Wave		swimlife Adult Lessons
	SAT	swimlife Swimming Lessons					swimlife Swimming Lessons		SOCIAL General Swim		PARTY Fun and Floats		STAFF TRAINING	PRIVATE HIRE available for Gala and Party Hire					
	SUN	ACTIVE Lane Swimming Adults Only				FAMILY Swim		PARTY Fun and Floats		SOCIAL General Swim		PARTY Fun and Floats		Loughborough Town Swimming Club	Special Needs Swimming	ACTIVE Lane Swimming			
TRAINING POOL	MON	SCHOOL Swimming Lessons				swimlife Parent/Child	FAMILY Swim		SCHOOL Swimming Lessons	swimlife Swimming Lessons			FAMILY Swim	swimlife Adult Lessons					
	TUE	SCHOOL Swimming Lessons				swimlife Parent/Child	SCHOOL Swimming Lessons					swimlife Swimming Lessons							
	WED	SCHOOL Swimming Lessons				FAMILY Swim		swimlife Parent/Child	SCHOOL Swimming Lessons		swimlife Swimming Lessons			FAMILY Swim					
	THU	SCHOOL Swimming Lessons				FAMILY Swim					swimlife Swimming Lessons				LTSC	swimlife Adult Lessons			
	FRI	SCHOOL Swimming Lessons				SCHOOL Swimming Lessons					swimlife Swimming Lessons			FAMILY Swim		PARTY Nite Wave			
	SAT	swimlife Swimming Lessons					FAMILY Swim					PARTY HIRE							
	SUN	FAMILY Swim				FAMILY Swim					swimlife Parent/Toddler	PARTY HIRE		Special Needs Swimming					

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#### Under 8's Policy

All H2O Sessions (Except H2O Family) Children aged 4-7 years must be accompanied by a responsible adult (i.e. over the age of 16 years) in the ratio 2 under 8's to every one adult. Children under the age of 4 years must be accompanied by a responsible adult (i.e. over the age of 16 years) in the ratio 1:1. H2O Family - Children aged 4-7 years must be accompanied by a responsible adult in the ratio 3:1. If 1 or more child is under 4 then they must be accompanied in the ratio 2:1.

**Main Pool Family Swim Session** - All children MUST be accompanied by an adult (age 16 years and over).

**Active Lane Adults Only** - is designed for swimmers aged 16 years and over.

**Nite Wave Training Pool** - Training Pool is only used if numbers exceed 80 in the Main Pool.

**Family Swim Training Pool** - this session is designed for families that include at least one child under the age of 8 years. Centre Staff reserve the right to eject any persons from this session whom they deem to be behaving in an inappropriate manner.