

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 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

Soar Valley Leisure Centre

off Kingfisher Road, Mountsorrel, Leicester LE12 7FG

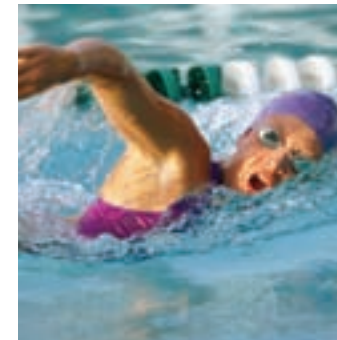
Telephone: 01162 375267

Web: www.charwoodleisure.com/soarvalley

SWIM4FREE

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

For an explanation of this document in your language or to receive a copy in braille, on audio tape or large print please call 01509 634560



Opening Times

Monday-Friday

7.00 - 22.00

Saturday

8.00 - 17.00

Sunday

7.45 - 21.00

NB Centre/Fitness suite 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.

- Early Risers
- Lane Swimming
- 50+ 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
- 50+ 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.

- Referral Aqua
- Ladies Only



H2O-FAMILY

Family sessions have been specifically designed for those with children. The Family sessions offer a calm and enjoyable atmosphere.

Family swim is aimed at families with young children (under 8) and only uses half the pool. - the perfect family day out.

- Family 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! (Please note a £1 deposit will be required on selected party sessions for a swimming band).

- Fun & Floats
- Nightwave



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
MON			ACTIVE Early Risers		SOCIAL General Swim	swimlife	swimlife	ACTIVE Lane Swimming	SOCIAL General Swim	SOCIAL 50+ Swim	swimlife Swimming Lessons		ACTIVE Lane Swimming	Aqua Aerobics	Aqua Jog	ACTIVE Lane Swimming	
TUE			ACTIVE Early Risers		Aqua Aerobics	SOCIAL General Swim	swimlife	ACTIVE Lane Swimming	SOCIAL General Swim	FAMILY Swim	swimlife Swimming Lessons		Loughborough Town Swimming Club	SOCIAL General Swim	ACTIVE Lane Swimming		
WED			ACTIVE Early Risers		SOCIAL General Swim	swimlife Adults	ACTIVE Lane Swimming	SOCIAL General Swim	ACTIVE 50+ Aqua Tone	SOCIAL 50+ Swim	swimlife Swimming Lessons	swimlife Synchro FAMILY Swim		SOCIAL General Swim	ACTIVE Lane Swimming		
THU			ACTIVE Early Risers		Aqua Aerobics	SOCIAL General Swim	ACTIVE Lane Swimming	SOCIAL General Swim			swimlife Swimming Lessons		ACTIVE Lane Swimming	WELLBEING Ladies Only	ACTIVE Lane Swimming		
FRI			ACTIVE Early Risers	Schools Swimming Lessons	swimlife	ACTIVE Lane Swimming	SOCIAL General Swim	ACTIVE 50+ Aqua Tone	WELLBEING Referral Aqua	swimlife Swimming Lessons		ACTIVE Lane Swimming	PARTY Nightwave	swimlife Adults			
SAT			swimlife Swimming Lessons				FAMILY Swim	SOCIAL General Swim	PARTY Fun & Floats	SOCIAL General Swim	Party Hire	Private Hire					
SUN			ACTIVE Early Risers		swimlife Swimming Lessons		FAMILY Swim	SOCIAL General Swim	PARTY Fun & Floats	PARTY Fun & Floats	Private Hire	Party Hire	SOCIAL General Swim	ACTIVE Lane Swimming			

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Under 8's Policy

Family swim is aimed at families with young children (under 8) and only uses half the pool.

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 2:1. 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.