

## 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

## Membership feels great...

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

\*depending on Membership type



Opening Times  
**Monday - Friday**  
 06.30 - 22.30  
**Saturday**  
 07.00 - 22.00  
**Sunday**  
 06.45 - 22.00

Lutterworth Sports Centre  
 Coventry Road, Lutterworth, Leicestershire LE17 4RB  
 Telephone: 0845 267 1206  
 Web: [www.lutterworthsportcentre.com](http://www.lutterworthsportcentre.com)



## Pool Timetable January 2010 – March 2010



the  
ultimate  
swimming  
experience



## Clothing and Equipment

Speedo products including costumes, shorts, armbands and training fins are all available to buy at Reception. See the SRS Leisure catalogue for full details of all products available. Products can be ordered at no extra cost and will be guaranteed delivery to the centre within 48 hours for collection.



## Session Descriptions



### H<sub>2</sub>O-ACTIVE

Active sessions are for those looking to use swimming for exercise purposes, or to improve fitness levels.

- Lane Swimming
- Early Morning Swim
- Lunchtime Swim



### H<sub>2</sub>O-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 50s Swim



### H<sub>2</sub>O-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.

- Women Only Swim
- Adult Only Swim



### H<sub>2</sub>O-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



### H<sub>2</sub>O-PARTY

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

- Inflatable Fun
- Pool Hire



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 January 2010 – March 2010

	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
<b>LUTTERWORTH POOL</b>																	
<b>MON</b>		Early Risers Morning Swim	Wellbeing Adults Only	Schools	Social General Swim swimlife LESSONS	Schools	Social Lifestyles 50+	Adults Only Swim (Lanes)	Schools	Social General Swim	swimlife LESSONS	swimlife LESSONS Swim Club	Swim Club	Swim Club	Swim Club	Wellbeing Adults Only	
<b>TUE</b>		Early Risers Morning Swim	Wellbeing Adults Only	Schools	Schools	Schools	Schools	Adults Only Swim (Lanes)	Schools	Social General Swim Parent & Toddler	swimlife LESSONS	swimlife LESSONS Social General Swim	Social General Swim (Two Lanes)	Wellbeing Adults Only	Sub Aqua Club		
<b>WED</b>		Early Risers Morning Swim	Wellbeing Adults Only	Schools	Schools	Schools	Schools	Adults Only Swim (Lanes)	Schools	Social Over 50s Swim	swimlife LESSONS	swimlife LESSONS Social General Swim	Swimming Club	Wellbeing Ladies Only	Social Adults Only		
<b>THU</b>		Early Risers Morning Swim	Wellbeing Adults Only	Schools	Schools	Social 50+/AquaFit (General Swim)	Schools	Adults Only Swim (Lanes)	Schools	Staff Training	swimlife LESSONS	swimlife LESSONS Social General Swim	Social General Swim (Two Lanes)	Active General Swim/Aqua Tone	Sub Aqua Club		
<b>FRI</b>		Early Risers Morning Swim	Wellbeing Adults Only	Schools	Active Deep Water Aqua Fit	Active Over 50s Swim	Schools	Adults Only Swim (Lanes)	Schools	Active Over 50s Swim	swimlife LESSONS	swimlife LESSONS General Swim	Party Wave Rave (8-12yrs)	Wellbeing General Swim/H2O training	Wellbeing Adults Only Swim		
<b>SAT</b>	Swim Club	Early Risers Morning Swim/ Swimming Club	swimlife LESSONS	swimlife LESSONS	Family Parent & Toddler	Family Float Fun		Social General Swim (Two Lanes)		Party Inflatable Fun		Available For Hire					
<b>SUN</b>		Early Risers Morning Swim	swimlife LESSONS Social General Swim	swimlife LESSONS	Family Parent & Toddler	Family Float Fun		Social General Swim (Two Lanes)		Available For Hire		Swimming Club				Wellbeing Adults Only Swim	

#### Policies

##### Main Pool

Children under the age of 4 years must be accompanied in the water by an adult (16 and over) on a 1:1 ratio. Children aged 4 – 7 must be accompanied by an adult (16 and over) on a 1:2 ratio.

Please note sessions will finish five minutes early to allow the movable floor to be set up for the next session.

We reserve the right to refuse admission

The pool will be cleared at the end of every session.

Showers must be taken before the commencement of the swimming session.

Babies and toddlers must wear protective nappies in the water.

Available to purchase from reception.

