

**Active Aqua**

Sessions are taught by a qualified instructor. See fitness leaflets for further details. Please note there are limited swimming places. It is recommended that you book in advance for these sessions.

**General swim**

Open general swim sessions for all ages and abilities. At least one lane will be available for lane swimming in all our general swim sessions.

**Lane swim / Adult lane swim**

The pool is split into lanes with each lane catering for different swimming abilities and for those wanting to swim for leisure or fitness. Adult lane swim sessions are for individuals over the age of 16.

**Big Day Parties**

Celebrate your child's birthday with friends by having a pool party. Contact the centre for further details on private hire. Pool admission policy applies.

**Family Swim**

Family sessions have been specifically designed for those with young children (under 8). For this session only half of the pool is used. The sessions offer a calm and enjoyable atmosphere and an opportunity to build water confidence at a young age. The following ratios apply: Children aged 4-7 years accompanied by a responsible adult (over the age of 16 years) in the ratio 3:1. If one child or more is under 4 then they must be accompanied in the ratio 2:1.

**Fun session**

Fun sessions are perfect for children and teenagers. These fun sessions offer a lively, energetic and exciting atmosphere with floats and rafts. During busy times session restrictions will apply.

**Swimfit**

Swimfit is a gym style programme within the pool. With four themed levels of ability, you will advance with pool side information and record your progress online at [www.swimfit.com](http://www.swimfit.com)

**Swim School**

Fusion provides swimming lessons with fully qualified instructors for adults and children of all ages and abilities. For more information please ask at reception.

**Women only sessions**

Where possible we always try to rota the respective male or female member of staff to compliment the single gender sessions.

**General information**

We aim to provide an affordable and diverse range of quality leisure facilities and activities for all. We strive to make each visit an enjoyable one. Please let us have your feedback at any time by completing a 'Please Tell Us What You Think' form available in reception.

**Pool admission policy****Main Pool**

1 adult: 2 children (4-7yrs)  
1 adult: 1 child (under 4yrs)

**Family Swim  
(see session description)**

1 adult: 3 children(4-7yrs)  
1 adult: 2 children(under 4yrs)

**Just in time**

Last entry to the pool is 30 minutes prior to closing time.

**Late admission**

Please note that to ensure class continuity and enjoyment for all, we are unable to accept late arrivals to a class more than 5 minutes after it's start time.

**Dress code**

We require all our swimmers to wear costumes / trunks in the pool at all times. Unfortunately cut down shorts, shorts below the knee and t shirts are not permitted in the pool.

**Where to find us****Soar Valley Leisure Centre**

Off Kingfisher Road,  
Mountsorrel  
Leicester LE12 7FG

T: 01162 375 267  
[www.charnwoodleisure.com](http://www.charnwoodleisure.com)

**Opening times**

Mon - Fri	07:00 - 22:00
Saturday	08:00 - 18:00
Sunday	07:45 - 21:00



Available in **LARGE** print

[www.charnwoodleisure.com](http://www.charnwoodleisure.com)

Your Charnwood Leisure Centres are brought to you by Charnwood Borough Council in partnership with Fusion – an experienced sport and leisure management organisation.

As a registered charity, Fusion continually reinvests to improve the sport & leisure offer in your community.



# Swimming Pool

## Timetable

Soar Valley Leisure Centre

# Soar Valley Leisure Centre pool timetable

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00	
Monday	Closed	Lane Swimming		General Swimming		Swim School		Lane Swimming	General Swimming		50+ Swim	Swim School		Lane Swimming	Aqua Aerobics	Aqua Jog	Lane Swimming	Closed
Tuesday	Closed	Lane Swimming			Aqua Aerobics	General Swimming		Lane Swimming	General Swimming	Adults Only	Family Swim	Swim School		Swimming Club Ltsc		General Swimming	Lane Swimming	Closed
Wednesday	Closed	Lane Swimming		General Swimming		Adult Swim School	Lane Swimming	General Swimming	Active 50+ AquaTone	50+ Swim	Swim School		Synchro	General Swimming		Lane Swimming		Closed
												Family Swim						
Thursday	Closed	Lane Swimming			Aqua Aerobics	General Swimming		Lane Swimming	General Swimming		Adults Only	Swim School		Lane Swimming	Women Only	Lane Swimming	Closed	
Friday	Closed	Lane Swimming		School Swimming		Swim School		Lane Swimming	General Swimming	50+ Aqua Tone	Referral Aqua	Swim School		Lane Swimming	Fun Session		Adult Swim School	Closed
Saturday	Closed		Swim School				Family Swim		General Swimming (under 16s swim free)		Fun Session	General Swimming	Big Day Parties	Private Hire	Closed			
Sunday	Closed		Lane Swimming	Closed	Swim School			Family Swim		General Swimming	Fun Session	Fun Session	Private Hire	Big Day Parties	General Swimming	Lane Swimming		Closed