

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.

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 1:adult to 2 children whatever age.

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 instructors (Lane Swim sessions) and record your progress online at 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.

**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**Under eights**

Children under the age of 8 yrs must be accompanied by an adult (16yrs+ and a competent swimmer) on a 1 adult to 2 children basis as a minimum.

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**South Charnwood Leisure Centre**

Parkstone Road, Syston, Leicester LE7 1LY

T: 0116 264 0057

**Opening times**

Mon - Fri 06:30 - 22:00
Sat and Sun 08:00 - 16:30

Off peak

Mon - Fri 06:30 - 17:30
Sat and Sun 08:00 - 16:30

Available in **LARGE** print

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

South Charnwood Leisure Centre

