



Oadby Swimming Pool  
Wigston Swimming Pool

# Pool programme



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# Oadby Main Pool Term Time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30
<b>MON</b>		Early Morning Lane Swim		50+	Swim School	Ladies Only Lessons	Lane Swimming	Schools	Ladies Only	Swim School	General Swim	Adult Swim School	Aquaftit	Swim Club			
<b>TUES</b>		Early Morning Lane Swim	Toddler Splash Deep End Swim Only	Ladies Only	Aquaftit	Lane Swimming	Swim School	50+	Swim School	General Swim	Aquaftit	Swim Club					
<b>WED</b>		Early Morning Lane Swim	Aquanaidial	Schools	Swim School	Lane Swimming	Schools	50+	Swim School	General Swim	Adult Swim	Adult Swim School					
<b>THURS</b>		Early Morning Lane Swim	Disability Swim	Aquaftit	Ladies Only	Lane Swimming	Schools	50+	Swim School	General Swim	Adult Swim						
<b>FRI</b>		Early Morning Lane Swim	Swim School	Schools	Lane Swimming	Schools	Toddler Splash Swim School	General Swim	Swim School	General Swim	Swim School	Swim Club					
<b>SAT</b>		Early Morning Lane Swim	Swim School	Lane Swimming	Family Splash	Kidz Krazy	Available for Private Hire/Parties										
<b>SUN</b>		Early Morning Lane Swim	Swim School	Family Splash	Lane Swimming	Kidz Krazy	Available for Private Hire/Parties	Swim Club									

Closed to public
  Public Swim
  Bookable Sessions

This programme will be reviewed in 3 months.



# Oadby Main Pool Holiday

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30
MON		Early Morning Lane Swim		50+	Swim School	Ladies Only Lessons	Lane Swimming	General Swim	Ladies Only	Swim School	General Swim	Adult Swim School	Aquaftit	Swim Club			
TUES		Early Morning Lane Swim	Toddler Splash Deep End Swim Only	Ladies Only	Aquaftit	Lane Swimming	Swim School	50+	Swim School	General Swim	Swim School	General Swim	Aquaftit	Swim Club			
WED		Early Morning Lane Swim	Aquarndial	Toddler Splash	Swim School	Lane Swimming	General Swim	50+	Swim School	General Swim	Adult Swim	Adult Swim School					
THURS		Early Morning Lane Swim	Disability Swim	Aquaftit	Ladies Only	Lane Swimming	General Swim	50+	Swim School	General Swim	Adult Swim						
FRI		Early Morning Lane Swim	Swim School	General Swim	Lane Swimming	Toddler Splash Swim School	General Swim	Swim School	General Swim	Swim School	Swim Club						
SAT		Early Morning Lane Swim	Swim School	Lane Swimming	Family Splash	Kidz Krazy	Available for Private Hire/Parties										
SUN		Early Morning Lane Swim	Swim School	Family Splash	Lane Swimming	Kidz Krazy	Available for Private Hire/Parties	Swim Club									

Closed to public
  Public Swim
  Bookable Sessions

Please note, swim sessions may finish 5 minutes earlier than advertised to allow for lane changes or activity set ups.

# Wigston Main Pool Term Time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30
<b>MON</b>		Early Morning Lane Swim	Disability Swim	Aquafit Ladies Only Session	General Swim Swim School A&C	Lane Swimming		Schools	50+	Swim School			Family Splash with Flume	Lane Swim Adult Swim School	Swim Club	Staff Training	
<b>TUES</b>		Early Morning Lane Swim Adult Lessons	Schools				Lane Swimming	Schools	Adults Only Gentle swim	Swim School			Family Splash with Flume until 7pm	Adult Swim	Swim Club		
<b>WED</b>		Early Morning Lane Swim	Schools				Lane Swimming	Schools	50+	Swim School			Family Splash with Flume	Ladies Only Ladies Only Lessons	Swim Club	Adult Swim	
<b>THURS</b>		Early Morning Lane Swim	Schools		Swim School A&C Toddler Splash	General Swim	Lane Swimming	Schools	Ladies Only	Adults Only Gentle swim	Swim School General Swim	Family Splash with Flume	Aquafit Ladies Only	Adult Swim			
<b>FRI</b>		Early Morning Lane Swim	Disability Swim	Adult Swim School	General Swim		Lane Swimming	Schools	Staff Training	Swim School			Aquatic Youth Club General Swim with Flume	Swim Club			
<b>SAT</b>		Early Morning Lane Swim	Swim School				Lane Swimming	Family Splash with Flume*	Adult Lane Swim	Kidz Krazy			Available for Private Hire/ Parties				
<b>SUN</b>		Early Morning Lane Swim	Swim Club	Family Splash			Lane Swimming	Family Splash	Adult Lane Swim	Kidz Krazy			Swim Club				

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<b>MON</b>		Early Morning Lane Swim	Disability Swim	Aquafit	General Swim		Lane Swimming	General Swim	50+	Swim School	Family Splash with Flume	Lane Swim	Swim Club	Staff Training			
		Adult Lessons		Ladies Only Session	Swim School A&C	Adult Swim School											
<b>TUES</b>		Early Morning Lane Swim	General Swim				Lane Swimming	Family Splash	Adults Only Gentle swim	Swim School	Family Splash with Flume until 7pm	Adult Swim	Swim Club				
<b>WED</b>		Early Morning Lane Swim	General Swim				Lane Swimming	General Swim	50+	Swim School	Family Splash with Flume	Ladies Only	Swim Club	Adult Swim			
											Ladies Only Lessons						
<b>THURS</b>		Early Morning Lane Swim	General Swim	Swim School A&C	General swim	Lane Swimming	General swim	Ladies Only	Adults Only Gentle swim	Swim School	Family Splash with Flume	Aquatone	Adult Swim				
				Toddler Splash											General Swim		Ladies Only
<b>FRI</b>		Early Morning Lane Swim	Disability Swim	Adult Swim School	General Swim		Lane Swimming	Family Splash	Staff Training	Swim School	Aquatic Youth Club	Swim Club					
														General Swim	General Swim with Flume		
<b>SAT</b>		Early Morning Lane Swim	Swim School				Lane Swimming	Family Splash with Flume*	Adult Lane Swim	Kidz Crazy	Available for Private Hire/ Parties						
<b>SUN</b>		Early Morning Lane Swim	Swim Club	Family Splash		Lane Swimming	Family Splash	Adult Lane Swim	Kidz Crazy	Swim Club							

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Please note, swim sessions may finish 5 minutes earlier than advertised to allow for lane changes or activity set ups.

## Session descriptions and Information

There's fun for all the family at Oadby and Wigston Swimming Pools. Our wide range of sessions have been specially designed to suit all ages and abilities.

**50+ Sessions** – There are special exclusive sessions for the 50+ offering a chance for seniors to enjoy a relaxing swim and meet their friends.

**Adults only (aged 16+)** – Swimming pools are great places for the kids but we recognise that they are also great without kids! That is why we have special sessions!

**Aquafit** – Aerobics in the water.

**Aqua natal (Oadby Pool Only)** – Exercise during and after pregnancy is important and our fully qualified instructor will ensure you get a safe workout in a warm environment.

**Aquatic Youth Club** – fun for children over 8 years. Bring your friends along and have a go at new aquatic activities.

**Aqua tone** – If you like to swim to the beat our aqua tone sessions offer exercise to music with qualified coaches. Aqua tone is particularly good if you want to exercise with minimal stress to the joints for those recovering from injury.

**Early Morning Swim** – Start the day the sun riser way! Laned swimming is available from 7am at Oadby and Wigston Pools 7 days a week with a fast and slow lane available.

**Family and General Swim** – The pool is for families and individuals to enjoy an invigorating swim.

### Wigston Swimming Pool

Station Road, Wigston,  
Leicester LE18 2DP

**0116 2881 758**

wigston.pool@harpersfitness.co.uk

### Oadby Swimming Pool

Ellis Park, Brabazon Road,  
Oadby, Leicester LE2 5HB

**0116 2710 386**

oadby.pool@harpersfitness.co.uk

Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

**Family Splash** – Fun session for all the family. \*Flume available at times during the session please ask at reception for more details.

**Fit as a Fish** – Session with qualified instructor Enjoy gentle exercise, build on fitness & confidence in a friendly relaxed atmosphere.

**Gentle Swim** – A chance for adults to enjoy a relaxing swim and meet new friends.

**Pool Parties** – Have a party with a difference. More fun for the kids and as many water fights as they like! Pool parties are bookable at Oadby and Wigston pools. For more information please contact reception.

**Kidz Krazy** – These all action fun sessions are great for kids, with floats in the pool. Children under 8 must be accompanied by an adult. Don't forget we have a flume at Wigston Pool as well.

**Swim School** – Offers swimming lessons for all ages and abilities, pre-school, juniors and adults.

**Toddler Splash** – A special session for parents to bring babies into the pool to develop water confidence.

### Admission Policy

Children under the age of eight must be accompanied by a person aged 18+ or a parent.

### Lifeguards

Lifeguards are on the poolside to ensure your safety and enjoyment, please listen to their advice and follow all instructions that are given throughout the duration of your visit.

### Weak and non-swimmers

All weak and non-swimmers should observe the water depth and remain in shallow water at all times. Armbands and other floatation aids are available to purchase at the centre.

### Poolside

The use of cameras is permitted only with the prior consent of the Duty Manager. Photographic equipment including mobile phones must not be used on the poolside, or in a spectator area. Outdoor shoes and pushchairs are not permitted on the poolside at any time.

**Programme** – Leisure Connection reserves the right to change the programme without prior notice, this will be in exceptional circumstances only. This programme was correct at the time of going to print.

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