

# Holiday pool programme



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# Main pool time table

|              | 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>   | Swim 4 Fitness | Lane Swimming |      | General Swim  | Camp Energy | 50+ Aquaffi     | Senior Swim     | Lane Swimming | Family Fun Time |                  | General Swim |               |                         |                         |                         | Adult Lane Swim      | Lifeguard Training |
| <b>TUES</b>  | Lane Swimming  |               |      | General Swim  | Camp Energy |                 | Family Fun Time | Lane Swimming |                 | General Swim     |              |               | Swim School             | Lane Swimming           | Aquaffi                 | Ladies Lane Swimming |                    |
| <b>WED</b>   | Swim 4 Fitness | Lane Swimming |      | General Swim  | Camp Energy |                 | Family Fun Time | Lane Swimming |                 | General Swim     |              | Swim School   | Harpenden Swimming Club |                         |                         | Adult Lane Swim      | Lifeguard Training |
| <b>THURS</b> | Lane Swimming  |               |      | General Swim  | Camp Energy | Senior Swim     | 50+ Aquaffi     | Lane Swimming | Family Fun Time |                  | General Swim |               | Lane Swimming           |                         |                         | Adult Lane Swim      |                    |
| <b>FRI</b>   | Swim 4 Fitness | Lane Swimming |      | General Swim  | Camp Energy |                 | Family Fun Time | Lane Swimming |                 | General Swim     |              | Swim School   | Family Swim             | Swim School             | Harpenden Swimming Club |                      |                    |
| <b>SAT</b>   |                |               |      | General Swim  |             | Family Fun Time |                 | General Swim  |                 | Special Olympics | Family Swim  |               | Private Hire            |                         |                         |                      |                    |
|              |                |               |      | Swim School   |             |                 |                 | Lane Swimming |                 |                  |              |               |                         |                         |                         |                      |                    |
| <b>SUN</b>   |                |               |      | General Swim  |             | Family Fun Time |                 | General Swim  |                 |                  |              | Lane Swimming |                         | Harpenden Swimming Club |                         |                      |                    |
|              |                |               |      | Lane Swimming |             |                 |                 |               |                 |                  |              |               |                         |                         |                         |                      |                    |

Closed to public
  Public Swim
  Bookable Sessions



# Learner pool time table

|       | 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   | Closed to public |      | Crash Course    | General Swim |                 | Swim School    | Toddler splash | General Swim  |                  |                 |                  | Swim School             |                  |                  | Closed to public |                  |       |
| TUES  | Closed to public |      | Crash Course    | Swim School  | Toddler splash  | General Swim   | Swim School    |               |                  | General Swim    |                  | Swim School             |                  |                  | General Swim     | Closed to public |       |
| WED   | Closed to public |      | Crash Course    | General Swim |                 |                | Toddler splash | Swim School   | General Swim     |                 | Swim School      | Harpenden Swimming Club |                  |                  | Closed to public |                  |       |
| THURS | Closed to public |      | Crash Course    | General Swim |                 | Toddler splash | Swim School    | General Swim  |                  | Swim School     |                  |                         |                  | Closed to public |                  |                  |       |
| FRI   | Closed to public |      | Crash Course    | Swim School  | General Swim    |                | Toddler splash | General Swim  |                  | Swim School     | Party Animals    | General Swim            | Closed to public |                  |                  |                  |       |
| SAT   | Closed to public |      | Swim School     |              | Family Fun Time | General Swim   |                | Party Animals | Special Olympics | Family Fun Time |                  | Private Hire            |                  |                  | Closed to public |                  |       |
| SUN   | Closed to public |      | Family Fun Time |              | General Swim    |                |                | Party Animals | Family Fun Time  |                 | Closed to public |                         |                  |                  |                  |                  |       |

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  Bookable Sessions

# Session Descriptions and Information

**Aquafit** – aerobics in the water.

**Family Fun Time** – not just for families, but for kids of all ages! Session includes floats, balls and toys if applicable to site. Please contact site for further details of times.

**Ladies Only Swim** – a swim session for women.

**Lane Swim** – main pool open for lane swimming only.

**Party Animals** – available for parties, galas and community use.

**Private Hire** – available for parties, galas and community use.

**Senior Swim** – a session specifically for those over the age of 50.

**Staff Training** – part or all of the pool will be closed for lifeguard training.

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

**Swimming Club** – session closed to the public for club usage.

**Swim for Fitness** – a great session for using the pool to stay fit and healthy. A choice of session programmes are available should you wish to gain more from your swim. Choose from the following – Calm, Tone, Fitness or Performance. Session cards are available from the poolside Swim 4 Fitness stand.

**General Swimming** – open session for all users.

**Camp Energy** – the pool is used by children enrolled on our holiday camp and this area is not open to the public.

**Admissions Policy** – children under the age of eight must be accompanied by a person aged 18+ or a parent.

**Lifeguards** – lifeguards are on 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. If you have a known medical condition that may affect you during your visit, please bring it to the attention of the lifeguard prior to participation.

**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 must not be used on the poolside. Outdoor shoes and push chairs are not permitted on poolside or in changing area 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.

**Changing Village** – shoes are not permitted in the changing village.

## Harpenden

### Swimming Pool

Rothamsted Park, Harpenden,  
Herts AL5 2HU

# 01582 460683

[harpendenpool@harpersfitness.co.uk](mailto:harpendenpool@harpersfitness.co.uk)

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