

Holiday pool programme



**DO YOUR BIT
SAVE PAPER**

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Main pool holiday time

	6 am	7 am	8 am	9 am	10 am	11 am	12 am	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 Swim		50+ & Adults Only	Aquafit		50+	General Swim	Family Fun Inflatable Session		Swim School			General Swim	Aquafit	Sub Aqua	
				Crash Courses													
TUES		Early Morning Swim					General Swim				Swim School		Aquafit	General Swim	Staff Training	Adults Only	
				Crash Courses											RLSS		
WED		Early Morning Swim				Swim School	General Swim		Family Fun Inflatable Session		Swim School			General Swim	Swim for Fitness	Masters	
				Crash Courses											Adults Only 2 Lanes		
THURS		Early Morning Swim		50+ & Adults Only	Aquafit		50+	General Swim	General Swim					Dorking Swim Club		Adults Only	
				Crash Courses													
FRI		Early Morning Swim		Aquafit			General Swim		Family Fun Inflatable Session		Swim School		General Swim	Dorking Swim Club	Box Hill Swim Club		
				Crash Courses													
SAT		Masters Swimming & Triathlon	Dorking Swim Club	Swim School				General Swim						Available for private hire			
SUN		Early Morning Swim	Snorkelling				General Swim				Party Animals		Adults Only				

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.



Teaching pool holiday time

	6 am	7 am	8 am	9 am	10 am	11 am	12 am	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			Bookable Sessions: Swim School				Public Swim: Toddler Splash			Bookable Sessions: Swim School		Public Swim: Toddler Splash		Closed to public		
TUES	Closed to public			Bookable Sessions: Swim School				Public Swim: Toddler Splash			Bookable Sessions: Swim School		Public Swim: Toddler Splash		Closed to public		
WED	Closed to public			Bookable Sessions: Swim School				Public Swim: Toddler Splash			Bookable Sessions: Swim School		Public Swim: Toddler Splash		Closed to public		
THURS	Closed to public			Public Swim: Toddler Splash		Bookable Sessions: Swim School			Public Swim: Toddler Splash				Public Swim: Swim Club	Closed to public			
FRI	Closed to public			Bookable Sessions: Swim School				Public Swim: Toddler Splash			Bookable Sessions: Swim School		Public Swim: Toddler Splash		Closed to public		
SAT	Closed to public			Bookable Sessions: Swim School				Public Swim: Toddler Splash				Closed to public: Available for private hire		Closed to public			
SUN	Closed to public			Public Swim: Toddler Splash								Closed to public					

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.

Session Descriptions and Information

The following clubs meet at the Centre.

Further information about the clubs can be obtained by using the contact details below.

Dorking Swimming Club

A competitive swimming club. Please see notice board for further details.

Dorking Life Saving Club

Offering training to RLSS standards.

www.life-saving.org.uk

email: dorking@life-saving.net

Dorking British Sub Aqua Club

Wendy Marshall 01306 631711.

Dorking Snorkelling Club

www.dorkingsnorkellingclub.org.uk

email:

membership@dorkingsnorkellingclub.org.uk

Box Hill Swimming Club

www.boxhillswimteam.com

email: conrad.cawley@ntlworld.com

Masters Swimming & Triathlon

email: pmsears@btclick.com

Important points to remember

A person aged 18+, or a parent directly supervises children under the age of 8. This person MUST directly supervise no more than two children under the age of 8.

Leisure Centre Opening Hours

Monday–Thursday 06.30 – 22.30

Friday 06.30 – 21.30

Saturday & Sunday 07.00 – 20.00

Dorking Sports Centre
Reigate Road, Dorking
Surrey RH4 1SW

01306 870180

dorking@harpersfitness.co.uk

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50+ – for customers aged 50 or over.

Adults Only Swim – adults aged 16 years and over. At least 2 lanes on Sunday evening.

AquaFit – an aerobics session in the water.

Aquanatal – a water based exercise class suitable for mums to be and new mums.

Early Morning Swim – early morning lane swimming.

Family Fun Inflatable Session – kids will love racing each other on our monster-sized twin track obstacle course. There is no lane swimming available in this session and adults will only be admitted to swim in this family session if accompanying children. Only competent swimmers are allowed on the inflatable, no arm bands or floating aids permitted.

General Swim – everybody is welcome during these times. At least one lane will be available. Please see 'Important points to remember'.

Masters – pay as you go session with swimming coach.

Swim School – we have an extensive range of swimming lessons for beginners, intermediates, advanced, children and adults. Swim School is run under ASA National Plan for Teaching Swimming. Please see our Swim School Prospectus and class schedule for further information or contact swim.dorking@harpersfitness.co.uk.

Swim 4 Fitness – Session where swimming for fitness is encouraged with programmed cards available for use. Flippers / floats can be used in this session only. Book into at reception. Normal public sessions charges apply.

Toddler Splash – a public swim session, primarily for accompanied under 8s. Please see 'Important points to remember'.

Small Pool Admission – access to the small pool is available on a first come first served basis therefore entry is not guaranteed. A ticket/band system may operate during busy periods to comply with maximum bather load restrictions.

Holiday Periods – for specific holiday periods the timetable may change. Please observe internal notices at the Centre or collect an alternative timetable from reception. All timetable changes will be posted on our website: www.harpersfitness.co.uk