



Vale Farm Sports Centre

# Specialist Activity Leaflet



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SAVE PAPER**

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[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)  
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[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)

# Descriptions

## Exercise Referral Scheme

Vale Farm Sports Centre manages and run an Exercise Referral Scheme. It is a 10 week programme of physical activity to encourage participants to get back into exercise. The Exercise Referral Scheme enables health professionals to refer patients, who meet the criteria to qualified exercise professionals for an appropriate personalised programme of physical activity.

Please contact your GP to be referred or for further information please contact the main reception on **020 8908 6545** and ask for the Community Liaison Manager.

## Older people's activities

There are a number of fun activities for older people to keep fit. They range from Tap Dancing to Ballroom Blitz, to our water based Aquafit sessions.

**Price:** £2.15

### Tap:

Monday 11.00 – 12.00

### Ballroom Blitz:

Monday 12.30 – 14.00

### Active Life:

Monday 13.00 – 15.00

Wednesday 10.45 – 12.15

Thursday 09.45 – 12.00

### Movement and Dance:

Wednesday 13.00 – 14.30

### Older people swim (50+):

Thursday 11.00 – 12.00

Friday 11.00 – 12.00

### Active Life Aquafit:

Monday 12.30 – 13.30

Tuesday 12.30 – 13.30

Friday 12.30 – 13.30

## Senior Citizen free swim

Old-aged pensioners bring their freedom pass and swim for free.

## Activities for disabled people

Vale Farm Sports Centre Harpers Gym consists of bikes, treadmills and rowing machines in order to improve cardiovascular fitness, for people with disabilities. The individual's carer has free admission to the centre if they are providing support to the individual during their session.

### Price:

Peak £3.65

Off Peak £3.25

with a B.Active concession card

## Disabled free swim

Disabled people can swim for FREE during any public session. The individual's carer has free admission to the centre if they are providing support to the individual during their session.

## Disability swim

Vale Farm Sports Centre runs casual swim sessions for those who want some hints and tips with their technique. Also open to those that just enjoy kicking and splashing in the pool. For whatever your level is, this session is inclusive to all disabled people and away from the noise that others can bring. The individual's carer has free admission to the centre if they are providing support to the individual during their session.

**Price:** £2.15

### Day/Time:

Thursday and Friday 11.30 – 12.00



## Women's only sessions

Women only classes are available at Vale Farm Sports Centre. These classes aim to improve cardio-vascular fitness and tone the body.

### Non-members Price

Peak £4.90

Off peak £4.80

Please note members are priced at a discounted rate, ask reception for more details.

### Day/Times:

#### Monday

Aqua 12.30 – 13.30

Body Condition/LBT 18.30 – 19.30

#### Tuesday

Complete Workout 09.45 – 11.00

Aqua 20.30 – 21.30

#### Thursday

Complete Workout 09.45 – 11.00

#### Saturday

Body Condition/LBT 09.30 – 10.30

## Women and girls swimming sessions

These sessions are open to women and girls and have been designed to accommodate swimmers from our diverse community. Swimming sessions are available on a Tuesday and a Saturday evening and we endeavour to provide female-only life guarding at the Saturday session.

Children under 8 need to be accompanied by an adult.

## Crèche information

Vale Farm Sports Centre has a crèche that is open from 10.00 – 12.00. For more information please contact the main reception on 020 8908 6545.

## Parent/Toddler Activities/Funswim

### Day/Times:

#### Friday

Parent and Toddler 14.00 – 15.00

Fun and Tumble (term time only) 15.00 – 16.00

#### Saturday

Family Fun Swim 15.00 – 16.00

#### Sunday

Parent and Toddler Fun Swim 10.30 – 12.30

## Young people after school clubs

There are after school clubs running at the centre, please contact main reception for more details on 020 8908 6545.

Please refer to the pool timetable for other mixed swimming sessions.

- Brent Dolphins
- Kilburn Karate Club
- Japanese Swimming Club
- London Taekwondo Academy

## Learning Hub

A range of learning and tuition for ages 6 – 15 year olds. Specialising in 11years + preparation for grammar and selective schools.

Stretch your mind in the Learning Hub. For more information contact the Learning Hub directly on 020 8908 0123.

## B.Active card

The B.Active card scheme provides regular users and concessionary groups with up to 40% discount on standard centre activities. For more information, please contact the main reception 020 8908 6545.



Discount Scheme



## Booking Information

Whilst not essential it is advisable to book your class in advance.

Bookings are made at reception or online at [www.harpersfitness.co.uk](http://www.harpersfitness.co.uk) (not available at all facilities). Harpers members can book up to 8 days in advance. Non-members can book 7 days in advance and must pay at the time of booking.

Spaces will only be available on the day if the class is not at capacity.

Our Class Instructors are on the Register of Exercise Professionals (REPs) and whilst each individual Instructor may have developed their own teaching style, the content of the classes will be broadly comparable.

All classes are open to everyone, however some may be of greater intensity than others. If you are new to a class, please ensure you make the Instructor aware of this so they offer lower intensity alternatives.

Fees – Payment may be made by cash, credit card or cheque made payable to 'Leisure Connection Ltd', which must be supported by a valid cheque guarantee card. For more details please contact reception.

### Please note

Refunds will only be given on production of a medical certificate for the participant.

In the event that lessons are cancelled by the Centre, as much notice as possible will be given.

## Vale Farm Sports Centre

Watford Road,  
North Wembley,  
Middlesex HA0 3HG

# 020 8908 6545

[vale.farm@harpersfitness.co.uk](mailto:vale.farm@harpersfitness.co.uk)

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[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)



## Health & Safety

All items of jewellery, fashion or religious, should be removed whilst participating in activities as they pose a hazard to both the wearer and others.

For safety reasons, participants will not be permitted to enter the class more than 10 minutes after the advertised start time.

## How to find us...

Bus routes: 18, 92, 182, 245

Cycle route: 86 and 45

Nearest Tube: Sudbury Town, North Wembley

Nearest British Rail: Sudbury & Harrow Road

## RNID 'type talk'

Please call the facility dialling 18001 plus the full telephone number (including area code) to operate a telephone relay service for people with impaired hearing or speech.

Visit: [www.type-talk.org](http://www.type-talk.org)

