

Holiday pool programme



**DO YOUR BIT
SAVE PAPER**

View this leaflet online
www.harpersfitness.co.uk
then click on our centre's home page

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		
MON	Swim 4 Fitness	Lane Swimming	General Swim	General Swim	Camp Energy	50+ Aquaffit	Senior Swim	Lane Swimming	Family Fun Time	General Swim	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Adult Lane Swim	Lifeguard Training
TUES	Lane Swimming	Lane Swimming	General Swim	General Swim	Camp Energy	Family Fun Time	Family Fun Time	Lane Swimming	General Swim	Swim School	Swim School	Swim School	Swim School	Lane Swimming	Aquaffit	Ladies Lane Swimming	Ladies Lane Swimming	Ladies Lane Swimming	Ladies Lane Swimming
WED	Swim 4 Fitness	Lane Swimming	General Swim	General Swim	Camp Energy	Family Fun Time	Family Fun Time	Lane Swimming	General Swim	Swim School	Swim School	Swim School	Swim School	Harpenden Swimming Club	Harpenden Swimming Club	Harpenden Swimming Club	Harpenden Swimming Club	Adult Lane Swim	Lifeguard Training
THURS	Lane Swimming	Lane Swimming	General Swim	General Swim	Camp Energy	Senior Swim	50+ Aquaffit	Lane Swimming	Family Fun Time	General Swim	Swim School	Swim School	Swim School	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Adult Lane Swim	Adult Lane Swim
FRI	Swim 4 Fitness	Lane Swimming	General Swim	General Swim	Camp Energy	Family Fun Time	Family Fun Time	Lane Swimming	General Swim	Swim School	Swim School	Swim School	Swim School	Family Swim	Swim School	Swim School	Swim School	Harpenden Swimming Club	Harpenden Swimming Club
SAT	General Swim		General Swim	General Swim	Swim School	Family Fun Time	Family Fun Time	General Swim	General Swim	Special Olympics	Family Swim	Family Swim	Family Swim	Private Hire	Private Hire	Private Hire	Private Hire	Private Hire	Private Hire
SUN	General Swim		General Swim	General Swim	Lane Swimming	Family Fun Time	Family Fun Time	General Swim	General Swim	General Swim	Lane Swimming	Lane Swimming	Lane Swimming	Harpenden Swimming Club	Harpenden Swimming Club	Harpenden Swimming Club	Harpenden Swimming Club	Harpenden Swimming Club	Harpenden Swimming Club

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						

Closed to public
 Public Swim
 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.

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.

Toddler Splash – Session with pool toys for toddlers in the training pool.

**Harpenden
Swimming Pool**
Rothamsted Park, Harpenden,
Herts AL5 2HU

01582 460683

harpendenpool@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.

www.stalbans.gov.uk

www.leisureinstalbans.co.uk

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.

Hygiene – Outdoor shoes are not permitted in the Changing Village please use the overshoes provided. Please use the showers before entering the swimming pool.

