

Pool programme



www.stalbans.gov.uk
www.leisureinstalbans.co.uk



**DO YOUR BIT
SAVE PAPER**

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

Westminster Lodge Leisure Centre 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	
MON	Swim Club	Lane Swim		General Swim & Schools			Adult Lane Swim	General Swim & Schools			Swim School	General Swim	Lane Swim	Swim Club				
TUES	Lane Swim		General Swim, 60+ & Schools				Adult Lane Swim	General Swim & Schools	Schools Only	General Swim	Swim School	General Swim	Lane Swim	Swim Club		Adult Swim School	Staff Training	Adult Lane Swim
WED	Swim Club	Lane Swim		General Swim & Schools		Schools Only	General Swim & Schools	Adult Lane Swim	General Swim & Schools		General Swim	Swim School	General Swim	Lane Swim	Ladies Only Lane Swim	AquaFit & Ladies Only Swim		Sub Aqua
THURS	Lane Swim		General Swim & Schools			Adult Lane Swim		General Swim & 60+		AquaFit	Swim School		General Swim	Swim Club	Lane Swim	Octopush	Adult Swim School	Adult Lane Swim
FRI	Swim Club	Lane Swim		General Swim	General Swim & Schools			Adult Lane Swim	General Swim & Schools		General Swim	Swim School	General Swim	Lane Swim	Family Fun Time	Swim Club		Life Saving Club
SAT	Lane Swim		Swim School	General Swim	Swim School		Salmon Club	Lane Swim	General Swim			Diving	Lane Swim	Private Hire & Party Animals				
SUN	Lane Swim		General Swim		General Swim				Adult Lane Swim		Lane Swim	Swim Club					Octopush Club	

Closed to public
 Public Swim
 Bookable Sessions

Training 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	
MON	Closed to public			Schools			Swim School	Schools		Toddler Splash	Swim School		Closed to public					
TUES	Closed to public			Schools	Toddler Splash	Schools	Swim School	Schools			Toddler Splash	Swim School		Closed to public				
WED	Closed to public			Toddler Splash	Schools		Toddler Splash	Swim School	Schools		Toddler Splash	Swim School		Closed to public				
THURS	Closed to public			Schools	Toddler Splash	Schools	Toddler Splash	Swim School	Toddler Splash		Swim School		Closed to public					
FRI	Closed to public			Schools			Toddler Splash	Swim School	Schools		Toddler Splash	Swim School		Closed to public				
SAT	Closed to public			Swim School		Salmon Club	Toddler Splash				Private Hire & Party Animals		Closed to public					
SUN	Closed to public			Public Swim				Toddler Splash				Swim Club						

Closed to public
 Public Swim
 Bookable Sessions

Harpenden Swimming Pool 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
MON	Swim 4 fitness	Lane Swim		General Swim	Schools	50+ Aquafit	Senior Swim	Swimming Lane	Schools			General Swim				Adult Lane Swimming	
TUES		Lane Swim		General Swim	Schools	General Swim		Swimming Lane	Schools		General Swim			Swimming Lane	Aquafit	Swimming Lane	Ladies
WED	Swim 4 fitness	Lane Swim		General Swim	Schools	Aquafit	Ladies Only	Swimming Lane	Schools		General Swim			Harpenden Swimming Club		Adult Lane Swimming	
THURS		Lane Swim		General Swim	Schools	Senior Swim	50+ Aquafit	Swimming Lane	Schools		General Swim			Lane Swim		Swimming Lane	Adult
FRI	Swim 4 fitness	Lane Swim		General Swim	Schools			Swimming Lane	Schools		General Swim			Family Fun Time	Swim School	Harpenden Swimming Club	
SAT			General Swim		Family Fun Time			General Swim		Special Olympics		Family Fun Time	Private Hire				
			Swim School					Lane Swim									
SUN			General Swim		Family Fun Time				General Swim						Harpenden Swimming Club		
			Lane Swimming									Lane Swimming					

Closed to public
 Public Swim
 Bookable Sessions



Training 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
MON	Closed to public			Schools	Toddler Splash	Swim School	Toddler Splash	General Swim	Schools	General Swim	Swim School			Closed to public			
TUES	Closed to public			Swim School	Toddler Splash	Schools	Swim School		General Swim		Swim School			General Swim	Closed to public		
WED	Closed to public			General Swim		Schools	Toddler Splash	Swim School	General Swim		Swim School	Harpenden Swimming Club		Closed to public			
THURS	Closed to public		Swim School	Schools	General Swim	Schools	Toddler Splash	Swim School	General Swim		Swim School			Closed to public			
FRI	Closed to public			Swim School		Schools		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				
SUN	Closed to public		Swim School	Family Fun Time			General Swim			Party Animals	Family Fun Time		Harpenden Swimming Club				

Closed to public
 Public Swim
 Bookable Sessions



Westminster Lodge, Harpenden Swimming Pool and Townsend School Swimming Lessons

Harpers Swim School, working in partnership with the Amateur Swimming Association (ASA), to ensure the highest, quality delivery of the new ASA National Plan for Teaching Swimming. We offer a comprehensive range of lessons from your baby's first experience to competitive swimming and lifesaving skills and adult lessons.

The courses are on a rolling programme throughout the year to ensure continuous improvement for all pupils. Courses are booked in prepaid blocks according to the number of weeks in the term and lessons are on average 30 minutes long. Stages range from adult and child classes to Stage 10 Competitive Swimming.

Badges and certificates are available at each stage of the National Teaching Plan. Distance awards are also available.

Term dates

Term 1 Monday 4th January 2011
– Thursday 21st April 2011

Term 2 Tuesday 26th April 2011
– Saturday 13th August 2011

Term 3 Tuesday 30th August 2011
– Saturday 20th December 2011

Lessons are available at all three swimming pools, please call your preferred site for booking details.

N.B. Townsend School term dates can vary dependent on school opening times. For more information please contact Harpenden Swimming Pool.



Session Descriptions

Aquafit – aerobics in the water.

Diving – 3 diving boards available, 1m, 3m and 5m. No non swimmers or under 8s. (Westminster Lodge only).

Family Fun Time – Not just for families, but for kids of all ages! Session includes slide, diving and rafts if applicable to site. Please contact site for further details of times.

General Swim – open session for all users.

Ladies Only Swim – a swim session for women.

Lane Swim – main pool open for lane swimming only.

Adult Lane Swim – main pool open for adults only lane swimming or club swimmers (approval by management required if under 16).

Private Hire & Party Animals – available for parties, galas and community use.

Schools – National Curriculum swimming lessons.

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.

Please check with your nearest centre to see which sessions and facilities are available.

Information

Important Information

During the Christmas holidays courses will not run and will be replaced with general swim.

Admissions Policy

Children under the age of eight must be accompanied by a person aged 18+ or a parent at a ratio of 2 children to 1 adult.

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.

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 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.

Clubs and Societies

If you would like further information on any of these, please ask at reception and they will be happy to help.

Sickness

We encourage all swimmers to avoid using the pool if feeling unwell in any way.

Hygiene

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

Site Details

Westminster Lodge Leisure Centre

Holywell Hill, St Albans
Herts AL1 2DL

01727 846031

westminster.lodge@harpersfitness.co.uk

Harpenden Swimming Pool

Rothamsted Park,
Harpenden,
Herts AL5 2HU

01582 460683

harpendenpool@harpersfitness.co.uk

Townsend School

High Oaks,
St Albans AL3 6DR

01582 460683

harpendenpool@harpersfitness.co.uk

Townsend General Swim times

Casual swimming sessions also available
at Townsend Pool at the following times:

Ladies Only Casual Swim

Wednesday 09.45 – 10.45

Casual Swim

Wednesday 10.45 – 11.45

Casual Swim

Saturday 09.30 – 10.30

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

