

Pool programme



**DO YOUR BIT
SAVE PAPER**

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

Session Descriptions

Adult Only Sessions – For our customers who are 18+, come along and have a peaceful swim, meet new friends and enjoy!

Aquafit – Give your whole body a workout in the pool without putting added stresses and strains on your joints. Aquafit sessions are fun, enjoyable and a great way to meet new people. The shallow water sessions are suitable for non-swimmers so don't let anything put you off joining in today!

Aqua Natal – A gentle exercise class which takes place in the pool designed for pre and post-natal ladies.

Aquatic Youth Club – Fun for children over 8 years, bring your friends along and have a go at new aquatic activities.

Club Sessions – These sessions are designed for our partners who use our pools, all their contact details are provided on the club notice boards, so if joining a club is for you, please contact them on the telephone number provided.

Disability Swim – Although we encourage our customers with disabilities to attend any of our public sessions we recognise that sometimes you may wish to practise in a session which caters specifically for your needs. Remember helpers go free when they attend with a swimmer who is registered disabled.

Diving Board Open – Diving pool open with use of the diving board during these sessions

Early Morning Swimming – For you early birds, a great way to start the day!

Family Splash – Bring the whole family to this session; mums, dads, grandparents, brothers, sisters, cousins – everyone! Rafts, toys, floats and lots of fun! A lane is available if you need a break and just want a relaxing swim.

General Swimming – These sessions are open for all our customers. Come along, cool down, enjoy the water and keep fit!

Ladies Swimming – This session is for our female customers only; come along have a relaxing swim, or better still try one of our water workout cards!

Member Lane Swim – Lanes available for Harpers Members.

Pool Parties – We offer a full range of children's parties. Everything – the venue, invitations, food, party bags and most importantly the fun. So if it's your birthday soon look what we have on offer – pool parties, studio parties, soft play parties and much much more... pick up a leaflet and book today!

Private Hire – If you would like to hire our pool for parties, galas or another community event, this time has been allocated for you. Please ask for more details at reception.

Schools Swimming – Local schools bring along children to take part in structured National Curriculum swimming lessons.

Swim School – We provide comprehensive and progressive swimming lessons for children and adults. All our lessons are taught by qualified ASA teachers, who deliver safe, enjoyable and fun lessons for all our swimmers. Book your place today.

Swim 4 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. It is advisable to book this session at reception.

Team Training – To ensure we maintain the highest standards of care for you, our customers, our staff take part in training during these times.

Toddler Splash – Toys and floats available in this session for parents and guardians to accompany preschool children. This is an ideal session for young children to gain water confidence.



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	Member Lane Swim		50+	Lunchtime Lane Swim	General Swim	Swim School		Worcester Swim Club							
		Early Morning Lane Swim	Lane Swim / General Swim					General Swim									
TUES		Swim 4 Fitness	Member Lane Swim		Ladies Only	Lunchtime Lane Swim	General Swim	Team Training	Swim School	Adult Swim School	Swim 4 Fitness	Adult Swim School					
		Early Morning Lane Swim	Lane Swim / General Swim						General Swim			Adult Lane Swim / Diveboard Lesson					
WED		Swim 4 Fitness	Schools			Lunchtime Lane Swim	Schools	50+	General Swim	Swim School	Lane Swim		Worcester Swim Club				
		Early Morning Lane Swim								General Swim							
THURS		Swim 4 Fitness	Schools			Lunchtime Lane Swim	General Swim	Schools	GP Referral	Swim School	Lane Swim		Sub Aqua Swim Club				
		Early Morning Lane Swim							General Swim								
FRI		Swim 4 Fitness	Schools			Lunchtime Lane Swim	General Swim	50+	General Swim			Aquatic Youth Club		Worcester Swim Club			
		Early Morning Lane Swim															
SAT		Swim 4 Fitness	Worcester Swim Club		Swim School		Family Splash		General Swim			Club	Available for Private Hire / Pool Parties				
		Early Morning Lane Swim										Disability Swim					
SUN		Early Morning Lane Swim		Team Training	General Swim		Family Splash	Lane Swim		Worcester Swim Club							
								Family Splash / Dive Board Open									

Closed to public
 Public Swim
 Bookable Sessions



Teaching 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			Toddler Splash	Schools	Private Club Booking			Schools		General Swim	Swim School	Worcester Swim Club			Closed to public		
TUES	Closed to public			Toddler Splash	Swim School		Toddler Splash	Schools	Swim School	General Swim		Swim School			Adult Swim School	Closed to public		
WED	Closed to public			Schools			Toddler Splash	Swim School	General Swim		Swim School			Closed to public				
THURS	Closed to public			Schools		Private Club Booking		Schools		General Swim	Swim School			Closed to public				
FRI	Closed to public			Schools		Swim School	Schools	Toddler Splash	General Swim	Swim School	Worcester Swim Club			Closed to public				
SAT	Closed to public			Swim School					Family Splash			Disability Swim	Available for Private Hire / Pool Parties			Closed to public		
SUN	Closed to public			Swim School	Family Splash							Available for Private Hire / Pool Parties			Closed to public			

Closed to public
 Public Swim
 Bookable Sessions

Fun 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				School	50+	General Swim	Swim School	General Swim	Swim School	Worcester Swim Club				Closed to public			
TUES	Closed to public				Swim School	Ladies Only Lessons	General Swim	Schools	Team Training	Swim School			General Swim	AquaFit	Adult Swim School	Closed to public		
WED	Closed to public		Schools				General Swim	Schools	50+ Aqua	General Swim	Swim School		AquaFit	Worcester Swim Club		Closed to public		
THURS	Closed to public			Schools			General Swim		Schools	GP Referral	Swim School			AquaFit	Sub Aqua Swim Club		Closed to public	
FRI	Closed to public			Schools				General Swim	50+ Aqua	General Swim	Swim School		Aquatic Youth Club	Worcester Swim Club		Closed to public		
SAT	Closed to public				Swim School		Family Splash					General Swim	Disability Swim	Available for Private Hire/ Pool Parties		Closed to public		
SUN	Closed to public				Team Training	Family Splash					Worcester Swim Club				Closed to public			

Closed to public
 Public Swim
 Bookable Sessions

Information

Admissions Policy

In the interest of safety one adult (person over the age of 18 years) may accompany a maximum of two children under the age of 8 years old in and around the pool at all times.

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 including mobile phones must not be used on the poolside, or in a spectator area.

Outdoor shoes and pushchairs are not permitted on the 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.

Changing Village

Shoes are not permitted in the changing village, however blue over-shoes are available.

Worcester Swimming Pool & Fitness Centre

Sansome Walk,
Worcester WR1 1NU

01905 20241

worcester@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.

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Managed by Leisure in the Community (Worcester) Ltd and Leisure Connection Ltd on behalf of Worcester City Council.

