

# Pool programme



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# 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		General swim	General Swim & Schools	Schools	General swim	Adult Lane Swim	General Swim & Schools			Swim School	General Swim	Lane Swim	Swim Club			
TUES		Lane Swim		General Swim & Schools	50+ and General swim	General Swim & 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		General Swim & Schools		General swim	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+		Swim School		Swim Club	Octopush Club	Adult Swim School			
									AquaFit		General Swim		Lane Swim		Adult Lane Swim			
FRI		Swim Club		General Swim	General Swim & Schools			Adult Lane Swim	General swim	Schools	General Swim & Schools	General swim	Swim School	General Swim	Lane Swim	General Swim	Swim Club	Life Saving Club
				AquaFit														
SAT			Lane Swim	Swim School	Swim School	Salmon Club	Lane Swim	General swim	Fun Session	Diving	General Swim		Lane Swim	Private Hire & Party Animals				
				General Swim														
SUN		Lane Swim		General Swim	Fun Session	General Swim					Adult 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	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	
<b>MON</b>	Swim 4 fitness	Lane Swim		General Swim	Schools	50+ Aquafit	Senior Swim	Swimming Lane	Schools			General Swim				Adult Lane Swimming		
												Swim School				Staff Training		
<b>TUES</b>		Lane Swim		General Swim	Schools	General Swim		Swimming Lane	Schools			General Swim		Swimming Lane	Aquafit	Swimming Lane	Ladies	
												Swim School						
<b>WED</b>	Swim 4 fitness	Lane Swim		General Swim	Schools	Aquafit	Ladies Only	Swimming Lane	Schools			General Swim		Swim School	Harpenden Swimming Club		Adult Lane Swimming	
																Staff Training		
<b>THURS</b>		Lane Swim		General Swim	Schools	Senior Swim	50+ Aquafit	Swimming Lane	Schools			General Swim		Swim School	Lane Swim	Swimming Lane	Adult	
<b>FRI</b>	Swim 4 fitness	Lane Swim		General Swim	Schools			Swimming Lane	Schools			General Swim		Swim School	Family Fun Time	Swim School	Harpenden Swimming Club	
<b>SAT</b>			General Swim		Family Fun Time			General Swim		Special Olympics		Family Fun Time	Private Hire					
			Swim School					Lane Swim										
<b>SUN</b>			General Swim		Family Fun Time				General Swim			Lane Swimming	Harpenden Swimming Club					
			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	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** Tuesday 3rd January 2012  
– Saturday 21st April 2012

**Term 2** Monday 23rd April 2012  
– Saturday 18th August 2012

**Term 3** Monday 27th August 2012  
– Saturday 22nd December 2012

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! Sessions include diving and rafts if applicable to site. Please contact site for further details of times.

**Fun Session** – session can include inflatable and diving boards. Please be aware no general swimming will be permitted in this session and all participants must be a minimum of 8 years of age and competent swimmers.

**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 remember to shower before you enter the 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@leisureconnection.co.uk

### Townsend General Swim times

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

#### Ladies Only Swimming

Wednesday 09.30 – 10.30

#### General Swimming

Wednesday 10.30 – 11.30

#### Adult & Child Lessons/General Swimming

Wednesday 11.30 – 12.30

#### 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.

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