

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 term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 am	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		Early Morning Swim		50+ Adults Only	AquaFit General Swim		50+		Swim School General Swim		Swim School			General Swim	Adults Only (2 Lanes) AquaFit	Sub Aqua	
TUES		Swim 4 Fitness Early Morning Swim		Schools					General Swim			Swim School		AquaFit	General Swim	Staff Training RLSS	Adults Only
WED		Early Morning Swim		Schools					General Swim			Swim School		General Swim	Swim 4 Fitness TeenSwim	Masters	
THURS		Early Morning Swim		50+ Adults Only	AquaFit		50+		Swim School		General Swim		Aquatic Youth Club	Dorking Swim Club			Adults Only
FRI		Early Morning Swim		AquaFit	Schools				General Swim			Swim School	General Swim	Dorking Swim Club	Box Hill Swim Club		
SAT			Masters Swimming & Triathlon	Dorking Swim Club		Swim School			General Swim				Family Fun Inflatable	Available for private hire			
SUN			Early Morning Swim	Snorkelling		General Swim						Party Animals	Adults Only				

Closed to public
 Public Swim
 Bookable Sessions

Please note, swim sessions may finish 5 minutes earlier than advertised to allow for lane changes or activity set ups.



Teaching pool term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 am	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			Swim School				Toddler Splash			Swim School		Toddler Splash		Closed to public			
TUES	Closed to public			Swim School					Toddler Splash		Swim School			Toddler Splash	Closed to public			
WED	Closed to public			Swim School					Toddler Splash		Swim School			Toddler Splash		Closed to public		
THURS	Closed to public			Toddler Splash	Swim School						Toddler Splash			Swim Club	Closed to public			
FRI	Closed to public			Swim School					Toddler Splash		Swim School		Toddler Splash		Closed to public			
SAT	Closed to public			Swim School					Toddler Splash					Available for private hire		Closed to public		
SUN	Closed to public			Toddler Splash								Closed to public						

Closed to public
 Public Swim
 Bookable Sessions

Please note, swim sessions may finish 5 minutes earlier than advertised to allow for lane changes or activity set ups.

Session Descriptions and Information

The following clubs meet at the Centre.
 Further information about the clubs can be obtained by using the contact details below.

Dorking Swimming Club
 A competitive swimming club.
 Please see notice board for further details.
www.dorkingsc.com
 email: membership@dorkingsc.com

Dorking Life Saving Club
 Offering training to RLSS standards.
 email: dorking@life-saving.net

Dorking British Sub Aqua Club
 Wendy Marshall 01306 631711.

Dorking Snorkelling Club
www.dorkingsnorkellingclub.org.uk email:
membership@dorkingsnorkellingclub.org.uk

Box Hill Swimming Club
www.boxhillswimteam.com
 email: conrad.cawley@nitworld.com

Masters Swimming & Triathlon, Swim 4 Fitness, TeenSwim
 email: pmsears@btclick.com

Important points to remember
 A person aged 18+, or a parent directly supervises children under the age of 8. This person MUST directly supervise no more than two children under the age of 8.

Leisure Centre Opening Hours
 Monday–Thursday 06.30 – 22.30
 Friday 06.30 – 21.30
 Saturday & Sunday 07.00 – 20.00

50+ – for customers aged 50 or over.
Adults Only Swim – adults aged 16 years and over.
 At least 2 lanes on Sunday evening.

Dorking Sports Centre
 Reigate Road, Dorking
 Surrey RH4 1SW

01306 870180

dorking@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.harpersfitness.co.uk

AquaFit – an aerobics session in the water.
Aquanatal – a water – based exercise class suitable for mums to be and new mums.
Aquatic Youth Club – The club is designed for children 8 years old and over that are swimmers. Fun activities will vary every week including water polo, diving and obstacle races. Sessions are supervised by qualified Swimming Instructors and the session is only charged at the standard general swim rate for children.
Early Morning Swim – early morning lane swimming.
Dorking Swimming Club TeenSwim – Structured and coached sessions for 13-18yr olds with a swimming background – ex Club, ex Swim School, or new to the area, etc. Fees by subscription. Contact Dorking Swimming Club.

Family Fun Inflatable Session – kids will love racing each other on our monster-sized twin track obstacle course. There is no lane swimming available in this session and adults will only be admitted to swim in this family session if accompanying children. Only competent swimmers are allowed on the inflatable, no arm bands or floating aids permitted.

General Swim – everybody is welcome during these times. At least one lane will be available. Please see 'Important points to remember'.

Masters, 18-24yrs Seniors, and Triathletes – Structured and coached sessions cater for a wide range of abilities, recreational and fitness swimmers, triathletes, and competitive Club Masters swimmers. Non-swimming club members welcome.

Swim School – we have an extensive range of swimming lessons for beginners, intermediates, advanced, children and adults. Swim School is run under ASA National Plan for Teaching Swimming. Please see our Swim School Prospectus and class schedule for further information or contact swim.dorking@harpersfitness.co.uk.

Swim 4 Fitness – Structured and coached sessions for adult improvers, to expand stroke repertoire, stroke technique, efficiency and enjoyment. Ideas to take with you when swimming at other times. Normal pool charges apply for pay as you go; special offers available for paying a term up-front.

Toddler Splash – a public swim session, primarily for accompanied under 8s. Please see 'Important points to remember'.

