

Session Descriptions and Information

50+ – the pool will be open exclusively for 50+ customers. Why not make an afternoon of it, combine your swim with our dryside activities for the over 50's.

Adults Only – unwind after a long day or during your lunch hour with a few lengths. Lane swimming is available during these sessions.

AquaFit – a water based exercise programme to music, suitable for all abilities and fitness levels. The emphasis is on having fun whilst working out. The beauty of these classes is that you don't feel like you're in an aerobics class although the effects are just as good.

Early Morning Swim – prepare yourself for your day with a dip in our welcoming water. Lane swimming available.

Flipper Club – a private swim club for ages 3 and above. Contact Bernae on 01799 501344.

General Swim – these sections are allocated for general members of the public. Enjoy a swim on your own or with the family.

Kids Water Sports – A supervised session suitable for children 8 years plus where they can enjoy organised games such as wacky races and fun games.

Kidz Crazy – Fun session with floats for all children, under 8s must be accompanied by an adult.

Ladies Only – a swim for you ladies to enjoy in a relaxed and comfortable environment.

NPLQ Training – this session is for lifeguard training.

Private Hire – these sessions can be used for customers to hire the pool for private functions. Contact Chloe Edwards on 01799 522777.

Saffron Walden Seals Swim Club – this session is for competitive club swimmers. Contact Marion Grange on 01799 500505.

Schools – National Curriculum swimming lessons.

St. Christopher Club – the St. Christopher Club for special needs offers a unique opportunity for any type of disability to swim whilst supported and assisted. Disability with dignity enhances ability. Contact Lica or Sandy Perry on 01799 502424.

Lord Butler Fitness & Leisure Centre

Peaslands Road, Saffron Walden,
Essex CB11 3EG

01799 522777

lord.butler@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

Pool programme

Swim Back to Health – a varied class of either a light aerobics session by a qualified teacher or a laned swim session for adults wanting to get back to fitness after an injury or illness. Every Monday 7.30pm–8.30pm.

Swim School – at Lord Butler 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.

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.

Tri-Club – Saffron Walden Triathlon Club. Contact Derek Jones on 01799 530556.

No diving allowed in pool.

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

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 overshoes are available at reception.



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SAVE PAPER**

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www.harpersfitness.co.uk
then click on our centre's home page

Main pool term time

	6 am	6.30	7 am	7.30	8 am	8.30	9 am	9.30	10 am	10.30	11 am	11.30	12 noon	12.30	1 pm	2 pm	2.30	3 pm	3.30	4 pm	4.30	5 pm	5.30	6 pm	6.30	7 pm	7.30	8 pm	8.30	9 pm	9.30	
MON	Early Morning Swim (lanes)								Schools						Lane Swimming		Schools		General Swim		Swim School		General Swim		General Swim	Christopher's Club	Swim Back to Health				Tri Club	
	Seals																															
TUES	Early Morning Swim (lanes)								Schools						Lane Swimming		Schools		General Swim		Swim School		General Swim		General Swim	Saffron Walden Seals Swim Club					Adults Only	
WED	Early Morning Swim (lanes)								Schools						Lane Swimming*		Schools		General Swim		Swim School		General Swim		General Swim						Adults Only	
	Seals																															
THURS	Early Morning Swim (lanes)								Schools						Lane Swimming		Schools		General Swim		Swim School		General Swim		General Swim	Adults Only						NPLQ Training
																										Adult Lessons						
FRI	Early Morning Swim (lanes)								Schools						Lane Swimming		Schools		General Swim		Swim School		General Swim		Kids Water Sports						Saffron Walden Seals Swim Club	
SAT	Early Morning Swim (lanes)								Swim School						General Swim									Flipper Club								Available for Private Hire
SUN	Early Morning Swim (lanes)								Early Morning Swim (lanes)						General Swim																	Adults Only

Closed to public



Public Swim



Bookable Sessions

*One lane may be used by a private hirer.

Learner pool term time

	6 am	6.30	7 am	7.30	8 am	8.30	9 am	9.30	10 am	10.30	11 am	11.30	12 noon	12.30	1 pm	2 pm	2.30	3 pm	3.30	4 pm	4.30	5 pm	5.30	6 pm	6.30	7 pm	7.30	8 pm	8.30	9 pm	9.30		
MON	General Swim								General Swim																							Available for Private Hire	
TUES	General Swim																							Swim School		General Swim						Available for Private Hire	
WED	General Swim								Swim School																General Swim							Available for Private Hire	
THURS	General Swim								Schools																General Swim							Available for Private Hire	
FRI	General Swim								Schools															Swim School		General Swim						Available for Private Hire	
SAT	General Swim								Swim School																								Available for Private Hire
SUN	General Swim																																Available for Private Hire

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.