



Grantham Meres Leisure Centre

Pool programme



**DO YOUR BIT
SAVE PAPER**

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

www.harpersfitness.co.uk

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	Water Polo Club	General Swim Deep end only			Deep Water Aqua	Lane Swim	General Swim Deep end only	General Swim		Swim School		Family Splash	Aquaffit	Water Polo Club		
			Schools				Adult Swim School 2 lanes	Schools	Adult Swim School	Adult Swim School			Adult Swim School	Adult Only Lessons			
TUES	Early Morning Swim		General Swim Deep end only			Lane Swim	General Swim Deep end only	General Swim		Swim School			General Swim	Adult Swim	Water Polo Club		
	Swim Club	Adult Swim School	Schools			Swim 4 Fitness	Schools	Adult Swim School	Adult Swim School				Adult Swim School	Adult Swim School			Swim Club 6 lanes
WED	Early Morning Swim		General Swim Deep end only			Lane Swim	General Swim Deep end only	Fit as a Fish	Swim School			Swim Club	Life Saving Club 4 lanes				
			Schools			Adult Swim School 2 lanes	Schools						Adult Swim 4 lanes				
THURS	Early Morning Swim		General Swim Deep end only			Lane Swim	General Swim		Family Splash		Adult Swim		Water Polo Club				
	Swim Club	Adult Swim School	Schools			Swim 4 Fitness	Adult Swim School	Senior Swim			Swim Club 6 lanes						
FRI	Early Morning Swim	Water Polo Club	General Swim Deep end only			Lane Swim	Fit as a Fish	General Swim		Water Polo Club		General Swim 4 lanes	General Swim 2 lanes				
			Schools				Adult Swim School 2 lanes		Swim Club 4 lanes			Swim Club 6 lanes					
SAT	Early Morning Swim	Swim School	Family Splash		Lane Swim 4 lanes	Kidz Krazy		Family Splash			Available for Private Hire						
					Family Splash 4 lanes												
SUN	Family Splash		Kidz Krazy		General Swim 4 lanes		Kidz Krazy		Swim Club								
					Lane Swim 4 lanes												

Closed to public
 Public Swim
 Bookable Sessions



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			Schools			Ladies Only Lessons	Schools	Swim School						Closed to public		
TUES	Closed to public			Schools			Toddler Splash	Swim School		Ladies Only 50+	Swim School		Family Splash	Closed to public			
WED	Closed to public			Schools			Swim School	Schools	Toddler Splash	Swim School				Closed to public			
THURS	Closed to public			Schools			Toddler Splash	General Swim		Swim School		Family Splash	Closed to public				
FRI	Closed to public			Schools			Toddler Splash	General Swim		Swim School		Aquatic Youth Club	Closed to public				
SAT	Closed to public		Swim School		General Swim								Available for Private Hire		Closed to public		
SUN	Closed to public			Family Splash			General Swim						Available for Private Hire		Closed to public		

Closed to public
 Public Swim
 Bookable Sessions

Main pool holiday 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	Water Polo Club	General Swim			Deep Water Aqua General Swim Deep end only	Lane Swim Adult Swim School 2 lanes	General Swim	General Swim Adult Swim School	Swim School			Family Splash Adult Swim School	Aquaftit Ladies Only Lessons	Water Polo Club		
TUES	Early Morning Swim		General Swim			Lane Swim	General Swim	General Swim	Swim School			General Swim	Adult Swim	Water Polo Club			
	Swim Club	Adult Swim School	Family Splash			Swim 4 Fitness		Adult Swim School	General Swim	Adult Swim School	Adult Swim School	Swim Club 6 lanes					
WED	Early Morning Swim			General Swim		Lane Swim	General Swim	Fit as a Fish	Swim School			Swim Club	Life Saving Club 4 lanes				
				Family Splash		Adult Swim School 2 lanes			Adult Swim 4 lanes								
THURS	Early Morning Swim		General Swim			Lane Swim	General Swim		Family Splash	Adult Swim		Water Polo Club					
	Swim Club	Adult Swim School	Family Splash			Swim 4 Fitness	Adult Swim School	Senior Swim		Swim Club 6 lanes							
FRI	Early Morning Swim	Water Polo Club	General Swim			Lane Swim	Fit as a Fish	General Swim	Water Polo Club		General Swim 4 lanes	General Swim 2 lanes					
				Family Splash			Adult Swim School 2 lanes			Swim Club 4 lanes	Swim Club 6 lanes						
SAT		Early Morning Swim	Swim School	Family Splash		Lane Swim 4 lanes	Kidz Krazy	Family Splash			Available for Private Hire						
						Family Splash 4 lanes											
SUN	Family Splash			Kidz Krazy		General Swim 4 lanes		Kidz Krazy	Swim Club								
						Lane Swim 4 lanes											

Closed to public
 Public Swim
 Bookable Sessions

Teaching pool holiday

	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
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MON	Closed to public			Public Swim			Ladies Only Lessons		General Swim	Swim School				Closed to public			
TUES	Closed to public			Family Splash			Toddler Splash	Swim School		Ladies Only 50+	Swim School		Family Splash	Closed to public			
WED	Closed to public			Family Splash			Swim School	General Swim	Toddler Splash	Swim School				Closed to public			
THURS	Closed to public			Family Splash			Toddler Splash		General Swim		Swim School		Family Splash	Closed to public			
FRI	Closed to public			Family Splash			Toddler Splash		General Swim		Swim School		Aquatic Youth Club	Closed to public			
SAT	Closed to public		Swim School		General Swim							Available for Private Hire		Closed to public			
SUN	Closed to public			Family Splash			General Swim				Available for Private Hire		Closed to public				

Closed to public
 Public Swim
 Bookable Sessions



Session Descriptions and Information

Adults Only – exclusively for those aged 16 years and over. Enjoy a swim away from the kids.

Aquafit – a water exercise class designed to improve general fitness, muscular tone and endurance in a safe and enjoyable way.

Aquanatal – exercise during and after pregnancy is important and our fully qualified instructor will ensure you get a safe workout in a warm environment.

Aquatone – if you like to swim to the beat our aqua tone sessions offer exercise to music with qualified coaches. Aquatone is particularly good if you want to exercise with minimal stress to the joints for those recovering from injury.

Early Morning Swim – start the day the Sunrises way! A refreshing and healthy start to the day.

Family Splash – not just for families, but for kids of all ages! Space available for recreational swimming, whilst still offering a lane or two for those who prefer lengths.

Fit as a Fish – session with qualified instructor. Enjoy gentle exercise, build on fitness & confidence in a friendly relaxed atmosphere.

General Swimming – open to everyone. A great way to relax and unwind.

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

Toddler Splash – special sessions to introduce your toddler to the fun and delights of water in a safe environment. Helps to build water confidence from an early age. Toddler's Splash takes place Thursday mornings 9.30am to 12.00pm.

Swim School – a progressive programme of teaching and award schemes for all ages, abilities and special interests. See Swim School Prospectus for further details.

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.

Bank Holiday opening hours 10.00 – 16.00.

Swim School may run into the holiday programme. Please enquire if there is a session before you visit as there is no general swimming during these times.

Children under 8 years old must be accompanied in the swimming pools person aged 18+. A maximum of two under 8's may accompany one adult.

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

Due to this being the only competition pool in the area it is advisable to check the opening times before visiting to avoid disappointment.

Term Time – Leisure Pool

Monday & Friday	12.00 – 19.30
Tuesday	15.00 – 19.30
Wednesday	15.00 – 19.30
Thursday – Toddler Splash	09.30 – 12.00
	14.00 – 19.30
Saturday & Sunday	10.00 – 17.00

Term Time – Flume

Monday to Friday	16.00 – 19.00*
Saturday & Sunday	10.00 – 17.00*

Holiday Time – Leisure Pool

Monday to Sunday	10.00 – 19.30
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Holiday Time – Flume

Monday to Sunday	10.00 – 19.30*
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*Please note that the flume will open for 15 minute sessions on the hour and on the half hour.

Grantham Meres Leisure Centre

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This facility is managed by Leisure in the Community Ltd and Leisure Connection Ltd working in Partnership with South Kesteven District Council.

