



Downham Health & Leisure Centre

Holiday pool programme



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SAVE PAPER**

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

www.downhamhealthandleisurecentre.co.uk

Main pool holiday 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	1 pm	1.30	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	10 pm	10.30
MON	Lane Swimming		Lane Swimming		Top Up Swimming		General Swim		Lane Swimming		Crash Courses		Lane Swimming		Kids Krazy		Kids Krazy		Swim School		General Swim		Swim School		Shallow water Aqua Lane Swimming		Bromley SC		Ladies Only				
	Lane Swimming		Lane Swimming		General Swim		General Swim		Lane Swimming		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		Deep water Aqua Lane Swimming		General Swim		Ladies Only Swim School				
TUES	Lane Swimming		Lane Swimming		Top Up Swimming		General Swim		Lane Swimming		Crash Courses		Lane Swimming		Family Swim		Family Swim		Swim School		General Swim		Swim School		Saxon Crown SC		Saxon Crown SC		Lane Swimming				
	Lane Swimming		Lane Swimming		General Swim		General Swim		Lane Swimming		Crash Courses		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		Saxon Crown SC		Saxon Crown SC		Staff Training				
WED	Saxon Crown SC		Lane Swimming		Top Up Swimming		General Swim		Lane Swimming		Crash Courses		Lane Swimming		Kids Krazy		Kids Krazy		Swim School		General Swim		Swim School		Saxon Crown SC		Saxon Crown SC		Adults Only				
	Saxon Crown SC		General Swim		General Swim		General Swim		Lane Swimming		Crash Courses		Lane Swimming		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim				
THURS	Lane Swimming		Lane Swimming		Top Up Swimming		General Swim		Lane Swimming		Crash Courses		Lane Swimming		Family Swim		Family Swim		Swim School		General Swim		Swim School		Saxon Crown SC		Saxon Crown SC		Lane Swimming				
	General Swim		Ladies Only		General Swim		General Swim		Lane Swimming		Crash Courses		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		GBM Swimming Club				
FRI	Lane Swimming		Lane Swimming		Top Up Swimming		General Swim		Lane Swimming		Crash Courses		Lane Swimming		Kids Krazy		Kids Krazy		Swim School		General Swim		Swim School		Saxon Crown SC		Saxon Crown SC		Seals Disabled Swim Club				
	General Swim		Aqua Fit		General Swim		General Swim		General Swim		Crash Courses		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		ER Aqua		Lane Swimming				
SAT	Saxon Crown SC (3 lanes)		Lane Swimming		General Swim		General Swim		Swim School		General Swim		Lane Swimming		Kids Krazy		Kids Krazy		Family Swim		General Swim		Family Swim		General Swim		General Swim		General Swim				
	Lane Swimming		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim				
SUN	Early Morning Swim		Family Swim		General Swim		General Swim		General Swim		General Swim		General Swim		Family Swim		Family Swim		Lane Swimming		General Swim		Family Swim		General Swim		General Swim		General Swim				
	General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim				

Closed to public

Public Swim

Bookable Sessions

Saxon Crown Water Polo



Teaching pool holiday 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
MON				Top Up Swimming	Top Up Swimming	Crash Courses General Swim	Swim School Disability Swim	Swim School Disability Swim	Kids Crazy	Swim School	Swim School	Swim School	Swim School	General Swim	Adult Swim School		
TUES			Swim School	Top Up Swimming	Top Up Swimming	Crash Courses General Swim	Disability Swim Targeted Disability Swim	Disability Swim	Family Swim	Family Swim	Swim School	Swim School	Swim School	Family Swim	Adult Swim School		
WED				Top Up Swimming	Top Up Swimming	Crash Courses	Swim School General Swim	Swim School General Swim	Kids Crazy	Kids Crazy	Swim School	Swim School	Swim School	Family Swim	Saxon Crown		
THURS				Top Up Swimming	Top Up Swimming	Crash Courses	Swim School General Swim	Swim School General Swim	Family Swim	Family Swim	Swim School	Swim School	Swim School	Saxon Crown	Aquatic Youth Club		
FRI				Top Up Swimming	Top Up Swimming	Crash Courses General Swim	Swim School 60+ Swim	Swim School 60+ Swim	Kids Crazy	Kids Crazy	Swim School	Swim School	Swim School	General Swim	General Swim		
SAT			Early Morning Swim	Swim School	Swim School	Swim School	General Swim	General Swim	General Swim	Kids Crazy	Available for hire	Available for hire	Available for hire	Available for hire			
SUN			Early Morning Swim	Family Swim	Family Swim	Family Swim	General Swim	General Swim	General Swim	General Swim	Available for hire	Available for hire	Available for hire	Available for hire			



Closed to public



Public Swim



Bookable Sessions

Session Descriptions and Information

60+ WC – drop in water confidence sessions for the 60 years and over. Please contact the centre for more details.

60+ Swim – a swim session for those 60 years and over.

Adult Swimming – adults only session.

Aquafit – aerobics in the water.

Disability Swim – a swim session for the disabled.

Early Morning Swim – be an early bird and make a splashing start to the day.

ER Aqua – Exercise Referral aerobics in the water.

Family Swim – fun for all the family, children must be accompanied by adults.

General Swimming – open session for all users (lanes may be available please contact the centre).

General Swim/Available for hire* – check with centre for availability.

Kids Crazy – an open session aimed at children.

Ladies Only Swim – a swim session for women and girls.

Lane Swimming – lanes are available for lane swimming.

Party Hire – available for parties, galas and community use.

Staff Training – half the pool will be closed for Lifeguard training.

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 board.

Swim Club – this session is a private session for club usage.

Swim School – offers swimming lessons for all ages and abilities, pre-school, juniors and adults.

Swim School Crash Course – a variety of swimming lessons for all ages and abilities run during the School Holidays.

Top Up Swimming – National Curriculum swimming lessons.

Rookie Lifeguard – structured lifesaving and water safety skill sessions.

Water Polo – structured training and game play.

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 the 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 are 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.

Session Times

During busy periods your session time may be restricted and a band system may be in place.

No diving allowed in pool.

Downham Health & Leisure Centre

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Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

www.downhamhealthandleisurecentre.co.uk