

## Session Descriptions and Information

**Adult & Child** - teaching pool only. This session allows parents to bring their children to play in the shallow pool.

**Aquafit** - aerobics in the water.

**Aquacise** - a gentle exercise class in the water for pre and post natal ladies. We advise all ladies to check with their medical adviser before embarking on an exercise programme. This is also recommended for anyone on GP referral or in rehabilitation after injury.

**Adult Swimming** - adults only with a minimum of one lane rope in each session (16+ years).

**Disability Swim** - a session dedicated to disability swimmers.

**Early Morning Swim** - be an early bird and make a splashing start to the day. This session is for customers aged 16 and over.

**Family Fun Swim** - fun swimming for all the family.

**General Swim** - open session for all users, a minimum of 1 lane rope in each session.

**Lane Swimming** - for those who want to swim lengths, this allows you to do just that but safely. 3 lanes available unless stated on programme.

**Parties** - 1/2 pool available to hire for children's parties. Children must be over the age of 8. Can be booked at reception.

**Private Hire** - available for parties, galas and community use.

**Schools** - National Curriculum swimming lessons.

**Senior Swim** - a session specifically for older customers (50+ years).

**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.

### Admissions Policy

Children under the age of eight must be accompanied by a person aged 18+ or a parent.

### 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 pushchairs 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.

### Changing Village

Shoes are not permitted in the changing village, however blue over shoes are available at reception.

### Term Time

Monday to Friday	
Peak	06.30 - 09.30
	16.30 - 22.30
Off Peak	09.30 - 16.30
Weekends	
Peak	07.00 - 17.00
Off Peak	17.00 - 19.30

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Loddon Valley Leisure

# Holiday pool programme



Loddon Valley Leisure  
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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.harpersfitness.co.uk](http://www.harpersfitness.co.uk)



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working in partnership with Wokingham  
Borough Council.

[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)



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SAVE PAPER**

View this leaflet online  
[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)  
then click on our centre's home page

# Main pool holiday

	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
<b>MON</b>		Early Morning Swim	Swim School	Swim School	Aquacise	Family Splash**	Family Splash**	50+ Swim	Family Splash	Family Splash	Adults Swimming						
<b>TUES</b>		Early Morning Swim	Swim School	Swim School	Family Splash**	Disability Swim	Family Splash	Family Splash	Family Splash	Family Splash	Aquacise	Adults Swimming					
<b>WED</b>		Early Morning Swim	Swim School	Swim School	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**
<b>THURS</b>		Early Morning Swim	Swim School	Swim School	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**	Family Splash**
<b>FRI</b>		Early Morning Swim	Swim School	Swim School	Aquacise 50+	Family Splash**	Family Splash**	50+ Swim	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash
<b>SAT</b>		Early Morning Swim	Swim School	Swim School	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash
<b>SUN</b>		Early Morning Swim	Swim School	Swim School	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash	Family Splash

Closed to public
Public Swim
Bookable Sessions
Staff Training

\* Staff training once per month 20.00 – 22.00  
 \*\* Children's playscheme will be using 2 lanes of the pool during the morning



# Teaching pool holiday

	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
<b>MON</b>				Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School
<b>TUES</b>				Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School
<b>WED</b>				Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School
<b>THURS</b>				Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School
<b>FRI</b>				Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School
<b>SAT</b>				Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School
<b>SUN</b>				Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School

Closed to public
Public Swim
Bookable Sessions
Open to public
- Spa facilities available for use