

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.

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

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.

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

USA – the University of the Third Age hire our pool on a Wednesday from 2.30pm – 3.30pm.

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. If you have a known medical condition that may affect you during your visit, please bring it to the attention of the lifeguard prior to participation.

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 must not be used on the poolside. Outdoor shoes and push chairs 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 overshoes are available at reception.

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Holiday pool programme



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SAVE PAPER**

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

Main 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	10.30
MON	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	
	Early Morning Swim (Lanes) Seals (1 lane) Closed	Early Morning Swim (Lanes) Seals (1 lane) Closed	Early Morning Swim (Lanes) Seals (1 lane) Closed	Swim School	ACE Club (Private Hire)	General Swim	Adults Only (Lanes)	General Swim	Adults Only (Lanes)	General Swim	General Swim	General Swim	General Swim	St. Christopher CofE	Swim Back to Health	Tri-Club		
TUES	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	
	Early Morning Swim (Lanes) Closed	Early Morning Swim (Lanes) Closed	Early Morning Swim (Lanes) Closed	Swim School	Kidz Crazy	Aquafit	Adults Only (Lanes)	General Swim	Adults Only (Lanes)	General Swim	50+ until 3.50pm	Swim School	General Swim	General Swim	Saffron Walden Swim Club	Adults Only		
WED	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	
	Early Morning Swim (Lanes) Seals (1 lane) Closed	Early Morning Swim (Lanes) Seals (1 lane) Closed	Early Morning Swim (Lanes) Seals (1 lane) Closed	Swim School	General Swim	General Swim	Adults Only (Lanes)*	General Swim	Adults Only (Lanes)*	General Swim	MEND	Swim School	General Swim	General Swim	Adults Only	Tri-Club		
THURS	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	
	Early Morning Swim (Lanes) Private Hire (1 Lane) Closed	Early Morning Swim (Lanes) Private Hire (1 Lane) Closed	Early Morning Swim (Lanes) Private Hire (1 Lane) Closed	Swim School	General Swim	Ladies Only	Adults Only (Lanes)	General Swim	Adults Only (Lanes)	General Swim	General Swim	Swim School	General Swim	General Swim	Adults Only	Aquafit	NPLQ Training	
FRI	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	
	Early Morning Swim (Lanes) Closed	Early Morning Swim (Lanes) Closed	Early Morning Swim (Lanes) Closed	Swim School	General Swim	Kidz Crazy	Adults Only (Lanes)	General Swim	Adults Only (Lanes)	General Swim	50+	General Swim	General Swim	General Swim	Saffron Walden Seals Swim Club			
SAT	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	
	Early Morning Swim (Lanes) Closed	Early Morning Swim (Lanes) Closed	Early Morning Swim (Lanes) Closed	Swim School			General Swim	General Swim	General Swim	General Swim			Flipper Club	Available for Private Hire				
SUN	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	
				Early Morning Swim (Lanes)			General Swim	General Swim	General Swim	General Swim				Ladies Only	Adults Only			

Closed to public
Public Swim
Bookable Sessions
* 1 Lane may be used by a private hirer

Learner 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	10.30	
MON	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		
					General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	Available for Private Hire					
TUES	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		
					General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	Swim School	General Swim	General Swim	Available for Private Hire				
WED	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		
					Swim School	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	Swim School	General Swim	General Swim	Available for Private Hire				
THURS	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		
					Swim School	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	Swim School	General Swim	General Swim	Available for Private Hire				
FRI	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		
					General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	Swim School	Swim School	Swim School	Swim School	Available for Private Hire				
SAT	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		
				Swim School	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	Available for Private Hire				
SUN	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		
					General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	Available for Private Hire				

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