



Worcester
CITY COUNCIL

**Worcester Swimming Pool
& Fitness Centre**

Holiday 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 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
	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		Swim 4 Fitness	Member Lane Swim		50+	Lunchtime Lane Swim	General Swim				Swim School	Worcester Swim Club					
		Early Morning Swim	Lane Swim / General Swim														
TUES		Swim 4 Fitness	Member Lane Swim		Ladies Only	Lunchtime Lane Swim	Inflatable Fun	Team Training	Swim School		Adult Swim School	Swim 4 Fitness	Adult Swim				
		Early Morning Swim	Lane Swim / General Swim						General Swim				Adult Lane Swim / Dive Board Open 8-9pm				
WED		Swim 4 Fitness	Lane Swim / General Swim		Family Splash	Lunchtime Lane Swim	General Swim	50+	Swim School		Lane Swim		Worcester Swim Club				
		Early Morning Swim	General Swim														
THURS		Swim 4 Fitness	Lane Swim / General Swim		Inflatable Fun	Lunchtime Lane Swim	General Swim	GP Referral	Swim School		Lane Swim		Sub Aqua Club				
		Early Morning Swim	General Swim														
FRI		Swim 4 Fitness	Lane Swim / General Swim		Family Splash	Lunchtime Lane Swim	General Swim	50+	General Swim			Aqua Youth Club	Worcester Swim Club				
		Early Morning Swim															
SAT		Swim 4 Fitness	Worcester Swim Club	Swim School					Inflatable Fun	Lane Swim	Club	Available for Private Hire / Pool Parties					
		Early Morning Swim		Family Splash		General Swim		Disability Swim									
SUN		Early Morning Swim	Team Training	General Swim	Inflatable Fun	Family Splash	Lane Swim			Worcester Swim Club							
							Family Splash / Dive board Open										

Closed to public
 Public Swim
 Bookable Sessions



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
	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			Swim School	Toddler Splash	Family Splash						Swim School	Worcester Swim Club			Closed to public	
TUES	Closed to public			Swim School	General Swim		Family Splash		Swim School	Family Splash	Swim School Mini Polo			Adult Swim School		Closed to public	
WED	Closed to public			Swim School	Toddler Splash	Family Splash		Swim School	Family Splash	Swim School			Closed to public				
THURS	Closed to public			Swim School	Toddler Splash	Family Splash						Swim School			Closed to public		
FRI	Closed to public			Swim School	Toddler Splash	Swim School	Family Splash				Swim School	Worcester Swim Club			Closed to public		
SAT	Closed to public		Swim School						Family Splash			Disability Swim	Available for Private Hire / Pool Parties		Closed to public		
SUN	Closed to public		Swim School	Family Splash								Available for Private Hire / Pool Parties			Closed to public		

Closed to public
 Public Swim
 Bookable Sessions

Fun 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		
	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				General Swim	50+	General Swim	Swim School		General Swim	Swim School		Worcester Swim Club						
TUES	Closed to public				Swim School	Ladies Only Lessons	General Swim			Team Training	Swim School			General Swim	Aqua Fit	Adult Swim School	Closed to public		
WED	Closed to public				General Swim	Family Splash	General Swim	50+ Aqua	General Swim			Swim School		Aqua Fit	Worcester Swim Club		Closed to public		
THURS	Closed to public				General Swim	Family Splash	Aquanaatal	General Swim			GP Referral	Swim School			Aqua Fit	Sub Aqua Swim Club		Closed to public	
FRI	Closed to public				General Swim	Family Splash	General Swim	50+ Aqua	General Swim	Swim School			Aqua Youth Club	Worcester Swim Club		Closed to public			
SAT	Closed to public			Swim School			Family Splash						General Swim	Disability Swim	Available for Private Hire / Pool Parties		Closed to public		
SUN	Closed to public			Team Training	Family Splash						Worcester Swim Club					Closed to public			

Closed to public
 Public Swim
 Bookable Sessions

Session Descriptions

50+ – A session specifically for those over 50.

Adult Only Sessions – For our customers who are 18+, come along and have a peaceful swim, meet new friends and enjoy!

Aquafit – Give your whole body a workout in the pool without putting added stresses and strains on your joints. Aquafit sessions are fun, enjoyable and a great way to meet new people. The shallow waters sessions are suitable for non-swimmers so don't let anything put you off joining in today!

Aqua Natal – A gentle exercise class which takes place in the pool designed for pre and post-natal ladies.

Aquatic Youth Club – Fun for children over 8 years, bring your friends along and have a go at new aquatic activities.

Club Sessions – These sessions are designed for our partners who use our pools, all their contact details are provided on the club notice boards, so if joining a club is for you, please contact them on the telephone number provided.

Disability Swim – Although we encourage our customers with disabilities to attend any of our public sessions we recognise that sometimes you may wish to practice in a session which caters specifically for your needs. Remember helpers go free when they attend with a swimmer who is registered disabled.

Early Morning Swimming – For you early birds, a great way to start the day!

Family Splash – Bring the whole family to this session; mums, dads, grandparents, brothers, sisters, cousins – everyone! Rafts, toys, floats and lots of fun! A lane is available if you need a break and just want a relaxing swim.

General Swimming – These sessions are open for all our customers. Come along cool down, enjoy the water and keep fit!

Inflatable session – Fun for children over 8 years with large pool inflatable.

Ladies Swimming – This session is for our female customers only; come along have a relaxing swim, or better still try one of our water workout cards!

Lane Swim – Pool available for those who wish to swim lengths.

Pool Parties – We offer a full range of children's parties. Everything – the venue, invitations, food, party bags and most importantly the fun. So if it's your birthday soon look what we have on offer – pool parties, studio parties, soft play parties and much much more... pick up a leaflet and book today!

Private Hire – If you would like to hire our pool for parties, galas or another community event, this time has been allocated for you, please ask for more details at reception.

Schools Swimming – Local schools bring along children to take part in structured National Curriculum swimming lessons.

Swimming Lessons – We provide comprehensive and progressive swimming lessons for children and adults. All our lessons are taught by qualified ASA teachers, who deliver safe, enjoyable and fun lessons for all our swimmers. Book your place today.

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.

Team Training – To ensure we maintain the highest standards of care for you, our customers, our staff take part in training during these times.

Toddler Splash – Toys and floats available in this session for parents and guardians to accompany pre-school children. This is an ideal session for young children to gain water confidence.



Information

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

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 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 over shoes are available.

Worcester Swimming Pool & Fitness Centre

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Worcester WR1 1NU

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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

