



**harpers**  
health & fitness

# Swimming pool timetable

00/00/00 14195

## 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 Ladies Swimming** - Ladies only session (18+ years).

**Adult Swimming** - adults only with a minimum of one lane rope in each session (18+ years).

**Club** - session closed to the public for club usage.

**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 18 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.

**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

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

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 at reception.

### Term

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



Harpers at Loddon  
Valley Leisure

Rushey Way, Lower Early,  
Reading, Berks RG6 4GD

**0118 931 2066**

[loddon.valley@harpersfitness.co.uk](mailto:loddon.valley@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.

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