



Harpers at Carnival Pool Leisure

harpers
health & fitness

Holiday pool programme



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		Early Morning Swim ▼•		Lane Swim ▼•	Family Splash ▼ ††									General Swim		Aquafit (45 mins)	Ladies Lifestyle ▼•
		Swim 4 Fitness			Swim School												
TUES		Early Morning Swim ▼•		Aquafit •	Aquanaotol •	Family Splash ▼ ††			50+ ▼•	Family Splash ▼ ††			General Swim		Aquafit (45 mins)	Adults Only ▼•	
		Swim 4 Fitness				Swim School											
WED		Early Morning Swim ▼•		50+ ▼•	Disability Swim ▼•	Family Splash ▼ ††			Family Splash ▼ ††			General Swim		Adults Only ▼•			
		Swim 4 Fitness				Swim School											
THURS		Early Morning Swim ▼•		Aquafit •	Aquanaotol •	Family Splash ▼ ††			50+ ▼•	Family Splash ▼ ††			General Swim		Aquafit (45 mins)	Adults Only ▼•	
		Swim 4 Fitness				Swim School											
FRI		Early Morning Swim ▼•		Lane Swim ▼•		Family Splash ▼ ††						Disability Swim	General Swim	Adults Only ▼•			
		Swim 4 Fitness		Swim School													
SAT		Early Morning Swim ▼•	Family Splash ▼ †				Pool Inflatable		Pool Parties	Adults Only ▼•	Private Hire						
		Swim 4 Fitness															
SUN		Early Morning Swim ▼•	Family Splash ▼ †				Pool Inflatable		Family Splash ▼ †		Adults Only ▼•						
		Swim 4 Fitness															

Off Peak Session
 Peak Session
 Closed to Public

† Denotes Flume ▼ Denotes Jacuzzi & Spa
 * Under 3's only □ Under 7's only
 †† Flume open • Sauna is open



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	Early Morning Swim ▼•		Swim School			Family Splash ▼ ††							General Swim		Ladies Lifestyle ▼•		
	Swim 4 Fitness																
TUES	Early Morning Swim ▼•		Swim School			Family Splash ▼ ††			+50 ▲▼	Family Splash ▼ ††			General Swim		Adults Only ▼•		
	Swim 4 Fitness																
WED	Early Morning Swim ▼•		Swim School			Family Splash ▼ ††							General Swim		Adults Only ▼•		
	Swim 4 Fitness																
THURS	Early Morning Swim ▼•		Swim School			Family Splash ▼ ††			+50 ▲▼	Family Splash ▼ ††			General Swim		Adults Only ▼•		
	Swim 4 Fitness																
FRI	Early Morning Swim ▼•		Swim School			Family Splash ▼ ††							Disability Swim	General Swim	Adults Only ▼•		
	Swim 4 Fitness																
SAT			Early Morning Swim ▼•	Family Splash ▼ †							Pool Parties	Adults Only ▼•	Private Hire				
			Swim 4 Fitness														
SUN			Early Morning Swim ▼•	Family Splash ▼ †							Adults Only ▼•						
			Swim 4 Fitness														

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Beach 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				Toddler Splash*		Family Splash ▼ ††								General Swim						
TUES				Toddler Splash*		Family Splash ▼ ††			Toddler Splash*	Family Splash ▼ ††		General Swim								
WED				Toddler Splash*		Family Splash ▼ ††								General Swim						
THURS				Toddler Splash*		Family Splash ▼ ††			Toddler Splash*	Family Splash ▼ ††		General Swim								
FRI				Family Swim □		Toddler Splash*								Disability Swim	General Swim					
SAT				Family Splash ▼ †								Pool Parties								
SUN				Family Splash ▼ †										Private Hire						

Off Peak Session
 Peak Session
 Closed to Public

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Session Descriptions

50+ – A session specifically for those over 50.

Adult & Child – A casual session for those wishing to bring young children to build water confidence.

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.

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 Fun – 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!

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 – Why not take this opportunity to allow us to take charge of your child's party, we can offer them a race on the inflatable, water games galore and dare the ride the water flume!! Contact reception for more details!

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 – The beach area is available for the very young (age 3 and under) during this session children under 3 are FREE



Information

No diving allowed in pool.

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.

Harpers at Carnival Pool Leisure

Wellington Road,
Wokingham,
Berks RG40 2AF

0118 977 0007

carnival.pool@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



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