



harpers
health & fitness

Harpers at Grantham Meres
Leisure Centre

Pool timetable



www.harpersfitness.co.uk

Main pool term 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	Grantham Water Polo Club	General Swim deep end/Schools				Adults Lane Swim	General Swim deep end only	Private Hire to be confirmed	Swim School				Family Swim	Ladies Lifestyle (Deep) AquaFit	Grantham Water Polo Club		
TUES	Swimming Club 3x lanes Swim 4 Fitness	Early Morning Swim	General Swim deep end/Schools				Adults Lane Swim	General Swim deep end only	Private Hire to be confirmed	Swim School				General Swim	Swimming Club 6x lanes Adults Only	Grantham Water Polo Club		
WED	Early Morning Swim		General Swim deep end/Schools				Adults Lane Swim	General Swim deep end only	General Swim	Swim School				Lynx Swim Club	Adults Only 2 lanes Adults Only 4 lanes	Life Saving Club		
THURS	Swimming Club 3x lanes Swim 4 Fitness	Early Morning Swim	General Swim deep end/Schools				Adults Lane Swim	AquaFit General deep end	Private Hire to be confirmed	Family Swim		Adults Only 2 lanes Grantham Swimming Club			Grantham Senior Water Polo Club			
FRI	Early Morning Swim	Kings Junior Water Polo Club	General Swim deep end/Schools				Adults Lane Swim	Family Splash Adults only 4 lanes	Grantham Water Polo Club		General Swim	4 lanes General 4 lanes swim club		Swim Club 6 Lanes General Swim 2 Lanes				
SAT	Early Morning Swim	Swim School	Family Swim			Adult Lane Swim	Kids Crazy	Family Swim				Private Hire						
SUN	Family Swim			Kids Crazy			Adults Lane Swim General Swim	Kids Crazy	Grantham Swimming Club									

Closed to public
 Public Swim
 Bookable Sessions



Learner pool term 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			Schools			Closed to public		Schools		Swim School			Closed to public			
TUES	Closed to public			Schools			Toddler Splash	Swim School		General Swim	Swim School		General Swim	Closed to public			
WED	Closed to public			Schools			Swim School	Closed to public		Toddler Splash	Swim School		Aquadone (until 7.15)	Lifesaving Club	Closed to public		
THURS	Closed to public			Schools			Toddler Splash		General Swim		Swim School		General Swim	Closed to public			
FRI	Closed to public			Schools			Toddler Splash		General Swim		Swim School		General Swim	Closed to public			
SAT	Closed to public		Swim School		General Swim								Closed to public				
SUN	Closed to public		General Swim								Closed to public						

Closed to public
 Public Swim
 Bookable Sessions

Main pool holiday time

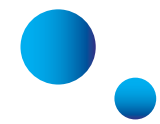
	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30	
MON	Swim 4 Fitness				General Swim							Swim School	General Swim	Ladies Lifestyle Deep End AquaFit	Adults only			
TUES	Swimming club 3 lanes Swim 4 Fitness		Early Morning Swim		Kids Crazy		Adults Only 4 Lanes	Kids Crazy 4 Lanes	General Swim		Swim School	General Swim	Swim club 6 lanes Adults only					
WED	Early Morning Swim				General Swim				Adults Only 4 Lanes	Kids Crazy 4 Lanes		Swim School	Lynx Swim Club	Adults only 2 lanes Lifesaving Club	Adults only 4 lanes			
THURS	Swimming club 3 lanes Swim 4 Fitness		Early Morning Swim		General Swim		Adults Only 4 Lanes	AquaFit Adults Only deep end	General Swim		General Swim (with floats)		Adults 2 Lanes Swim Club 6 Lanes	Adults only				
FRI	Early Morning Swim						Adults Only 4 lanes	Kids Crazy 4 lanes					4 lanes General 4 lanes swim club	Swim Club 6 Lanes General Swim 2 Lanes				
SAT		Early Morning Swim	Swim School		General Swim			Adults Only 4 Lanes	Kids Crazy		General Swim							
SUN		General Swim			Kids Crazy		Adults Only 4 Lanes General Swim		Kids Crazy		Swim Club							

Closed to public
 Public Swim
 Bookable Sessions

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	
	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				Public Swim							Bookable Sessions		Closed to public				
TUES	Closed to public				Public Swim				Bookable Sessions		Public Swim	Bookable Sessions		Public Swim	Closed to public			
WED	Closed to public				Public Swim			Bookable Sessions	Public Swim		Bookable Sessions		Bookable Sessions (until 7.15)	Lifesaving Club	Closed to public			
THURS	Closed to public				Public Swim							Bookable Sessions		Public Swim	Closed to public			
FRI	Closed to public				Public Swim							Bookable Sessions		Public Swim	Closed to public			
SAT	Closed to public		Bookable Sessions			Public Swim							Closed to public					
SUN	Closed to public		Public Swim							Closed to public								

Closed to public
 Public Swim
 Bookable Sessions



Session Descriptions and Information

Adults Only – exclusively for those aged 16 years and over. Enjoy a swim away from the kids.

AquaFit – a water exercise class designed to improve general fitness, muscular tone and endurance in a safe and enjoyable way.

Aquanatal – exercise during and after pregnancy is important and our fully qualified instructor will ensure you get a safe workout in a warm environment.

Aquatone – if you like to swim to the beat our aqua tone sessions offer exercise to music with qualified coaches. Aquatone is particularly good if you want to exercise with minimal stress to the joints for those recovering from injury.

Early Morning Swim – start the day the Sunrises way! A refreshing and healthy start to the day.

Family Swim – not just for families, but for kids of all ages! Space available for recreational swimming, whilst still offering a lane or two for those who prefer lengths.

General Swimming – open to everyone. A great way to relax and unwind.

Kids Crazy – fun session with floats for all children, under 8s must be accompanied by an adult.

Ladies Lifestyle – ladies only session in the deep end for over 16s only.

Toddler Splash – special sessions to introduce your toddler to the fun and delights of water in a safe environment. Helps to build water confidence from an early age. Toddler's Splash takes place Thursday mornings 9.30am to 12.00pm.

Swim School – a progressive programme of teaching and award schemes for all ages, abilities and special interests. See Swim School Prospectus for further details.

Swim School may run into the holiday programme. Please enquire if there is a session before you visit as there is no general swimming during these times.

Children under 8 years old must be accompanied in the swimming pools person aged 18+. A maximum of two under 8's may accompany one adult.

Cameras are not permitted on poolside or in the spectators area without prior permission of the Duty Manager.

Due to this being the only competition pool in the area it is advisable to check the opening times before visiting to avoid disappointment.

Term Time – Leisure Pool

Monday & Friday	12.00 – 19.30
Tuesday	15.00 – 19.30
Wednesday	15.00 – 19.30
Thursday – Toddler Splash	09.30 – 12.00
	14.00 – 19.30
Saturday & Sunday	10.00 – 17.00

Term Time – Flume

Monday to Friday	16.00 – 19.00*
Saturday & Sunday	10.00 – 17.00*

Holiday Time – Leisure Pool

Monday to Sunday	10.00 – 19.30
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Holiday Time – Flume

Monday to Sunday	10.00 – 19.30*
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*Please note that the flume will open for 15 minute sessions on the hour and on the half hour

Bank Holiday opening hours 10.00 – 16.00.

Harpers at Grantham
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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



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kesteven**
community leisure limited

South Kesteven Community Leisure Ltd and Leisure Connection Ltd
working in partnership with South Kesteven District Council.
Registered number 06661447.

