

Pool programme



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Westminster Lodge Leisure Centre 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		Swim 4 fitness	Lane Swim	General Swim & Schools			Lane Swim	General Swim & Schools			Swim School		Lane Swim	Swim Club						
TUES		Swim 4 fitness	Lane Swim	General Swim & Schools		Senior Swim	Schools Only	General Swim & Schools	Lane Swim	General Swim & Schools		Schools Only	General Swim	Swim School		Lane Swim	Swim Club		Adult Swim School	Staff Training
WED		Swim 4 fitness	Lane Swim	General Swim & Schools			Schools Only	General Swim & Schools	Lane Swim	General Swim & Schools			General Swim	Swim School		Lane Swim	Ladies Only Lane Swim	AquaFit & Ladies Only Swim	Sub Aqua	
THURS		Swim 4 fitness	Lane Swim	General Swim & Schools			Lane Swim	General Swim & Schools			AquaFit	Staff Training	Swim School			Swim Club	Octopush	Adult Swim School	Adult Lane Swim	
FRI		Lane Swim	General Swim	General Swim & Schools			Lane Swim	General Swim & Schools		Schools Only	General Swim	Swim School		Lane Swim	Family Fun Time		Swim Club	Diving & Life Saving Club		
SAT		Lane Swim	Swim School	General Swim	Salmon Club		Lane Swim	General Swim				Lane Swim	Private Hire							
SUN		Lane Swim	General Swim	General Swim			Diving	Family Fun Time	Zooms	Lane Swim	Adult Lane Swim	Swim Club					Octopush Club			

Closed to public
 Public Swim
 Bookable Sessions



Training 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			Swim School	Schools		Toddler Splash	Swim School			Closed to public			
TUES	Closed to public			Schools		Toddler Splash	Schools	Swim School	Schools			Toddler Splash	Swim School			Closed to public	
WED	Closed to public			Toddler Splash	Schools			Toddler Splash	Swim School	Schools		Toddler Splash	Swim School			Closed to public	
THURS	Closed to public			Schools	Toddler splash	Schools	Toddler Splash	Swim School		Toddler Splash		Swim School			Closed to public		
FRI	Closed to public			Schools			Toddler Splash	Swim School	Schools		Toddler Splash	Swim School			Closed to public		
SAT	Closed to public			Swim School		Salmon Club		Toddler Splash				Private Hire		Closed to public			
SUN	Closed to public			Public Swim				Toddler Splash				Swim Club					

Closed to public
 Public Swim
 Bookable Sessions

Harpenden Swimming Pool 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	Swim 4 fitness	Lane Swim		General Swim	Schools	50+ Aquafit	Senior Swim	Swimming Lane	Schools			General Swim				Adult Lane Swimming	
												Swim School				Staff Training	
TUES		Lane Swim		General Swim	Schools	General Swim		Swimming Lane	Schools		General Swim			Swimming Lane	Aquafit	Swimming Lane	Ladies Swimming
												Swim School					
WED	Swim 4 fitness	Lane Swim		General Swim	Schools	Aquafit	Ladies Only	Swimming Lane	Schools	General Swim		Swim School		Harpenden Swimming Club		Adult Lane Swimming	
																Staff Training	
THURS		Lane Swim		General Swim	Schools	Senior Swim	50+ Aquafit	Swimming Lane	Schools	General Swim		Swim School		Lane Swim		Swimming Lane	Adult Swimming
FRI	Swim 4 fitness	Lane Swim		General Swim	Schools			Swimming Lane	Schools	General Swim		Swim School		Family Fun Time	Swim School	Harpenden Swimming Club	
SAT			General Swim		Family Fun Time			General Swim		Special Olympics		Family Fun Time	Private Hire				
			Swim School					Lane Swim									
SUN			General Swim		Family Fun Time				General Swim			Lane Swimming	Harpenden Swimming Club				
			Lane Swimming														

Closed to public
 Public Swim
 Bookable Sessions



Training 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	Toddler Splash	Swim School	Toddler Splash	General Swim	Schools	General Swim	Swim School			Closed to public			
TUES	Closed to public			Swim School	Toddler Splash	Schools	Swim School		General Swim	Swim School			General Swim	Closed to public			
WED	Closed to public			General Swim	Schools	Toddler Splash	Swim School	General Swim	Swim School	Swim School		Harpenden Swimming Club		Closed to public			
THURS	Closed to public		Swim School	Schools	General Swim	Schools	Toddler Splash	Swim School	General Swim	Swim School			Closed to public				
FRI	Closed to public			Swim School	Schools		Toddler Splash	General Swim	Swim School	Party Animals	General Swim	Closed to public					
SAT	Closed to public		Swim School	Family Fun Time		General Swim	Party Animals	Special Olympics	Family Fun Time		Private Hire						
SUN	Closed to public			Family Fun Time			General Swim		Party Animals	Family Fun Time		Harpenden Swimming Club					

Closed to public
 Public Swim
 Bookable Sessions



Westminster Lodge, Harpenden Swimming Pool and Townsend School Swimming Lessons

Harpers Swim School, working in partnership with the Amateur Swimming Association (ASA), to ensure the highest, quality delivery of the new ASA National Plan for Teaching Swimming. We offer a comprehensive range of lessons from your baby's first experience to competitive swimming and lifesaving skills and adult lessons.

The courses are on a rolling programme throughout the year to ensure continuous improvement for all pupils. Courses are booked in prepaid blocks according to the number of weeks in the term and lessons are on average 30 minutes long. Stages range from adult and child classes to Stage 10 Competitive Swimming.

Badges and certificates are available at each stage of the National Teaching Plan. Distance awards are also available.

Term dates

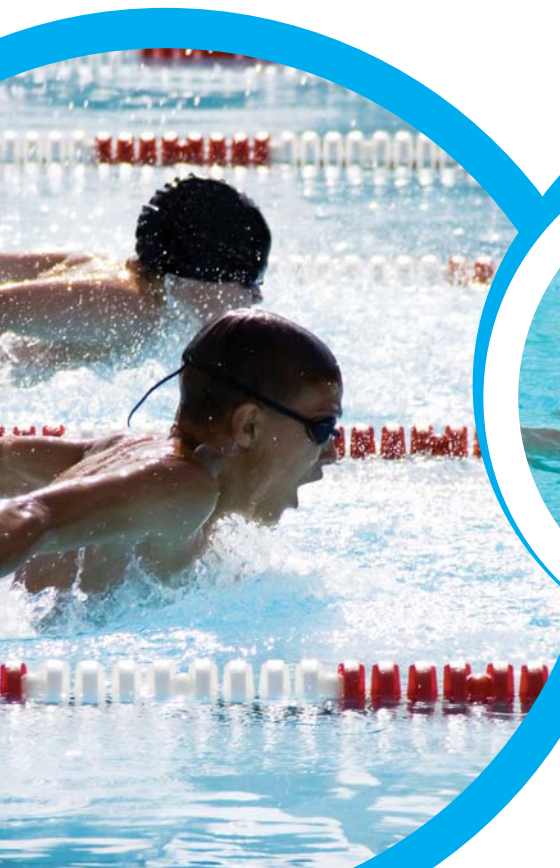
Term 1 Monday 4th January 2010
– 27th March 2010

Term 2 Monday 29th March 2010
– 19th June 2010

Term 3 Monday 21st June 2010
– 25th September 2010

Term 4 Monday 27th September 2010
– 18th December 2010

Lessons are available at all three swimming pools, please call your preferred site for booking details.



Townsend School Pool

Casual swimming sessions also available at Townsend Pool at the following times:

Ladies Only Casual Swim

Wednesday 09.45 – 10.45

Casual Swim

Wednesday 10.45 – 11.45

Casual Swim

Saturday 12.00 – 13.00

Session Descriptions

Aquafit – aerobics in the water.

Deep End Dip – deep end of pool only available.

Diving – 3 diving boards available, 1m, 3m and 5m. No non swimmers or under 8s. (Westminster Lodge only).

Family Fun Time – Not just for families, but for kids of all ages! Session includes slide, diving and inflatable if applicable to site. Please contact site for further details of times.

Fitness Training – structured training session.

General Swim – open session for all users.

Ladies Only Swim – a swim session for women.

Lane Swim – main pool open for lane swimming only.

Party Animals – available for parties, galas and community use.

Private Hire – available for parties, galas and community use.

Schools – National Curriculum swimming lessons.

Senior Swim – a session specifically for those over the age of 50.

Slide / Flume – Fun slide on poolside landing back in the main pool. No non swimmers or under 5s.

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.

Swimming Club – session closed to the public for club usage.

Swim For 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.

Toddler Splash – session with pool toys for toddlers in the training pool.

Zooms – 2 water slides, one long, pitch black and slow, the other short, fast and light. No non swimmers or under 8s. Extra charge for this facility. (Westminster Lodge only.)

Please check with your nearest centre to see which sessions and facilities are available.

Information

Important Information

During the Christmas holidays courses will not run and will be replaced with general swim.

Admissions Policy

Children under the age of eight must be accompanied by a person aged 18+ or a parent.

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.

Site Details

Westminster Lodge Leisure Centre

Holywell Hill, St Albans
Herts AL1 2DL

01727 846031

westminster.lodge@harpersfitness.co.uk

Townsend School

High Oaks,
St Albans AL3 6DR

01582 460683

harpendingpool@harpersfitness.co.uk

Harpenden Swimming Pool

Rothamsted Park,
Harpenden, Herts AL5 2HU

01582 460683

harpendingpool@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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Provided by St Albans City & District Council.
Managed in partnership with Leisure Connection.

