



harpers
health & fitness

Casual swimming and lessons for our community



www.leisureinstalbans.co.uk



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





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Ladies Only
Casual Swim Wednesday 09:45 – 10:45

Casual Swim Wednesday 10:45 – 11:45

Adult Swim School
Lessons (Bookable
6 week course) Wednesday 11:45 – 12:30

Casual Swim Saturday 12:00 – 13:00

Swim School

Adult & Child
1 – 3 Years Saturday 10:30 – 11:00

Adult & Child
3 – 5 Years Saturday 11:30 – 12:00



Stage 1 Friday 16:00 – 16:30
Saturday 10:30 – 11:00

Stage 2 Friday 16:30 – 17:00
Saturday 10:00 – 10:30
Saturday 11:00 – 11:30

Stage 3 Friday 17:00 – 17:30
Saturday 11:30 – 12:00

Stage 4 Friday 16:00 – 16:30
Saturday 10:00 – 10:30
Saturday 11:00 – 11:30

Stage 5 Friday 17:00 – 17:30
Saturday 10:30 – 11:00
Saturday 11:00 – 11:30

Stage 6 Friday 16:30 – 17:00
Saturday 10:00 – 10:30

Stage 7 Friday 17:30 – 18:00
Saturday 09:30 – 10:00

Stage 8 Friday 17:30 – 18:00
Saturday 09:30 – 10:00

11+ Squad Friday 18:00 – 18:45

Lifesaving Friday 18:45 – 19:45

Townsend School Swimming Pool
High Oaks, St Albans AL3 6DR
C/O Bricket Wood Sports Centre
01923 662224

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