



**harpers**  
health & fitness

**Willesden Sports Centre**

# Pool timetable



Willesden Sports Centre operated  
by Willesden Community Sports Ltd.  
and managed by Leisure Connection,  
on behalf of Brent Council.

[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)



**DO YOUR BIT  
SAVE PAPER**

View this time table online  
[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)  
then click on our centre's home page

# 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
<b>MON</b>		Early Morning Swim		Schools		Lane Swim (2 lanes)	Lane Swim (swim for Fitness)	Disability swim 1 lane swim	Schools	50+	Swim School	General Swim	Lane Swim	Adult Swim School	Swim 4 Fitness / Lanes Only		
														Aquaffit			
<b>TUES</b>		Swim 4 Fitness / Early Morning Swim		Schools			Water Confidence OAPs	GP Referral General swim			Swim School		Lane Swim				
							Lane Swim (2 lanes)	Schools			General Swim		Swimming Club	General Swim			
<b>WED</b>		Early Morning Swim		Lane Swim (2 lanes)			Aquaffit	General Swim		Swim School		Lane Swim					
				Schools			Lane Swim (swim for Fitness)	Schools		General Swim		Swimming Club	General Swim				
<b>THURS</b>		Swim 4 Fitness / Early Morning Swim		Lane Swim (2 lanes)			Lane Swim (swim for Fitness)	GP Referral General swim		General Swim		Adult Swim School	Aquaffit	Swim 4 Fitness / Lanes Only			
				Schools				Schools	General Swim	Swim School	Women Only	Women Only					
<b>FRI</b>		Early Morning Swim		Lane Swim (2 lanes)			Aquaffit	General Swim			Swimming Club						
				Schools			Lane Swim (swim for Fitness)	Schools	50+	Swim School							
<b>SAT</b>			Early Morning Swim	Lane/General Swim			Kids Crazy		Lane/General Swim		Private Hire / 1st Sat each month - Teenage party 6.30 - 8.30pm						
				Swim School													
<b>SUN</b>			Early Morning Swim	Lane Swim	Swimming Club	Lane Swim		Kids Crazy	Lane/General Swim	Adult Swim School	Aquaffit (Women Only)	Women Only / 2 Lanes					
					General Swim												

Closed to public
  Public Swim
  Bookable Sessions



# Teaching 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		General Swim		Schools				Disability swim Swim School (Parent & Child)	Schools	General Swim	Swim school			Adult swim school	General Swim			
TUES		General Swim	FREE Learn to swim for OAP's	Schools				Aqua Babies Water confidence OAP's/ Adults	General swim Schools	General Swim	Swim school	General Swim						
WED		General Swim		Schools				Aqua Babies FREE Drop in OAP's learn to swim	Schools	General Swim Aqua Babies	Swim school	Adult Swim School	Disability Swim	General Swim				
THURS		General Swim	FREE Learn to swim for OAP's	Schools				FREE Drop in Parent and Child Lessons	Schools	FREE Drop in Parent and Child Lessons	Swim school	Woman Only Swim School	Women Only	General Swim				
FRI		General Swim		Schools				Pre & Post Natal Swim General Swim	Schools	General Swim	Swim school	Swimming Club						
SAT				Swim School				Family Swim				Party Animals/ Private Hire	Private Hire					
SUN				Family Swim		Swimming Club Family Swim	Family Swim		Kids Fun Session (Under 8s)	Family Swim		Adult swim school	FREE Learn to Swim for Girls Women Only Swim School	Women Only				

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# Session Descriptions and Information

**Aqua Babies** - teaching babies & toddler swim lessons, birth to 4 yrs, to be booked through [www.aquababies-uk.com](http://www.aquababies-uk.com) or contact 01273 833101.

**Free Swimming Lessons** - For more information please contact reception and an Under 16's or Over 60's Free Swimming Application form must be filled out.

**General Swim** - dependant on demand we aim to ensure at least 1 Lane swim is available.

**Schools** - National Curriculum swimming lessons.

**Swim School** - offers swimming lessons for all ages and abilities, pre-school, juniors and adults.

**Women Only Swim** - a swim session for women.

**Aquafit** - aerobics in the water.

**Private Hire** - available for parties, galas and community use.

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

**Over 60's and 16's and Under swim free** - Over 60's and 16's and under swim Free during all public sessions but registration is required. Please see reception for registration form. Failure to register a swim charge will be activated.

**Swim 4 Fitness** - Session where swimming for fitness is encouraged with programmed cards available for use. Flippers / floats can be used in this session only. Book into at reception. Normal public sessions charges apply.

**Teenage Pool Party** - coming soon! Planned for the 1st Saturday of each month, 6.30pm - 8.30pm. A fun based activity with floats, music and games for the 13 yrs - 16 yrs.

During busy periods session times will be activated, please see reception on the day concerned. Bank Holidays & Xmas Period Pools open 10am - 4pm for Family/Lane swim only.

**Willesden Sports Centre**  
Donnington Road, Willesden,  
London NW10 3QX

**020 8955 1120**

[willesden@harpersfitness.co.uk](mailto:willesden@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.

The information in this leaflet can be made available in large print, audio tape, Braille and in a variety of languages on request. Please contact the site for further details.

## 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.

## Changing Village

Shoes are not permitted in the changing village, however blue overshoes are available at reception.

## How to find us...

For more details on cycle, bus and train routes please see our Green Travel Plan.

**Bus routes:** 6, 52, 187, 206, 226 & 302.

**Nearest train station:** Kensal Rise, Willesden Junction, Willesden Green, Dollis Hill.

**Cycle routes:** 45 & 47.

**RNID 'type talk'** - please call the facility dialling 18001 plus the full telephone number (including area code) to operate a telephone relay service for people with impaired hearing or speech. Visit: [www.type talk.org](http://www.type talk.org)



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