



harpers
health & fitness

Harpers at Worcester Swimming
Pool & Fitness Centre

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		Swim 4 Fitness	Early Morning Swim*	General Swim*		50+	Lane Swim	General Swim*		Swim School		Worcester Swimming Club					
										General Swim							
TUES		Swim 4 Fitness	Early Morning Swim*	General Swim*			Lane Swim	Inflatable Fun		Swim School			Adult Swim School		General Swim		
										General Swim					General Swim		
WED		Swim 4 Fitness	Early Morning Swim*	General Swim*	Inflatable Fun		Lane Swim	50+	General Swim*	Swim School		Swim 4 Fitness		Worcester Swimming Club			
										General Swim		Lane Swimming					
THURS		Swim 4 Fitness	Early Morning Swim*	General Swim*			Lane Swim	Inflatable Fun		Swim School		General Swim		Sub Aqua Swim Club			
										General Swim							
FRI		Swim 4 Fitness	Early Morning Swim*	General Swim*			Lane Swim	50+	General Swim*						Worcester Swimming Club		
SAT		Swim 4 Fitness	Worcester Swimming Club	Swim School		Family Fun		Inflatable Fun		Lane Swim		Available for Private Hire					
										Disability Swim							
SUN		Lane Swim	Team Training		Inflatable Fun		Family Fun		Worcester Swimming Club								

 Closed to public

 Public Swim / Free for over 60s and 16 & under

 Bookable Sessions

* Denotes double lane available in Early Morning and General swim sessions



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		Swim 4 confidence	Adult n child	Swim School	General Swim				Toddler Splash		Swim School	Worcester Swimming Club						
TUES				Swim School	Toddler Splash		General Swim		Floats, Toys & Family Fun		Swim School mini polo			Adult Swim School				
WED				Swim School	General Swim		Toddler Splash		General Swim		Swim School							
THURS		Swim 4 confidence	Adult n child	Swim School	Toddler Splash		General Swim		Floats, Toys & Family Fun		Swim School							
FRI				Swim School	General Swim				Toddler Splash		Swim School	Worcester Swimming Club						
SAT			Swim School						Floats, Toys & Family Fun		Disability Swim	Available for Private Hire						
SUN			Adult n child	Swim School		Floats, Toys & Family Fun		Family Fun			Available for Private Hire							

 Closed to public

 Public Swim / Free for over 60s and 16 & under

 Bookable Sessions

* Denotes double lane available in Early Morning and General swim sessions

Fun 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	Early Morning Swim	General Swim		50+	General Swim			Swim School			Worcester Swimming Club				
TUES		Swim 4 Fitness	Early Morning Swim	General Swim				Inflatable Fun		Swim School mini polo			General Swim	Aquaff	Adult water confidence lessons	General Swim	
WED		Swim 4 Fitness	Early Morning Swim	General Swim				50+ aqua	General Swim		Swim School		Aquaff	Worcester Swimming Club			
THURS		Swim 4 Fitness	Early Morning Swim	General Swim		Ladies only Anti & Post Natal	General Swim		Inflatable Fun		Swim School			Aquaff	Sub Aqua Swim Club		
FRI		Swim 4 Fitness	Early Morning Swim	General Swim				50+ aqua	General Swim	Swim School		General Swim	Worcester Swimming Club				
SAT		Swim 4 Fitness	Swim School		Family Fun			Inflatable Fun		Disability Swim	Available for Private Hire						
SUN		General Swim		Team Training		Inflatable Fun			Family Fun		Worcester Swimming Club						

 Closed to public

 Public Swim / Free for over 60s and 16 & under

 Bookable Sessions

* Denotes double lane available in Early Morning and General swim sessions

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.

Club Sessions – These sessions are designed for our partners who use our pools, all their contact details are provided on the club notice boards, so if joining a club is for you, please contact them on the telephone number provided.

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 – We offer a full range of children's parties. Everything – the venue, invitations, food, party bags and most importantly the fun. So if it's your birthday soon look what we have on offer – pool parties, studio parties, soft play parties and much much more... pick up a leaflet and book today!

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 – Toys, floats, action songs and lots of fun! Toddler Splash is for parents or guardians to bring our pre-school customers to a fun filled session. Toddler Splash is a great way of gaining water confidence and a brilliant introduction to swimming lessons.



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 Worcester
Swimming Pool &
Fitness Centre
Sansome Walk,
Worcester WR1 1NU

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worcester@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



Managed by Leisure in the Community (Worcester) Ltd, and Leisure Connection Ltd, on behalf of Worcester City Council.

