



harpers
health & fitness

Harpers at Worcester Swimming
Pool & Fitness 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		Swim 4 Fitness	Early Morning Swim*	Schools Swimming		50+	General Swim*		Schools Swimming		Swim School		Worcester Swimming Club				
										General Swim*							
TUES		Swim 4 Fitness	Early Morning Swim*	Schools Swimming			General Swim*		Team Training		Swim School		Adult Swim School			Adults Only	
											General Swim*						
WED		Swim 4 Fitness	Early Morning Swim*	Schools Swimming		General Swim*		50+	General Swim*	Swim School		Swim 4 Fitness		Worcester Swimming Club			
										General Swim*		Lane Swimming					
THURS		Swim 4 Fitness	Early Morning Swim*	Schools Swimming		Ladies Swimming	General Swim*		Schools Swimming	Swim 4 Fitness	Swim School		General Swim*		Sub Aqua Club		
										Wellbeing & Water Confidence	General Swim*						
FRI		Swim 4 Fitness	Early Morning Swim*	Schools Swimming		General Swim*		50+	General Swim*				Worcester Swimming Club				
SAT		Swim 4 Fitness	Worcester Swimming Club	Swim School	Swim School	Family Fun		Inflatable Fun			Casual Swimming	Disability Swim	Available for Private Hire Pool Party				
SUN		Lane Swimming		Team Training		Inflatable Fun		Family Fun			Worcester Swimming Club						

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		Wellbeing & Water Confidence		Adult & Child	Schools Swimming		Private Hire		Schools Swimming	General swim	Swim School	Worcester Swimming Club					
TUES				Private Hire	Schools Swimming	Private Hire	Wellbeing & Water Confidence	Schools Swimming	General Swim		Swim School			Adult Swim School			
WED			Schools Swimming				General Swim	Schools Swimming	General swim		Swim School						
THURS		Wellbeing & Water Confidence		Adult & Child	Schools Swimming		Private Hire		Schools Swimming	General Swim		Swim School					
FRI				Private Hire	Schools Swimming	Private Hire	Schools Swimming	Toddler Splash	General swim	Swim School	Worcester Swimming Club						
SAT					Swim School				Floats, Toys and Family Fun	Casual Swimming	Disability Swim	Available for Private Hire Pool Party					
SUN			Adults & Child		Swim School		Floats, Toys and Family Fun		Family Swim			Available for Private Hire Pool Party					

Closed to public
 Public Swim
 Bookable Sessions

Fun 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	Early Morning Swim*	Schools Swimming		50+	General Swim		Schools Swimming	General Swim	Swim School		Worcester Swimming Club					
TUES		Swim 4 Fitness	Early Morning Swim*	Schools Swimming					General Swim		Mini Polo		General Swim	Aquaftt	Confidence Water Adult	General Swim		
										Swim School								
WED		Swim 4 Fitness	Early Morning Swim*	Schools Swimming			General Swim		Schools Swimming	Aquaftt	50+	General Swim		Swim School		Aquaftt	Worcester Swimming Club	
THURS		Swim 4 Fitness	Early Morning Swim*	Schools Swimming		Post Natal	General Swim		Schools Swimming	Swim 4 Fitness	Swim School		Aquaftt	Sub Aqua Club				
						Anti Natal			Wellbeing & Water Confidence									
FRI		Swim 4 Fitness	Early Morning Swim*	Schools Swimming			General Swim		Aquaftt	50+	General Swim		Swim School	General Swim	Worcester Swimming Club			
SAT		Swim 4 Fitness		Swim School		Family Fun			Floats, Toys and Family Fun		Lane Swimming	Disability Swim	Available for Private Hire Pool Party					
SUN		General Swim		Team Training		Floats, Toys and Family Fun			Family Fun			Worcester Swimming Club						

Closed to public
 Public Swim
 Bookable Sessions

Session Descriptions

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!

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

01905 20241

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.

