



Harpers Health & Fitness at Wyboston

harpers
health & fitness

Pool timetable

2009 - 2010



www.harpersfitness.co.uk

Main pool timetable

	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		Adult Only Swim		Family Swim			Adult Only Swim		Family Swim				Adult Only Swim				
TUES		Adult Only Swim		Family Swim		Aquafit	Adult Only Swim		Family Swim				Adult Only Swim				
WED		Adult Only Swim		Family Swim			Adult Only Swim		Family Swim				Adult Only Swim	Aquafit	Adult Only Swim		
THURS		Adult Only Swim		Family Swim			Aquafit	Adult Only Swim	Family Swim				Adult Only Swim				
FRI		Adult Only Swim		Family Swim			Adult Only Swim		Family Swim				Aquafit	Adult Only Swim			
SAT			Adult Only Swim	Family Swim			Adult Only Swim										
SUN			Adult Only Swim					Family Swim			Adult Only Swim						

Closed
 Adult & Family Swim
 Bookable Sessions



Poolside Junior Member Restrictions

0-8 Years – This age group can use the Pool only when accompanied by an adult or parent within the stated times. This age group cannot use the Sauna, Steam Room or Spa or attend Aquafit Classes.

8-15 Years – This age group can use the Pool, Sauna, Steam Room and Spa only when accompanied by an adult or parent within the stated times. This age group cannot attend Aquafit Classes.

Under 15's Policy – Persons aged 18+ or a parent must directly supervise children under the age of 15 in the swimming pool. This person must not directly supervise no more than two under 15 year olds.

Swimming Lessons – Harpers Health & Fitness Club are proud to offer its members friendly, professional swimming instruction for young and old, beginners and advanced.

The adults lessons are as follows:

- **Water Challenge** – For those who want to learn how to swim but are apprehensive about getting in the water.
- **Novice Lesson** – Emphasis on water adjustment, front and back floating and basic stroke technique.
- **Advanced Lesson** – Emphasis on stroke development in freestyle and back stroke.
- **Expert Lesson** – Quality coaching for swimmers who want to refine their strokes, become more efficient in the water and build endurance.

The children's lessons are as follows:

- **Water Confidence** – To improve water confidence above and under water and progress towards swimming unaided on front and back.
- **Challenger Lesson** – This is designed for those who are able to swim 5 metres on their front and back unaided and will continue to build confidence on and under the water.
- **Improver Lesson** – This course is for swimmers who now have the basic stroke technique on three strokes with an introduction to the fourth.
- **Advanced Lesson** – For those pupils who have moved beyond improver level but still wish to continue, this lesson development.

Session Lengths:

Sessions are 30 minutes. A saving can be made if a 6 week course is purchased and runs parallel with school term time. If you would prefer to have your lessons with a companion this too can be arranged.

For more information on swimming lessons fill in an enquiry form at Harpers Reception.



Session Descriptions and Information

Family swim – A session for members and guests to bring children under 16 to enjoy our swimming facilities. These sessions may also include swimming lessons.

Adults only swim – 16+ years only.

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 15 years old in and around the pool at all times.

Lifeguards – A qualified lifeguard is present within the building at all times but will not specifically supervise pool sessions unless advertised. However, should a lifeguard offer advice or instructions this must be adhered to at all times, otherwise expulsion from the pool will be implemented for the safety of yourself and other pool users. If you have a known medical condition that may affect your visit, please advise reception upon entering the facility. Anti-social behaviour will not be tolerated on poolside.

Lifeguard Training – Our pool is closed once a month for 1 hour on a Wednesday for essential Lifeguard training. A notice will be displayed in reception the week before and up to the date this training is taking place.

Poolside – The use of camera's 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.

Health Suite – Why not relax in our fantastic Health Suite with a Sauna, Steam Room and Spa.

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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