



harpers
health & fitness

 **Stoke Mandeville Stadium**

Pool programme



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www.harpersfitness.co.uk
www.stokemandevillestadium.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		Early Morning Swim		Schools	Schools	Toddler Splash		Swim Fit (2 lanes) Lane Swim	Senior Swim	Swim School	General Swim	Club	Adult Swim				
TUES		Early Morning Swim		Swim School General Swim	Schools	Deep Water Aquaffit	Schools Lane Swim	General Swim Private Hire	Senior Aqua Fit	Swim School	General Swim	Swim School	Deep Water Aquaffit				
WED		Early Morning Swim		Schools	Aqua Natal	General Swim	Lane Swim	Schools Swim School	General Swim	Swim School	General Swim	Clubs/ Disability Swimming Club	Adult Swim				
THURS		Early Morning Swim		Swim School General Swim	Schools Swim School	General Swim	Lane Swim	Schools	Senior Swim	Swim School	General Swim	Aquaffit	Adult Swim				
FRI		Early Morning Swim		Schools	Aquaffit	General Swim	Swim Fit (2 lanes) Lane Swim	Schools	General Swim	Swim School	General Swim	Club	Adult Swim				
SAT		Early Morning Swim		Swim School	General Swim	Family Splash	General Swim										
SUN		Staff Training (2 lanes) Early Morning Swim		General Swim	Family Splash	General Swim	Family Splash	General Swim				Club	Club (2 lanes) Adult Swim				

Closed to public
 Public Swim
 Bookable Sessions



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		Early Morning Swim		General Swim	Family Splash		Swim Fit (2 lanes)	Lane Swim	Senior Swim	Swim School	General Swim	Club			Adult Swim		
TUES		Early Morning Swim		General Swim	Deep Water Aquaffi	Family Splash		Lane Swim	Senior Aqua Fit	Swim School	General Swim		Swim School	Deep Water Aquaffi			
WED		Early Morning Swim		General Swim	Aqua Natal	Family Splash		Lane Swim	Swim School	General Swim	Swim School	General Swim	Clubs/ Disability Swimming Club		Adult Swim		
THURS		Early Morning Swim		General Swim	Swim School	Family Splash	Lane Swim	General Swim	Senior swim	Swim School		General Swim	Aquaffi	Adult Swim			
FRI		Early Morning Swim		General Swim	Aquaffi	Family Splash	Swim Fit (2 lanes)	Lane Swim	General Swim	Swim School	General Swim	Club		Adult Swim			
SAT		Early Morning Swim	Swim School			General Swim	Family Splash	General Swim									
SUN		Staff Training (2 lanes)	Early Morning Swim	General Swim	Family Splash	General Swim		Family Splash	General Swim	Club			Club (2 lanes)	Adult Swim			

Closed to public
 Public Swim
 Bookable Sessions



Session Descriptions and Information

Adult Swimming – adults only with a minimum of one lane rope in each session. The sauna will also help make this a relaxing evening.

AquaFit – aerobics in the water.

Aquanatal – gentle session for expectant mothers.

Club – session closed to the public for club usage.

Deep Water Aqua Fit – an energising class in deep water that works every part of the body.

Early Morning Swim – this is for complete lane swimmers only.

Family Splash – this spot on session is for all the family. Toys and mats are available.

General Swim – open session for all users, a minimum of 1 lane rope in each session.

Private Hire – pool available to hire for any occasion. Please ask for further information.

Lane swim – main pool open for lane swimming, minimum of 2 lanes available.

Schools – National Curriculum swimming lessons.

Senior Swim – a session specifically for older customers.

Staff Training – part or all of the pool will be closed for lifeguard training.

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

Swim Fit Sessions – an instructor led class designed to improve personal fitness whilst developing stroke technique.

Toddler Splash – this is a parent and toddler session. Play equipment is also available.

Water Polo – a fun, instructor led session that will use water polo to improve fitness.

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 over shoes are available at the entrance to the village.

RNID 'type talk'

Please call the facility dialling 018001 plus the full telephone number (including area code) to operate a telephone relay service for people with impaired hearing or speech.
Visit: www.typestalk.org

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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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