



Harpers at Dunstable Leisure Centre

harpers
health & fitness

Swimming pool timetable



www.harpersfitness.co.uk

Main pool term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 am	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				† Δ General Swim				Aquaffi	† General Swim		◇ Swim School		General Swim	Adult Swimming		Sub Aqua		
													◇ * Swim School					
TUES		† General Swim		Adult Swimming			† Δ General Swim		General/Lane Swim		◇ Swim School	† General Swim	Aquaffi		Swim Club			
				Senior Swim					Schools									
WED		† General Swim		Aquaffi			† Δ General Swim		General/Lane Swim		◇ Swim School	† General Swim			Swim Club			
									Schools									
THURS				† Δ General Swim					Swimming/Adult	*	†	◇ Swim School	† General Swim	Aquaffi	* Ladies Lifestyle	Swim Fit		
																Adult Swimming		
FRI		† General Swim		Aquaffi			† Δ General Swim				◇ Swim School		General Swim		† Adult Swimming			
SAT		Swim Club		◇ Swim School			† General Swim	† Family Fun Swim		Private Hire	Private Hire	Training	Staff					
							† Adult Swimming											
SUN			† • Family Fun Swim	† General Swim			† • Family Fun Swim			† • Family Fun Swim			Swim Club		Sub Aqua			

Closed to public
 Public Swim
 Bookable Sessions

- * Denotes Adults Only
- Δ Reduced lunchtime admission rates between 12.00-2.00pm
- ¥ Music
- † Lanes Available
- Floors
- ◇ These sessions will revert to general swimming during Swim School breaks



Learner pool term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 am	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	◇ Swim School	General Swim	◇ Swim School	General Swim	◇ Swim School	General Swim	◇ Swim School	General Swim	◇ Swim School	General Swim	◇ Swim School	General Swim			
TUES			General Swim						School	General Swim	◇ Swim School	General Swim	Swim Club					
WED			General Swim	◇ Swim School	General Swim					◇ Swim School	General Swim	Swim Club						
THURS			General Swim	◇ Swim School	General Swim			◇ Swim School	General Swim	◇ Swim School	General Swim	◇ Swim School	General Swim					
FRI			General Swim	◇ Swim School	General Swim			◇ Swim School	General Swim	◇ Swim School	General Swim	◇ Swim School	General Swim	General Swim				
SAT			◇ Swim School				Toddler Splash	General Swim	Private Hire	Private Hire	Staff Training							
SUN			Family Fun Swim	General Swim	Family Fun Swim	General Swim	Family Fun Swim	General Swim	Family Fun Swim	General Swim	Private Hire							

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 Public Swim
 Bookable Sessions

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 † Lanes Available
 • Floats

△ Reduced lunchtime admission rates between 12.00-2.00pm
 ◇ These sessions will revert to general swimming during Swim School breaks

Session descriptions and Information

Adult Swimming – adults only with a minimum of one lane rope in each session.

Aquafit – aerobics in the water.

Family Fun Swim – fun swimming for all the family incorporating floats with music.

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

Ladies Lifestyle – ladies only swim session.

Private Hire – available for parties, galas and community use.

Schools – National Curriculum swimming lessons.

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

Swim Club/Sub Aqua – sessions closed to the public for club usage.

Swim Fit – if you would like to develop your stamina or improve your stroke, this is the session for you. For adults only, Swim Fit is coached by a Qualified Instructor, who sets the programme for the session. Swimmers of all standards are welcome but in order to get the most benefit from the session you should be able to swim a minimum of 30 lengths in an hour. Competitive and strong swimmers are very welcome and will feel at home in these surroundings.

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

Toddler Splash – a session in the small pool for adults with children aged 0 to 4 years old.

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 at reception at the cost 25p.

**Harpers at Dunstable
Leisure Centre**
Court Drive, Dunstable,
Beds LU5 4JD

01582 608107
dunstable@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



South Bedfordshire
taking pride in our district

Managed by Leisure Connection Ltd. in Partnership with South Bedfordshire District Council.

