

Session Descriptions and Information

50+ Club - Social swim for the over 50s.

Adult and Child - Pay as you come swim lesson.

Adult Lane Swim - 2 lanes available plus general swim.

Adult Swim - Adults only swim.

Adult Swim School - Lessons for Beginners and Improvers.

Aquafit - Aerobics in the water.

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

Splash Disco - Swim to music with floats and fun.

Ladies Lifestyle - Aqua then a swim.

Fun Swim - Floats and fun for all ages.

Early Morning Swim - Start the day refreshed.

Swim For Fitness - Instructor lead - must be able to swim 40 lengths.

Toddlers Playtime - Fun swim for the Under 5s.

Lunchtime Special - Swim in your lunch break at a cheaper rate.

Family Swim - Children must be accompanied by an adult.

Adult Ladies Only - Social swim for ladies at leisure.

Harpers at Tiddenfoot Leisure Centre
Mentmore Road, Linslade,
Leighton Buzzard, Beds LU7 2AF

01525 375765

tiddenfoot@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



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

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harpers
health & fitness

Harpers at Tiddenfoot Leisure Centre

Swimming pool timetable

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.

Crèche Description - A fun, happy and safe place to leave your children while you partake in activities within the Centre. All our staff have the appropriate qualifications to work in this environment. Your children can participate in all kinds of activities, arts and crafts, toys, games and books while learning how to socialise with their peers.

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 overshoes are available at reception at the cost of 25p.



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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
MON		Early Morning Swim			Schools Swimming	Schools Swimming	Lunchtime Special	Lunchtime Special	Schools Swimming	Schools Swimming	Swim School	Swim School	Swim School	General Swim	Adult Lane Swim	Adult Lane Swim	Ladies Swim
TUES		Early Morning Swim			Schools Swimming	Schools Swimming	Lunchtime Special	Lunchtime Special	Schools Swimming	Schools Swimming	Swim School	Swim School	Swim School	General Swim	Swimming Club	Swimming Club	
WED		Early Morning Swim			Schools Swimming	Schools Swimming	Lunchtime Special	Lunchtime Special	Schools Swimming	Schools Swimming	Swim School	Swim School	Swim School	General Swim	Swim for Fitness	Swim for Fitness	Adult Swim School
THURS		Early Morning Swim			Schools Swimming	Schools Swimming	Lunchtime Special	Lunchtime Special	Schools Swimming	Schools Swimming	General Swim	Swim School	Swim School	General Swim	Fun Swim (all ages)	Adult Lane Swim	Adult Lane Swim
FRI		Early Morning Swim		Ladies Only	50+ Club	Schools Swimming	Lunchtime Special	Lunchtime Special	Swim for fitness	General Swim	General Swim	General Swim	General Swim	General Swim	Swimming School	Swimming School	Swimming School
SAT		Swimming Club		Swim School	General Swim	General Swim	General Swim	General Swim	Fun Swim (all ages)	General Swim	General Swim	General Swim	General Swim	Available for Hire	Swimming Club	Swimming Club	Swimming Club
SUN		Swimming Club			General Swim	General Swim	General Swim	General Swim							Swimming Club	Swimming Club	Swimming Club

Closed to public

Public Swim

Bookable Sessions

Variable based 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
MON				AquaFit	50+ Club	50+ Club	AquaFit	Swim School	Swim School	Swim School	General Swim	Swim School	Swim School	Swim School	Swim School	Swim School	Adult Swim
TUES			Ladies Only	AquaFit (deep water)	Swim School	Swim School	Swim School	Swim School	AquaFit	Swim School	General Swim	Swim School	Swim School	Swim School	AquaFit (deep water)	Ladies Only	Ladies Only
WED				AquaFit	Swim School	Swim School	AquaFit 50+	Swim School	Swim School	Swim School	General Swim	Swim School	Swim School	Swim School	AquaFit	Swim School	Adult Swim School
THURS				AquaFit	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Toddlers Playtime (under 5s)	Swim School	Swim School	Swim School	Ladies Only	Swim School	Swim School
FRI				Ladies Lifestyle	50+ Club	50+ Club	Family Swim	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Splash Disco (11-12yrs)	Splash Disco (8-12yrs)
SAT		Swimming Club		Swim School	Offers Disabled Club	Offers Disabled Club	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swimming Club
SUN		Swimming Club		Swimming Club	Family Swim	Family Swim	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swimming Club

Closed to public

Public Swim

Bookable Sessions