Teaching Pool Term-Time Programme
Harrow Leisure Centre

Activity which is swimming. Dip your toe and experience the invigorating and relaxing water.

- Swim 4 Everyone – providing coaching to advanced levels.
- Competitive local swimming club
- Schools: Schools Swim 4 Everyone
- Under 5s Fun Swim
- Young at Heart
- A fun and invigorating all-over body work-out in the water designed to effectively burn calories with minimal impact on the body.
- Aqua Class
- For details on Everyone Active’s swimming lessons during all public sessions for families to swim socially, no lanes.
- Adult Gentle Swim
- Private Hire

Fit & Fun
Private Hire
Aqua Class

HIRE

Enrol anytime at centre reception.

Everyone Active runs 50 weeks a year, six days a week. Four months to learn to swim. Lessons are specifically designed for everyone from 16 & over to learn advanced stroke techniques and training. Everyone Active’s adult swim lessons are specifically designed for adults 50 and over.

For swimming activity which is swimming. Dip your toe in, the water's lovely... Make sure children under 8 are accompanied by an adult.

www.everyoneactive.com

Enrol anytime at centre reception.

Private Hire
Hire - contact reception for details.

Our facilities are available to run 50 weeks a year, six days a week. Enrol anytime at centre reception. Everyone Active Online.

For details on Everyone Active’s programmes to help you get more from your swim.

Clubs
Clubs
Clubs
Clubs
Clubs

FITNESS AND FUN

WATER WORKOUTS

Zoggs swimwear and equipment available at every centre.

Available to buy from reception.

and other products are available.

Where floats or other equipment will be available.

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