

Harrow Leisure Centre

Teaching Pool Holiday Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00								07:00
08:00						Clubs		08:00
09:00	Swim Lessons	Swim Lessons 60+ Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		Swim Lessons	09:00
10:00						Swim Lessons		10:00
11:00								11:00
12:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone		12:00
13:00								13:00
14:00								14:00
15:00							Swim 4 Everyone	15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			16:00
17:00						Clubs		17:00
18:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim Lessons	Private Hire	18:00
19:00		Clubs	Clubs	Swim 4 Everyone	Clubs		Adult Swim Lessons	19:00
20:00	Clubs							20:00
21:00		Swim Lessons						21:00
22:00								22:00

Make sure children under eight are accompanied by an adult over 18 years with a maximum of two children per adult.

A band system will be used during all public sessions for safety reasons.

For details on Everyone Active's swimming lessons programme for children and adults please ask at reception, spaces are available.

Zoggs swimwear, goggles and other products are available to buy from reception.

For swimming activity programmes to help you stay active in the pool, see those on pool-side or go to Everyone Active Online.

FITNESS AND FUN

Adult Gentle Swim sessions for adults to swim socially, no lanes.

Clubs Competitive local swimming club session or other water based club session – providing coaching to advanced levels.

Family Fun Swim sessions for families where floats or other equipment will be available for entertainment.

Swim 4 Everyone For everyone to experience the invigorating and relaxing activity which is swimming. Dip your toe in, the water's lovely...

LEARNING TO SWIM

Adult Swim Lessons Everyone Active's adult swim lessons are specifically designed for everyone from 16 & over to learn the basics of swimming through to more advanced stroke techniques and training. Enrol anytime at centre reception.

Swim Lessons Everyone Active's programme is designed for children from four months to learn to swim. Lessons run 50 weeks a year, six days a week. Enrol anytime at centre reception.

HIRE

Private Hire Our facilities are available to hire - contact reception for details.

Timetable correct as at November 2017. Please check public notice boards and www.everyoneactive.com for any timetable changes.