



harpers
health & fitness

Pool programme

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		
MON	Early Morning Swim (lanes)			Schools			Adults Only		Schools		General Swim		St. Christopher Club	Swim Back to Health	Tri Club			
TUES	Early Morning Swim (lanes)			Schools			AquaFit	Adults Only		Schools	50+ Until 3.50pm	Swim School	General Swim	Saffron Walden Seals Swim Club		Adults Only		
WED	Early Morning Swim (lanes)			Schools	Ladies Only	Schools	Adults Only		Schools	U3A	Mend	Swim School	General Swim		Adult Lessons	Tri Club	Swim 4 Fitness	
THURS	Early Morning Swim (lanes)		Schools			Ladies Only	Adults Only		Schools		50+ Until 3.50pm	Swim School	General Swim	NPLQ Training	AquaFit	Adults Only		
FRI	Early Morning Swim (lanes)			Schools			Adults Only	Swim 4 Fitness	Schools		50+	General Swim		Saffron Walden Seals Swim Club				
SAT	Early Morning Swim (lanes)	Swim School		General Swim										Flipper Club	Available for Private Hire			
SUN	Early Morning Swim (lanes)			General Swim										Ladies Only	General Swim (lanes)	Adults Only		Swim 4 Fitness

Closed to public
 Public Swim
 Bookable Sessions

Teaching 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			
MON	Closed to public			General Swim	Schools	General Swim										Flipper Club	Available for Private Hire		
TUES	Closed to public			Swim School		General Swim										Swim School	General Swim	Available for Private Hire	
WED	Closed to public			Swim School		General Swim	Schools	General Swim		Swim School	General Swim	Swim School	General Swim	Available for Private Hire					
THURS	Closed to public			Schools	Swim School	Schools	General Swim		Schools	General Swim		Swim School	General Swim	Available for Private Hire	NPLQ Training				
FRI	Closed to public			Schools		General Swim										Swim School	Available for Private Hire		
SAT	Closed to public			Swim School		General Swim										Available for Private Hire			
SUN	Closed to public			General Swim										Available for Private Hire					

Closed to public
 Public Swim
 Bookable Sessions

Please note, swim sessions may finish 5 minutes earlier than advertised to allow for lane changes or activity set ups.

