



harpers
health & fitness

Harpers at Riverside
Swimming Centre, Norwich

Swimming pool timetable



www.harpersfitness.co.uk

Main pool

	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		Early Morning Swim		Disability Swim 50+ Club	General Swim Swim School		Lunchtime Lane Swim		Schools		General Swim Swim School		Swim Club		Adult Lane Swim		
TUES		Early Morning Swim		General Swim	Aquafit		Lunchtime Lane Swim		Schools	General Swim 50+ Club	General Swim Swim School				Adult Lane Swim		
WED		Early Morning Swim		Disability Swim 50+ Club	General Swim		Lunchtime Lane Swim		Swim School		General Swim Swim School		Swim Club	Aquafit	Adult Lane Swim Swim School		
THURS		Early Morning Swim		Schools	General Swim	Aquafit	Lunchtime Lane Swim		Schools		General Swim Swim School		Aquafit	Swim Club	Adult Lane Swim		
FRI		Early Morning Swim		Schools	General Swim		Lunchtime Lane Swim		Disability Swim 50+ Club	General Swim Swim School		Kids Crazy		Adult Lane Swim			
SAT		Staff Training	Early Morning Swim	General Swim					Kids Crazy	General Swim	Private Hire						
SUN				General Swim	Family Fun	N & D Disabled Club	Family Fun	Kids Crazy	General Swim								

Closed to public
 Public Swim
 Bookable Sessions



Teaching pool

	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	Closed to public			Disability Swim	Toddler Splash				General Swim		Swim School				Closed to public		
	Closed to public			50+ Club	Toddler Splash				General Swim		Swim School				Closed to public		
TUES	Closed to public			Toddler Splash	Swim School	General Swim	Toddler Splash			Swim School				General Swim	Staff Training	Closed to public	
WED	Closed to public			Toddler Splash				Swim School	General Swim			Swim School			Closed to public		
THURS	Closed to public			Toddler Splash	Swim School		General Swim			Swim School				General Swim	Closed to public		
FRI	Closed to public			Toddler Splash				Disability Swim	General Swim	Swim School		Kids Crazy		Closed to public			
	Closed to public			Toddler Splash				50+ Club		Swim School		Kids Crazy		Closed to public			
SAT	Closed to public		Swim School		Family Swim			Kids Crazy		Private Hire						Closed to public	
SUN	Closed to public			Swim School	Family Swim		N & D Disabled Club	Family Fun	Kids Crazy		General Swim				Closed to public		
	Closed to public			General Swim		Family Swim		Kids Crazy		General Swim				Closed to public			

Closed to public
 Public Swim
 Bookable Sessions

Session Descriptions and Information

50+ Club – an exclusive session for the 50+, a gentle and relaxing session for the young at heart.

Adult Lane Swim – a session for those who want to swim for fitness, the pool is laned for all swimmers.

Aquafit – a water based exercise programme to music suitable for all abilities and fitness levels. You do not need to be able to swim but should be reasonably confident in the water.

Clubs – session closed to the public for club usage.

Disability Swim – for those who need a specialist session for rehabilitation or enjoyment, (for those with special needs).

Early Morning Swim – get up and get going with a swim first thing in the morning.

Family Fun – an open session for the whole family to enjoy.

Family Swim – it's never too early to help children enjoy the water, so why not come to this special session when the teaching pools are exclusively for your use and to add to the fun toys are also provided. Please note this session is only suitable for children 7 years and under.

General Swim – times when the pool is available for everyone to enjoy. During all general swim session in the main pool 1 lane rope will be available.

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

Kids Crazy – a fun session for the kids.

Lunchtime Lane Swim – half pool laned for fitness swimmers, rest of pool available for general swimming.

Schools – National Curriculum swimming lessons.

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

Swim School – we offer a step by step approach to learning to swim with fully qualified teachers and a motivational award scheme. Ask at reception for more information. We also offer week long lessons during our holiday programme for selected courses.

Toddler Splash – an ideal opportunity for parents to bring their children for a swim, meet other parents and let the children make new friends.

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 flotation 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.

Please note ALL children under the age of 3 are required to wear a swim nappy in the pool.

**Harpers at Riverside
Swimming Centre, Norwich**
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Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

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