



Willesden Sports Centre

# Pool programme



**DO YOUR BIT  
SAVE PAPER**

View this leaflet online  
[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)  
then click on our centre's home page

[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)

# 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	10.30
<b>MON</b>		Early Morning Swim		Schools		Lane Swim (2 lanes)	Lane Swim (swim for Fitness)	Disability swim 1 lane swim	50+	Swim School		General Swim	Lane Swim	Adult Swim School	Swim 4 Fitness / Lanes Only		
								Schools	General Swim			Aquaffit					
<b>TUES</b>	Swim 4 Fitness / Early Morning Swim		Schools		Schools		Water Confidence OAPs	GP Referral General swim	Swim School		Lane Swim						
							Lane Swim (2 lanes)	Schools	General Swim			Swimming Club	General Swim				
<b>WED</b>	Early Morning Swim		Lane Swim (2 lanes)		Schools		Aquaffit	General Swim	Swim School		Lane Swim						
							Lane Swim (swim for Fitness)	Schools	General Swim			Swimming Club	General Swim				
<b>THURS</b>	Swim 4 Fitness / Early Morning Swim		Lane Swim (2 lanes)		Schools		Lane Swim (swim for Fitness)	GP Referral General swim	General Swim		Adult Swim School	Aquaffit	Swim 4 Fitness / Lanes Only				
								Schools	General Swim	Swim School	Women Only	Women Only					
<b>FRI</b>	Early Morning Swim		Lane Swim (2 lanes)		Schools		Aquaffit	General Swim		Swimming Club							
							Lane Swim (swim for Fitness)	Schools	50+	Swim School							
<b>SAT</b>	Early Morning Swim		Lane/General Swim		Kids Crazy		Lane/General Swim		Private Hire								
<b>SUN</b>	Early Morning Swim		Lane Swim	Swimming Club	Lane Swim		Kids Crazy		Lane/General Swim	Adult Swim School	Aquaffit (Women Only)	Women and Girls Only / 2 Lanes					

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	10.30
MON		General Swim		Schools			Disability Swim	Swim School (Parent & Child)	Schools	General Swim	Swim school			Adult Swim School	General Swim		
TUES		General Swim		Schools			Aqua Babies	General Swim	Schools	General Swim	Swim school	General Swim					
							General Swim										
WED		General Swim		Schools			Aqua Babies	Schools	General Swim	Swim school	Adult Swim School	Disability Swim	General Swim				
							General Swim		Aqua Babies								
THURS		General Swim		Schools			General Swim	Schools	General Swim	Swim school	Woman Only Swim School	Women Only	General Swim				
FRI		General Swim		Schools			Pre & Post Natal Swim	Schools	General Swim	Swim school			Swimming Club				
							General Swim										
SAT		Swim School				Family Swim					Party Animals/ Private Hire	Private Hire					
SUN		Family Swim			Swimming Club	Family Swim			Kids Fun Session (Under 8s)	Family Swim		Adult swim school	Women Only Swim School	Women and Girls Only			

Closed to public
  Public Swim
  Bookable Sessions

# Session Descriptions and Information

**Aqua Babies** - teaching babies & toddler swim lessons, birth to 4 yrs, to be booked through [www.aquababies-uk.com](http://www.aquababies-uk.com) or contact 01273 833101.

**Free Swimming Entitlements** - If you are under 5, over 60 or registered disabled you can swim for free during all general swim sessions. Proof may be required.

**General Swim** - dependent on demand we aim to ensure at least 1 Lane swim is available.

**Schools** - National Curriculum swimming lessons.

**Swim School** - offers swimming lessons for all ages and abilities, pre-school, juniors and adults.

**Women Only Swim** - a swim session for women.

**Aquafit** - aerobics in the water.

**Private Hire** - available for parties, galas and community use.

**Swimming Club** - session closed to the public for club usage.

**Swim 4 Fitness** - Session where swimming for fitness is encouraged with programmed cards available for use. Flippers / floats can be used in this session only. Book into at reception. Normal public sessions charges apply.

During busy periods session times will be activated, please see reception on the day concerned. Bank Holidays & Xmas Period Pools open 10am – 4pm for Family/Lane swim only.

**Willesden Sports Centre**  
Donnington Road, Willesden,  
London NW10 3QX

**020 8955 1120**

[willesden@harpersfitness.co.uk](mailto:willesden@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.

The information in this leaflet can be made available in large print, audio tape, Braille and in a variety of languages on request. Please contact the site for further details.

## Admissions Policy

Children under the age of eight must be accompanied by a person aged 18+ or a parent.

## Lifeguards

Lifeguards are on the 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 pushchairs are not permitted on the 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.

## How to find us...

For more details on cycle, bus and train routes please see our Green Travel Plan.

**Bus routes:** 6, 52, 187, 206, 226 & 302.

**Nearest train station:** Kensal Rise, Willesden Junction, Willesden Green, Dollis Hill.

**Cycle routes:** 45 & 47.

**RNID 'type talk'** - please call the facility dialling 18001 plus the full telephone number (including area code) to operate a telephone relay service for people with impaired hearing or speech. Visit: [www.type-talk.org](http://www.type-talk.org)