

Admission Prices

	General Public Prices	Centre Card holder prices
Adult	£4.30	£4.20
PTL Adult	£3.30	£2.30
Child	£2.60	£2.00
Over 50s session†	£3.30	£2.30
Aqua Aerobics	£5.50	£4.50
Carer*	50p	FREE

† Free to Harrow residents DCMS scheme

* When accompanying disabled customers

Aqua Classes

Water based, low impact group exercise class. With our range of sessions you can choose how you want to work out!

Aqua Calm To relax and revitalise

Monday 2pm – 3pm

Friday 12:15pm – 1pm

Aqua Blast To burn fat by working aerobically

Monday 6pm – 7pm Tuesday 9.15am – 10.15am

Wednesday 7pm – 8pm Friday 11:30am – 12:15pm

Aqua Tone To tone all areas by strengthening muscles

Thursday 10:45am – 11:30am

Aqua Therapy A specialist exercise class for disabled customers or customers with medical conditions and injuries.

Thursday 10:00am – 10:45am

Swimming Lessons

At Aspire we provide a calm and relaxed environment where you can learn how to swim. All of our swimming instructors are qualified to ASA standard so you can feel secure in the knowledge that you are in safe hands!

Just phone 020 8420 6723, or email swimschool@aspire.org.uk to book an assessment.

Dip Sessions (3.00pm – 3.30pm)

These sessions are for adults who have disabilities or are very nervous about swimming in a public session. They will therefore be ideal for those wishing to undertake exercise in the pool without being bumped or splashed!

A LEISURE EXPERIENCE FOR **EVERY** BODY

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Aspire Leisure Services

Swimming information

The Aspire National Training Centre is the first of its kind in Europe and has the potential to benefit thousands of disabled people.

How to find us:

The Aspire National Training Centre is in the grounds of the Royal National Orthopaedic Hospital in Stanmore, Middlesex. The centre can be reached via the main hospital entrance in Brockley Hill (the A5 road to Edgware) or from a separate entrance in Wood Lane; which is a turning some 50 metres from the main hospital entrance. (Wood Lane gates close at 6.30pm)



Aspire National Training Centre
Wood Lane, Stanmore, Middlesex HA7 4AP

Tel: 020 8954 5759

Typetalk: 18001 020 8954 5759

Email: info@aspire.org.uk

www.aspire.org.uk



Registered charity no. 1075317

Aspire

Supporting people with spinal injury

Pool Programme

	6 am	7	8	9	10	11	12 noon	1pm	2	3	4	5	6	7	8	9	9.45 pm
Monday			Open Swim			Private Hire		Open Swim		Aqua Calm			Children's Lessons		Aqua Blast	Adult Lessons	Adult Swim
Tuesday		Members Only			Aqua Blast	Parent & Toddlers	Adult Lessons	Open Swim		Children's Lessons	P&B		Children's Lessons		Family Swim		Adult Swim
Wednesday			Open Swim			Private Hire		Open Swim		Private Hire			Children's Lessons		Members Only	Aqua Blast	Adult Swim
Thursday		Members Only		Over 50s Session	Aqua Therapy	Aqua Tone	Private Hire	Open Swim		Lessons	Private Hire		Children's Lessons		Family Swim		Adult Swim
Friday			Open Swim			Adult Lessons	P&B	Private Hire	Aqua Blast	Aqua Calm	Open Swim	Parent & Toddlers	Friday Dip		Family Fun Session		Family Swim
Saturday	Closed		Members Only			Children's Lessons		Family Swim		Family Fun Session	Children's Lessons	Children's Parties	Swimming Lessons				Closed
Sunday	Closed	Members Only	Private Hire		Members Only			Family Swim				Family Fun Session	Private Hire				Closed

Members: centre card and premier members Family Fun: floats and toys available P&B: parent and baby lessons P&T: parent and toddler lessons

General sessions

 Classes and pre-booked sessions

NB: during school and bank holidays swimming times may differ

Pool Rules and general information

- Children under eight must be accompanied in the pool by an adult. Maximum of two under eights per adult
- We recommend babies are over six months before swimming and they should wear water pants (these can be purchased from reception)
- All pool users must shower before entering poolside
- Please do not swim within an hour of consuming food
- Please do not go on to poolside until a lifeguard is present
- Lockers are available for a small charge paid at reception
- The pool temperature is maintained between 30-32°C
- If you need assistance please do not hesitate to ask a lifeguard

