Here at Harrow School Fitness Club we offer a range of group exercise classes, the minimum age for participation in these is 16 years old.

Harrow School Fitness Club operates its own swim school and crash courses, open to both members and the public. Lessons are available for all stages, and are booked by the term. Speak to reception for more details.

Harrow School Fitness Club is an Approved Training Centre for the National Pool Lifeguard Qualification. During school holidays courses are run to train up the next generation of Lifeguards and give people over the age of 16 a qualification that can help them gain employment in the Leisure Industry.