

# Hemel Hempstead Leisure Centre

## Diving Pit - Holiday

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00								07:00
08:00							Diving Club	08:00
09:00	Colleague Training							09:00
10:00						Diving Club		10:00
11:00						Diving Club		11:00
12:00								12:00
13:00		Adult Diving Lessons				Diving Club		13:00
14:00						Diving Club		14:00
15:00							Diving 4 Everyone	15:00
16:00	Diving Lessons			Diving Lessons	Diving Lessons			16:00
17:00		Synchro Lessons	Synchro Lessons	Diving Lessons	Synchro Lessons			17:00
18:00	Hemel Hempstead Swimming Club			Diving Club			Swimming Club	18:00
19:00		Dive Club	Synchronised Swimming Club		Diving Club		Diving Club	19:00
20:00				Private Hire				20:00
21:00		Diving Lessons						21:00
22:00								22:00

Sessions will run for a minimum of 60 minutes.

If numbers allow customers may be able to move freely between pools.

### FITNESS AND FUN

**Swim 4 Everyone** For everyone to experience the fun, relaxing and invigorating activity that swimming is. Dip your toe in, the water's lovely...

### HIRE

**Clubs** Sessions where local swimming, or other water-based activities, clubs use the pool for coaching sessions.

**Private Hire** Our swimming facilities are available to hire, contact reception for details.

### LEARNING TO SWIM

**Swim Lessons** Everyone Active's award-winning learn-to-swim programme is designed to teach children from four months and up to swim. Lessons run 50 weeks a year, six days a week. Enrol anytime.

### SPECIALITIES

**Colleague Training** Essential training for staff who work pool-side as lifeguards to ensure everyone's safety.