

Hemel Hempstead Leisure Centre

Diving Pit - Term

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00								07:00
08:00							Dive Club	08:00
09:00	Colleague Training	Schools	Schools	Schools	Schools	Diving Club		09:00
10:00		Schools	Schools	Schools	Schools	Diving Club		10:00
11:00								11:00
12:00								12:00
13:00		Diving Lesson				Diving Club		13:00
14:00		Schools	Schools	Schools	Schools	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		Diving Club	Synchronised Swim Club		Diving Club		Diving Club	19:00
20:00				Private Hire				20:00
21:00		Swim 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

Schools Our pool provides swimming facilities for the whole community, including local schools. Ask at reception for more details.

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.