

Hemel Hempstead Leisure Centre

Confidence Pool - Holiday

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00								07:00
08:00								08:00
09:00	Colleague Training	Under 5's Fun Swim						09:00
10:00							Swim Lessons	10:00
11:00								11:00
12:00								12:00
13:00					Swim 4 Everyone	Swim 4 Everyone		13:00
14:00	Swim 4 Everyone (Finishes at 18:50)	Swim 4 Everyone (Finishes at 18:50)	Swim 4 Everyone (Finishes at 18:50)	Swim 4 Everyone (Finishes at 18:50)			Swim 4 Everyone	14:00
15:00								15:00
16:00								16:00
17:00								17:00
18:00								18:00
19:00								19:00
20:00								20:00
21:00								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...

Under 5's Fun Swim Sessions for children aged under five in shallow water to help build their water confidence. All children must be accompanied and supervised by an adult.

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.