

# Hemel Hempstead Leisure Centre

## Confidence Pool - Term

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	Swim Lessons		Swim Lessons	Under 5's Fun Swim		Swim Lessons	10:00
11:00	Swim Lessons	Under 5's Fun Swim	Under 5's Fun Swim		Swim Lessons			11:00
12:00						Under 8's Fun Swim		12:00
13:00		Swim Lessons						13:00
14:00	Under 5's Fun Swim	Under 8's Fun Swim	Swim Lessons	Under 8's Fun Swim	Under 8's Fun Swim		Under 8's Fun Swim	14:00
15:00			Under 8's Fun Swim					15:00
16:00					Swim 4 Everyone			16:00
17:00	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)				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.