

# Hemel Hempstead Leisure Centre

## Flexi Pool - Holiday

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00	Private Hire				Private Hire	Hemel Hempstead Swimming Club		07:00
08:00						Swim 4 Everyone	Swim 4 Everyone Hemel Hempstead Swimming Club	08:00
09:00	Private Hire	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Everyone	09:00
10:00	Aqua Classes		Swim 4 Everyone	Swim 4 Everyone				Aqua Classes
11:00	Swim 4 Everyone (Starts 10:20)	Swim 4 Everyone (Starts 10:20)	Swim Lessons	Swim Lessons	Swim 4 Everyone	Swim Lessons	Swim Lessons	11:00
12:00				Aqua Classes				
13:00	Swim Lessons			Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	13:00
14:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone					
15:00								15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lesson	Swim Lessons	Parties / Private Hire	Parties / Private Hire	16:00
17:00						Clubs		
18:00								18:00
19:00							Private Hire	19:00
20:00	Aqua Classes	Aqua Classes		Aqua Classes	Hemel Hempstead Swimming Club			20:00
21:00	Swim Lessons	Aqua Classes						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

**Family Fun Swim Sessions** for families where floats or other equipment will be available for entertainment.

**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

**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.

### WATER WORKOUTS

**Aqua Classes** A fun and invigorating instructor led all-over body work-out in the water designed to effectively burn calories with minimal impact on the body.