

# Hemel Hempstead Leisure Centre

## Flexi Pool - Term

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							Hemel Hempstead Swimming Club	08:00
09:00	Private Hire	Schools	Schools	Schools	Schools	Swim Lessons	Swim 4 Everyone	09:00
10:00	Aqua Classes						Aqua Classes	10:00
11:00	Aqua Classes							
12:00	Swim Lessons	Aqua Classes	Swim Lessons	Aqua Classes	Aqua Classes			Swim Lessons
13:00								
14:00		Schools	Schools	Schools	Schools	Party Hire	Wet & Wild	14:00
15:00						Party Hire	Party Hire	15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Party Hire		
17:00								
18:00			Swim Lessons				Hemel Hempstead Swimming Club	18:00
19:00	Aqua Classes	Aqua Classes						
20:00	Swim Lessons	Aqua Classes		Aqua Classes	Hemel Hempstead Swimming Club			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

**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.