

Hemel Hempstead Leisure Centre

Main Pool - Term and Holiday

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness			07:00
08:00		Hemel Hempstead Swimming Club		Hemel Hempstead Swimming Club		Hemel Hempstead Swimming Club	Hemel Hempstead Swimming Club	08:00
09:00	Colleague Training							09:00
10:00			Schools					10:00
11:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Everyone	Swim 4 Everyone	11:00
12:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Fitness	Swim 4 Fitness	12:00
13:00								13:00
14:00								14:00
15:00								15:00
16:00	Swim 4 Everyone	Swim 4 Fitness	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	16:00
17:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			17:00
18:00						Dolphins Swim Club		18:00
19:00							Hemel Hempstead Swimming Club	19:00
20:00	Swim 4 Fitness (Finishes at 21:50)	Hemel Hempstead Swimming Club	Swim 4 Fitness (Finishes at 21:50)	Hemel Hempstead Swimming Club	Swim 4 Fitness			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...

FITNESS AND HEALTH

Swim 4 Fitness A structure lane-based session for confident swimmers able to swim continuously in a lane. Swim programmes and pool fitness equipment is available. Fin and paddle friendly.

HIRE

Clubs Sessions where local swimming, or other water-based activities, clubs use the pool for coaching sessions.

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.