

# Sportspace Hemel Hempstead - Swimming Timetable

## Hemel Hempstead Leisure Centre

Accurate as of 24/05/2026

### Times for Tuesday 12 May



| Time          | Session                       | Facility      |
|---------------|-------------------------------|---------------|
| 06:15 - 08:45 | Adult Dawn Breaker            | Main Pool     |
| 09:00 - 09:30 | Parent & Baby casual swimming | Teaching Pool |
| 09:00 - 12:00 | School swimming               | Flexi Pool    |
| 09:00 - 15:00 | School swimming               | Diving Pit    |
| 09:00 - 19:00 | Lane Lines / Casual           | Main Pool     |
| 09:30 - 11:00 | Swimming lessons              | Teaching Pool |
| 11:00 - 12:30 | Parent & Baby casual swimming | Teaching Pool |
| 12:15 - 13:00 | Aqua Aerobics                 | Flexi Pool    |
| 12:30 - 14:30 | Swimming lessons              | Teaching Pool |
| 13:30 - 15:00 | School swimming               | Flexi Pool    |
| 14:30 - 15:30 | Parent & Baby casual swimming | Teaching Pool |
| 15:30 - 18:00 | Swimming lessons              | Teaching Pool |
| 15:30 - 20:00 | Swimming lessons              | Flexi Pool    |
| 17:00 - 19:00 | Swimming lessons              | Diving Pit    |
| 18:00 - 19:00 | Parent & Baby casual swimming | Teaching Pool |
| 19:00 - 21:30 | Club time                     | Diving Pit    |
| 19:00 - 22:00 | Club time                     | Main Pool     |
| 20:00 - 21:00 | Aqua Aerobics                 | Flexi Pool    |