

# Sportspace Hemel Hempstead - Swimming Timetable

## Hemel Hempstead Leisure Centre

Accurate as of 24/05/2026

### Times for Wednesday 13 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 - 19:30	Lane Lines / Casual	Main Pool
09:30 - 10:30	Swimming lessons	Teaching Pool
10:30 - 15:30	Parent & Baby casual swimming	Teaching Pool
12:00 - 13:30	Swimming lessons	Flexi Pool
13:30 - 15:00	School swimming	Flexi Pool
15:30 - 18:00	Swimming lessons	Teaching Pool
15:30 - 19:30	Swimming lessons	Flexi Pool
16:00 - 19:00	Swimming lessons	Diving Pit
18:00 - 20:00	Parent & Baby casual swimming	Teaching Pool
19:00 - 20:00	Aqua Aerobics	Diving Pit
19:30 - 20:30	Club time	Flexi Pool
19:30 - 22:00	Swim Fit Lane Line	Main Pool
20:00 - 22:00	Club time	Diving Pit
20:45 - 21:30	Aqua Aerobics	Flexi Pool