

Sportspace Hemel Hempstead - Swimming Timetable

Hemel Hempstead Leisure Centre

Accurate as of 14/05/2026

Times for Thursday 14 May



Time	Session	Facility
06:15 - 08:45	Adult Dawn Breaker	Main Pool
09:00 - 12:00	School swimming	Flexi Pool
09:00 - 12:30	Swimming lessons	Teaching Pool
09:00 - 15:00	School swimming	Diving Pit
09:00 - 19:00	Lane Lines / Casual	Main Pool
12:00 - 12:45	Aqua Aerobics	Flexi Pool
12:30 - 15:30	Parent & Baby casual swimming	Teaching Pool
12:45 - 15:00	School swimming	Flexi Pool
15:30 - 17:15	Swimming lessons	Teaching Pool
15:30 - 19:30	Swimming lessons	Flexi Pool
16:00 - 19:00	Swimming lessons	Diving Pit
17:15 - 19:00	Parent & Baby casual swimming	Teaching Pool
19:00 - 22:00	Club time	Main Pool
19:30 - 22:00	Special event	Flexi Pool