

# Sportspace Hemel Hempstead - Swimming Timetable

## Hemel Hempstead Leisure Centre

Accurate as of 14/05/2026

### Times for Monday 18 May



Time	Session	Facility
06:15 - 08:45	Adult Dawn Breaker	Main Pool
10:00 - 10:45	Aqua Aerobics	Flexi Pool
10:00 - 13:00	Swimming lessons	Teaching Pool
10:00 - 19:30	Lane Lines / Casual	Main Pool
11:00 - 11:30	Ante Natal Aqua	Flexi Pool
11:00 - 19:30	Swimming lessons	Flexi Pool
13:00 - 15:30	Parent & Baby casual swimming	Teaching Pool
15:30 - 18:15	Swimming lessons	Teaching Pool
16:00 - 18:00	Swimming lessons	Diving Pit
18:00 - 20:00	Club time	Diving Pit
18:15 - 20:00	Parent & Baby casual swimming	Teaching Pool
19:30 - 20:30	Aqua Aerobics	Flexi Pool
19:30 - 22:00	Swim Fit Lane Line	Main Pool
20:30 - 22:00	Swimming lessons	Flexi Pool