

Sportspace Hemel Hempstead - Swimming Timetable

Hemel Hempstead Leisure Centre

Accurate as of 14/05/2026

Times for Tuesday 19 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