

# Sportspace Hemel Hempstead - Swimming Timetable

## Hemel Hempstead Leisure Centre

Accurate as of 08/06/2026

### Times for Friday 5 June



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 - 15:30	Parent & Baby casual swimming	Teaching Pool
13:30 - 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 - 20:00	Parent & Baby casual swimming	Teaching Pool
19:00 - 21:00	Swim Fit Lane Line	Main Pool
19:30 - 21:00	Club time	Flexi Pool