Sportspace Hemel Hempstead - Swimming Timetable

Hemel Hempstead Leisure Centre

Accurate as of 09/06/2026

Times for Sunday 14 June

Time	Session	Facility
09:00 - 10:00	Casual Family Swimming	Flexi Pool
09:00 - 18:00	Lane Lines / Casual	Main Pool
10:00 - 11:00	Aqua Aerobics	Flexi Pool
10:00 - 12:00	Club time	Diving Pit
11:00 - 13:00	Casual Family Swimming	Flexi Pool
11:00 - 18:00	Parent & Baby casual swimming	Teaching Pool
13:00 - 15:00	Inflatable Fun	Flexi Pool
13:00 - 18:00	Casual Diving Session	Diving Pit
15:00 - 18:00	Pool parties	Flexi Pool
18:00 - 19:30	Club time	Diving Pit
18:00 - 20:00	Club time	Flexi Pool
18:00 - 21:00	Club time	Main Pool