



aquaspace

Public Swimming

from April 2009



sportSpace
DACORUM SPORTS TRUST

www.sportSpace.co.uk

Swimming Prices

Adult **£4.45**

Junior **£3.45**

Concession Sports Pass Holder **£2.00**

Adult Sports Pass Holder **£2.50**

Junior Sports Pass Holder **£2.00**

Dacorum Card **£1.90**

Discount Swimming Cards

25 swims for the price of 20!

Adult **£89.00**

Adult Sports Pass Holder **£50.00**

Concession Sports Pass Holder **£40.00**

Juniors **£69.00**

Junior Sports Pass Holder **£40.00**

Dacorum Card Holders **£38.00**

This card can be used for Dawn Breakers Swimming as well as casual swimming during Sportspace facility public swimming times.

Sports Pass

The Sports Pass, valid for 12-month period, can be used at all Sportspace facilities, Sportspace Kings Langley and Sports Development classes and courses.

Sports Pass (New members)

Family (2 adults and up to 4 children) £81.50

Adult £52.00

Junior £21.50

Sports Pass (Renewals)

Family (2 adults and up to 4 children) £71.50

Adult £42.00

Junior £16.50

For all details pick up a Sports Pass leaflet from any Sportspace facility or check out the website www.sportspace.co.uk



Pay a one-off annual charge and benefit from a discounted price every time you take part in a Sportspace activity!

The other advantages to holders are:

- special offers
- priority telephone bookings
- free equipment hire
- discounts at local shops and suppliers

The Sportspace Pass can be purchased at any time throughout the year from any of the Sportspace facilities. It is valid for 12 months from the date of purchase. Replacement cards are charged at £6.20 if your card is lost.

All Sports Passes/Dacorum Cards must be swiped at reception. This includes club and block bookings and all Gymspace direct debit customers.

A corporate Sports Pass is also available for local companies. For details and how to apply please contact Lorraine Lowe on 01442 228749.

Adult Dawn Breakers Swimming

- | | | |
|------------------------------|-----------------|---------------|
| • Sportspace Berkhamsted | Monday - Friday | 6.30 - 8.45am |
| | Sunday | 8 - 9am |
| • Sportspace Hemel Hempstead | Monday - Friday | 6.15 - 8.45am |
| • Sportspace Tring | Monday - Friday | 6.30 - 8am |

Discount swimming cards should be purchased in advance at Sportspace Berkhamsted and Sportspace Tring. Sportspace Hemel Hempstead Reception is open at 6.15am.

Swimming for people with disabilities

- All Sportspace facilities have a swimming pool hoist for those who need assistance getting into and out of the water.
- A purpose built changing and shower facility is also available. If you require use of these facilities please contact reception on arrival.

Kings Langley Pool

Kings Langley School pool is available for casual swimming on Tuesdays 7 - 8pm only. Pre-paid passes can be purchased from the Kings Langley office.

Please telephone 01923 266868 for details of opening times and costs.

Bank Holiday Opening Hours

Sportspace Berkhamsted

9 - 11am Lanes Lines / casual swimming
11 - 12noon Fun session / Restricted casual swimming
12 - 2.30pm Casual swimming.
Last entry ticket sold at 2pm.

Sportspace Hemel Hempstead

9 - 6pm Casual Swimming

Outdoor Pool

The outdoor pool at Sportspace Hemel Hempstead is available May- October every year.

Please call 01442 228188 for specific details of opening hours.

All the information in this publication is correct at the time of printing although times and details are subject to change.

Public Swim Times

SPORTSPACE HEMEL HEMPSTEAD MAIN POOL

	Early	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm
MONDAY	HHSC	Closed Staff Training	Casual	Casual/Lane Line	Casual/Lane Line	Casual	Casual	Casual	Casual/Lane Line	Casual/Lane Line	Casual/Lane Line	Lane line swimming only	Lane line swimming only	Lane line swimming only
TUESDAY			Casual	Casual/Lane Line	Casual/Lane Line	Casual/Lane Line	Casual	Casual	Casual/Lane Line	Casual/Lane Line	Casual/Lane Line	Club HHSC	HHSC	Closed
WEDNESDAY	Adult Dawn Breakers		Casual	Casual/Lane Line	Casual/Lane Line	Casual/Lane Line	Casual	Casual	Casual/Lane Line	Casual/Lane Line	Casual/Lane Line	Casual/Lane Line	Lane line swimming only	Lane line swimming only
THURSDAY			Casual	Casual/Lane Line	Casual/Lane Line	Casual/Lane Line	Casual	Casual	Casual/Lane Line	Casual/Lane Line	Casual/Lane Line	HHSC	HHSC	HHSC
FRIDAY	HHSC		Casual	Casual/Lane Line	Casual/Lane Line	Casual/Lane Line	Casual	Casual	Casual/Lane Line	Casual/Lane Line	Casual/Lane Line	Lane line only	Lane line only	CLEANING
SATURDAY	Dacorum Borough		Casual	Casual/Lane Line	Casual/Lane Line	Casual/Lane Line	Casual	Casual	Casual/Lane Line	Dolphins	Adult Moonlight Swim	Galas	Galas	
SUNDAY	HHSC Swim Squad	Casual/Lane Line	Casual	Casual/Lane Line	Casual/Lane Line	Casual/Lane Line	Casual	Casual	Casual/Lane Line			HHSC Swim Squad	HHSC Swim Squad	Closed

Session times may vary according to special events. Please see swimming pool noticeboards for advanced details.

- Open Casual Swim with 1 or 2 lane lines
- Extra Lane Lines/Casual
- 6.15 - 8.45am Adult Dawin Dippers.
- Closed Staff Training/Cleaning.
- Club bookings - HHSC/Hemel Hempstead Swimming Club • Dolphins/Swim Club • Dolphins/Swim Club for people with disabilities. All casual sessions finish 10 mins before allotted time.
- Moonlight Swim/Galas as applicable. Ask for details. Adult Moonlight 6.30 - 7.30pm, Galas 7 - 10pm. For full details on lane swimming see the back page of this leaflet.
- Lane Line swimming only.

SPORTSPACE HEMEL HEMPSTEAD FLEXI POOL

	Early	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm
MONDAY	Closed	Closed Staff Training	Ante & Post Aqua Natal	Adults Swim course	Adults Swim course	Adults Swim course	Adults Swim course	Closed				Circuits	Circuits	Adult Swim Course
TUESDAY	Closed			Aquacise	Aquacise	Aquacise		Closed					Aquacise	Closed
WEDNESDAY	Closed				Adult Swim Course	Adult Swim Course	School Swim	Closed	Swimming Lessons	Swimming Lessons		HHSC	HHSC	Closed
THURSDAY	Closed		School Swim		Aquacise	Aquacise		Closed					Special Events	Special Events
FRIDAY	Closed				Closed	Closed		Closed					HHSC	Closed
SATURDAY	Closed		Swimming Lessons	Swimming Lessons		Floata fun!	Floata fun!	Casual Family Swim		Pool Parties			Closed	Closed
SUNDAY	Closed		Casual Family Swim	Casual Family Swim		Floata fun!	Floata fun!	Casual Family Swim		Pool Parties/Coach Education	HHSC	HHSC	Closed	Closed

NB: School swimming sessions in holidays will change to fun sessions/crash courses and *Aquacise will take place in outdoor pool if weather permits

■ Closed Swim Course ■ Pay on the Day activities ■ Pool Parties
■ Closed Club bookings ■ 'Open' Casual Swim Sessions ■ School Swimming ■ Inflatatun!
■ Closed Staff Training/NPLQ ■ School Swimming

Inflatatun! is a fun session with floats aimed at families (2 - 3pm during the summer weeks, please call 01442 228188 to confirm)

NPLQ - National Pool Lifeguard. All casual sessions finish 10 minutes before allotted time. Please check swimming pool noticeboard for forthcoming events/closures

Public Swim Times

SPORTSPACE HEMEL HEMPSTEAD WATER CONFIDENCE

	Early	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm
MONDAY	Closed	Closed Staff Training	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Closed
TUESDAY	Closed	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Closed
WEDNESDAY	Closed	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Closed
THURSDAY	Closed	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Closed
FRIDAY	Closed	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Closed
SATURDAY	Closed	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Closed
SUNDAY	Closed	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Closed

PLEASE NOTE: ALL CHILDREN OF NAPPY WEARING AGE MUST WEAR AQUANAPPIES IN THE WATER CONFIDENCE POOL. Can be purchased from main reception

■ Closed for lessons during term time only.

■ Open during the school holidays except 3.30pm lessons

■ Closed Staff Training

■ 'Open' Casual Swim Sessions. All casual sessions finish 10 minutes before allotted time.

■ Closed

■ Closed

Public Swim Times

SPORTSPACE HEMEL HEMPSTEAD DIVING PIT

	Early	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm
MONDAY	Closed	Closed Staff Training	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	St Albans Diving Club	St Albans Diving Club	Closed	Closed
TUESDAY	Closed										HH Swim Club	HH Swim Club	St Albans Diving Club	Closed
WEDNESDAY	Closed		School Swim			School Swim				Swimming Lessons		Closed	Rec 'n' Tec	
THURSDAY	Closed		School Swim								St Albans Diving Club	St Albans Diving Club	Harbour Lights Scuba	Dacorun Sub Aqua
FRIDAY	Closed						Closed						Closed	
SATURDAY	Closed	Learn to Swim	St Albans Diving Club					Casual Diving Session				Closed		
SUNDAY	Closed		St Albans Diving Club					Casual Diving Session			HH Swim Club	HH Swim Club	Closed	

School swim slots during holidays will be for speciality courses and supervised diving sessions (see holiday leaflet)

- 'Open' Casual Diving Sessions (subject to availability)
- Closed Staff Training
- Closed Club bookings
- Swimming lessons
- Closed Schools
- Closed to the public

Public Swim Times

SPORTSPACE BERKHAMSTED AQUA TIMETABLE

	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm
MONDAY	School Swimming	School Swimming Aqua Term Time 1st Splash Term Time	Swimming courses Aqua Term Time	Lane Lines	Lane Lines	Staff Training	Aquacise 50+	Swimming Courses	Swimming Courses	Swimming Club	Swimming Club	Aqua-cise	9.50 Close
TUESDAY	School Swimming	School Swimming	Swimming	Lane Lines	School Swimming	School Swimming	Swimming Courses	Swimming Courses	Swimming Courses	Lane Lines	Lane Lines	Canoe Club	
WEDNESDAY	School Swimming	School Swimming Family & Kids lessons Term Time	Swimming courses	Lane Lines	School Swimming	School Swimming	Swimming	Swimming Courses	Swimming Courses	Lane Lines	Swimming Club	Swimming Club	Adults Only 9.50 Close
THURSDAY	School Swimming	Adult Swimming Courses	Swimming Courses	Lane Lines Lane Lines Swim Courses	Swimming courses	School Swimming	Swimming Courses	Swimming Courses	Swimming Courses	Lane Lines	Lane Lines	Lane Lines	Adults Only 9.50 Close
FRIDAY	School Swimming	School Swimming Adult Swimming Courses Aqua-cise 11.15-12	Swimming Courses	Lane Lines	Swimming Courses	Swimming Courses	Swimming Courses	Swimming Courses	Swimming Courses	Swimming Courses	Lane Lines	Lane Lines	8.50 Close
SATURDAY	Swimming Courses	Swimming Courses	Swimming Courses	Lane Lines	Lane Lines	Fun Sessions with music and floats	Ice Adventure Large pool inflatable	Pool Parties	Beaver Swim Club	Pool Parties	Pool Parties	Pool Parties	
SUNDAY	Lane Lines	Lane Lines	Lane Lines	Lane Lines	Lane Lines	Pool Parties	Ice Adventure Large pool inflatable	Swimming Club	Swimming Club	Swimming Club	Swimming Club		9.00 Close

- Public Swimming
- Swimming Club
- School Swimming
- Aquacise
- Swimming Courses
- Pool Parties
- Family Swim Zone
- Adults Only
- Fun Session
- Aqua Babes Term Time
- Closed
- Ice Adventure - 5yrs+ must be competent swimmers, confident in deep water.

Please see reception for details of changes during school holidays.



Swim School



Everyone should learn to swim -
from safety and fitness, to pure enjoyment, the benefits are endless!

The swim school provides the opportunity to develop as a swimmer, from an absolute beginner to competition standard if you desire. Our courses also give the basic skills to enjoy other aquatic disciplines such as synchro, diving and lifesaving. Our qualified, professional and friendly staff endeavour to provide every swimmer with the best opportunity to progress and enjoy the water.

Pool Usage Guidelines

- The minimum age for unaccompanied entrance to the pool during public sessions is 8 years old.
- We advise all swimmers, including children and babies to shower before entering the pools.
- Persons who have had sickness and / or diarrhoea should avoid swimming for at least 2 weeks
- Children wearing conventional or disposable nappies will not be allowed in the pools. Only special swimming nappies or swimming trunks/costumes are permitted
- An incident involving contamination of the pools must be reported immediately to the swimming pool staff.
- Incidents involving faecal contamination will result in the pool being cleared and may result in pool closure for up to 12 hours

If you are responsible for supervising any child - remember:-

- One adult (aged 16+) should supervise no more than 2 children under 8 years old or one child under 5 years old. If you have 2 children under 8 and one is under 5 both children can only swim in the water confidence pool at Sportspace Hemel Hempstead or in the family swim sessions at Sportspace Berkhamsted.
- Always make sure you stay with them. If they are non swimmers, make sure they have the appropriate buoyancy aids and stay within their safe standing depth of water.

These guidelines are to protect public safety. The Dacorum Sports Trust management reserves the right to refuse entry to anyone who does not comply with these guidelines.

Coach Education

ASA Level 1 Swimming Assistant Teachers Course

(Candidates must be 16 years of age or older at the start of the course)

The course is made up of 3 units, theoretical and practical.

Role: Once qualified a holder of the level 1 assistant teachers certificate is able to assist in the teaching of a limited range of basic skills to a group of up to 4 participants under the supervision of a qualified ASA teacher.

ASA Level 2 Swimming Teachers course

(Candidates must be 18 years old at the start of the course and already hold the Level 1 qualification)

This course is made up of 4 units, theoretical and practical.

Role: Once qualified a holder of an ASA level 2 certificate is able to teach groups normally consisting of up to 12 participants of a range of ability and supervise assistants.

To apply for a course see ASA website for details. www.britishswimming.org

National Pool Lifeguard Qualification

National Pool Lifeguard Qualification (Units 1 and 2)

Whilst the pre requisite for entering this qualification is demanding, it is very rewarding, demonstrating theory and practical skills of lifesaving within a swimming pool environment.

Pre –requisites

- **Must be 16 years old at start of the course**
- **Able to swim 100m on front**
- **Able to swim 100m on Back**
- **Able to swim 50 metres in under 60 seconds**
- **Able to dive to reach depths of at least 1.5 M**
- **Be of good health, fitness, sight and hearing.**

Course enables candidates to work as a lifeguard.

Please contact Jo Gahan on 01442 228748 for further details, course dates and prices.

Note: ASA - Amateur Swimming Association

SportSpace Berkhamsted

Lagley Meadow
Douglas Gardens Berkhamsted
Hertfordshire HP4 3QQ
01442 228123

SportSpace Athletics

Jarman Park
Hemel Hempstead
Hertfordshire HP2 4JS
01442 228690

SportSpace Hemel Hempstead

Park Road Hemel Hempstead
Hertfordshire HP1 1JS
01442 228188

SportSpace Sports Development

Lagley Meadow
Douglas Gardens Berkhamsted
Hertfordshire HP4 3QQ
01442 228696

SportSpace Longdean

Rumballs Road Bennetts End
Hemel Hempstead
Hertfordshire HP3 8JB
01442 228546

SportSpace Kings Langley

Charter Court Vicarage Lane Kings
Langley
Hertfordshire WD4 9HR
01923 266868

SportSpace Tring

Mortimer Hill Tring
Hertfordshire HP23 5JU
01442 228957

Little Hay Golf Complex

Box Lane, Bovingdon, Hertfordshire
HP3 0DQ
01442 833798



www.sportspace.co.uk

working in partnership with Dacorum Borough Council