

# Pool Timetable

Key: **A** Adults only

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
<b>Lane Swimming</b>			<b>Lane Swimming</b>			<b>Lane Swimming</b>			<b>Lane Swimming</b>			<b>Lane Swimming</b>			<b>Lane Swimming</b>			<b>Lane Swimming</b>		
Main Pool	Lanes		Main Pool	Lanes		Main Pool	Lanes		Main Pool	Lanes		Main Pool	Lanes		Main Pool	Lanes		Main Pool	Lanes	
06:30 - 08:00	<b>A</b>	6	06:30 - 08:00	<b>A</b>	6	06:30 - 08:00	<b>A</b>	6	06:30 - 08:00	<b>A</b>	6	06:30 - 08:00	<b>A</b>	6	07:00 - 08:00		6	08:00 - 08:30	<b>A</b>	6
08:00 - 09:00		6	08:00 - 09:00		6	08:00 - 09:00		6	08:00 - 09:00		6	08:00 - 09:00		6	08:00 - 09:00		2	08:30 - 10:00		4
09:00 - 16:00		2	09:00 - 16:00		2	09:00 - 19:30		2	09:00 - 16:00		2	09:00 - 13:30		2	09:00 - 12:00		1	10:00 - 12:00		2
16:00 - 21:00		1	16:00 - 18:30		1	19:30 - 21:00		1	16:00 - 19:00		2	15:30 - 16:00		4	12:00 - 12:30		4	12:00 - 13:00		3
21:00 - 22:00	<b>A</b>	6	18:30 - 20:30		2	21:00 - 22:00	<b>A</b>	6	19:00 - 20:30		1	16:00 - 19:15		1	12:30 - 14:00		2	16:00 - 18:00	<b>A</b>	2
			20:30 - 21:00		4				20:30 - 22:00	<b>A</b>	6	19:15 - 20:15		2	14:00 - 16:00		3			
			21:00 - 22:00	<b>A</b>	6							20:15 - 21:00		4	17:30 - 19:00		2			
												21:00 - 22:00	<b>A</b>	6						
<b>Public Swimming</b>			<b>Public Swimming</b>			<b>Public Swimming</b>			<b>Public Swimming</b>			<b>Public Swimming</b>			<b>Public Swimming</b>			<b>Public Swimming</b>		
Main Pool	Lanes	Teaching Pool	Main Pool	Lanes	Teaching Pool	Main Pool	Lanes	Teaching Pool	Main Pool	Lanes	Teaching Pool	Main Pool	Lanes	Teaching Pool	Main Pool	Lanes	Teaching Pool	Main Pool	Lanes	Teaching Pool
09:00 - 21:00	2	09:45 - 10:15 15:00 - 16:00	09:00 - 21:00	2	15:00 - 16:00	09:00 - 21:00	2	15:00 - 16:00	09:00 - 20:30	2	14:30 - 16:00	09:00 - 13:30	2	19:00 - 20:00	09:00 - 14:00	2	15:30 - 17:00	08:30 - 12:00	2	10:00 - 13:00
												15:30 - 21:00	2		14:00 - 16:00	3		12:00 - 13:00	3	
															16:00 - 17:00	2				
<b>Aqua Aerobics</b>			<b>Aqua Aerobics</b>			<b>Aqua Aerobics</b>			<b>Aqua Aerobics</b>			<b>Aqua Aerobics</b>			<b>Party Hire</b>			<b>Party Hire</b>		
Teaching Pool			Teaching Pool			Teaching Pool			Teaching Pool			Teaching Pool			Teaching Pool			Main Pool		
10:15 - 11:00			11:00 - 11:45			13:15 - 14:00 (Deep Aqua)			11:45 - 12:30			12:00 - 12:45			14:00 - 15:00			13:00 - 14:00		
19:30 - 20:15			11:45 - 12:30			19:15 - 20:00			12:30 - 13:15						17:00 - 19:00			16:00 - 17:00		
20:15 - 21:00 (Deep Aqua)			19:15 - 20:00						19:00 - 19:45									17:30 - 18:30		
									19:45 - 20:30 (Deep Aqua)											
<b>Therapy Swim</b>						<b>Therapy Swim</b>						<b>Therapy swim</b>						<b>Inflatable Session</b>		
Teaching Pool						Teaching Pool						Teaching Pool						Main Pool		
08:00 - 09:00						08:00 - 09:00						08:00 - 09:00						14:00 - 15:45		
<b>Fun Float Session</b>															<b>Fun Float Session</b>					
Main Pool															Main Pool					
17:00 - 19:00															Teaching Pool					
															14:00 - 15:45					

## Swimming Lessons

Swimming Lessons are available for children and adults aged 4 months upwards. Our lessons run 50 weeks a year offering continuous assessment so as soon as your child is ready to move to the next level, they can do so. We have a number of different payment plans available to suit you as well as an online system to track your child's progress and payments. Please contact reception for more information.

Monday		Tuesday		Wednesday	
Main Pool	Teaching Pool	Main Pool	Teaching Pool	Main Pool	Teaching Pool
16:00 - 19:30	12:00 - 14:00	16:00 - 19:00	12:30 - 13:30	16:00 - 19:30	10:00 - 13:00
	16:00 - 19:30		16:00 - 19:00		16:00 - 19:00
Thursday		Friday		Saturday	
Main Pool	Teaching Pool	Main Pool	Teaching Pool	Main Pool	Teaching Pool
11:30 - 12:00	09:30 - 11:30	16:00 - 19:15	16:00 - 19:00	09:00 - 12:00	
16:00 - 19:00	16:00 - 19:00			12:30 - 14:00	08:00 - 14:00
				16:00 - 17:30	
Sunday					
Main Pool	Teaching Pool				
10:00 - 12:00	08:30 - 10:00				

## Swimming Clubs + Schools

We have a number of Swimming Clubs and local schools which use the facilities here at Bushey Grove Leisure Centre. For further information about Swimming Clubs and times of their sessions, please contact the clubs directly.

Monday		Tuesday		Wednesday	
Main Pool		Main Pool		Main Pool	
Schools/Clubs	09:00 - 16:00	Schools/Clubs	09:00 - 16:00	Schools/Clubs	09:00 - 16:00
Swimming Club	19:30 - 21:00	Schools/Clubs	18:30 - 20:30	Schools/Clubs	15:30 - 19:30
Teaching Pool		Teaching Pool		Swimming Club	19:30 - 21:00
Schools/Clubs	09:00 - 09:45	Schools/Clubs	08:00 - 11:00	Teaching Pool	
Schools/Clubs	11:00 - 12:00	Schools/Clubs	13:30 - 15:00	Schools/Clubs	09:00 - 10:00
Schools/Clubs	14:00 - 15:00			Schools/Clubs	14:00 - 15:00
Thursday		Friday		Saturday	
Main Pool		Main Pool		Main Pool	
Schools/Clubs	09:00 - 16:00	Schools/Clubs	09:00 - 13:30	Swimming Club	08:00 - 09:00
Schools/Clubs	15:30 - 17:30	Swimming Club	19:15 - 20:15	Schools/Clubs	14:00 - 16:00
Schools/Clubs	18:00 - 20:30	Teaching Pool		Schools/Clubs	17:30 - 19:00
Teaching Pool		Schools/Clubs	09:00 - 12:00		
Schools/Clubs	12:30 - 14:30	Schools/Clubs	12:45 - 13:45		
Schools/Clubs	20:30 - 22:00				
Sunday					
Main Pool					
Schools/Clubs	08:30 - 10:00				
Swimming Club	16:00 - 20:30				

Swimming is a great form of exercise, involving most of the major muscle groups. Whether you are looking for an invigorating workout, a relaxing swim, fun sessions, a venue for a kids pool party or swimming lessons we have a great timetable to offer you. Please note that the pool programme will change during the school holidays, please contact reception for details on 01923 470140 or look at the live pool programme available on our website:

[hertsmereleisure.co.uk/bushey-grove-leisure-centre](http://hertsmereleisure.co.uk/bushey-grove-leisure-centre)

### Child Admission Policy

In the Main Pool a responsible adult over the age of 18 years may supervise up to two children under the age of 8 years. In the Teaching Pool a responsible adult over the age of 18 years may supervise up to three children under the age of 8 years. During fun sessions, the main pool ratios will apply to both pools.

All adults supervising children under 8 years of age must accompany the children in the water. Whilst in the water the adult must maintain a constant watch over the children for whom they are responsible and be in close contact at all times with those children who are weak or non-swimmers.

### Photography Policy

If you intend to take photographs please ensure you have the express permission from anyone who may be caught in the shot. Photography is prohibited in the changing rooms, cubicles, showers and toilets.

### Adult Only Swimming <sup>A</sup>

An adult is anyone over the age of 18 years old. Please note that when signs indicate 'Adult Swimming', anyone under the age of 18 should refrain from entering this area of the pool.

### Keeping The Pool Clean

Please refrain from swimming if you feel unwell. This includes colds, flu, sore throat, ear infections and other contagious illness, infection or open wound you may be suffering from.

Please use the toilet and shower prior to entering the pool - this ensures we can continue to reduce the number of chemicals we use and our impact on the environment.

### Lockers

Lockers are advised for ensuring the safe keeping of your possessions and require a 50p coin to operate (returnable). Please note that the centre can not be held responsible for lost or damaged goods.

### Swim Only Memberships

If you swim more than twice a week a 'Swim Only' Membership could save you money.

#### Membership includes:

- Unlimited swimming at Bushey Grove Leisure Centre, The Venue and Furze Field Centre
- Unlimited use of the Health Suite (sauna, steam & spa)
- Discounted Aqua Aerobics classes and other activities
- 7 day advanced booking privileges
- 14 day money back guarantee

Please speak to reception to find out more.



## Bushey Grove

Leisure Centre

Aldenham Road, Bushey. WD23 2TD

Tel: 01923 470140

[www.hertsmereleisure.co.uk](http://www.hertsmereleisure.co.uk)



Hertsmere Leisure manages these facilities in partnership with Hertsmere Borough Council. Hertsmere Leisure is a registered charity. Charity No 1093653.



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