

Swimming is a great form of exercise, involving most of the major muscle groups it can give you a great workout. Whether you are looking for an invigorating workout, a relaxing swim, splash sessions, venue for a kids pool party or swimming lessons we have a great timetable to offer. Please note that the pool programme will change during the school holidays, please contact Reception for details on **01923 771050** or look at the live pool programme available on our website.

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 eight 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.

Photographic Policy

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

Adult Swimming Policy

Please see our separate Adult Only Swimming policy.

Help us keep the pool clean

For your own comfort and safety and that of those around you, you shouldn't go swimming if you have a cold, throat infection, ear infection, have suffered from diarrhoea or sickness in the last 14 days or have any infectious skin condition or open wound.

We ask that before you get into the pool please remember to go to the toilet and use the pre-swim showers to wash your body / hair to reduce the chemicals we use and help to protect our environment.

Swimming Lessons

Swimming Lessons are available for children and adults aged 6 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.

**Lockers are 20p piece (non-returnable)*

Swim Only Membership

If you swim more than two times a week a Swim Only Membership could save you money.

Membership includes:

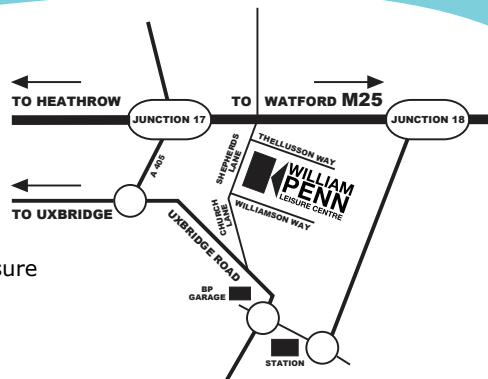
- Unlimited swimming at William Penn Leisure Centre
- Unlimited use of Health Suite (sauna and steam)
- Discounted Aqua Aerobics classes and other activities
- 7 day advanced booking privileges
- 14 day money back guarantee



Please speak to a Customer Advisor via reception to find out more.




William Penn Leisure Centre


Shepherds Lane, Mill End, Rickmansworth, Herts, WD3 8JN **Tel: 01923 771050**
www.hertsmereleisure.co.uk



   Facebook.com/williampennleisure

 Download the pool timetable with Speedo Fit app

Please ask at reception if you require this information in another format

 **THREE RIVERS DISTRICT COUNCIL** Hertsmere Leisure manages these facilities on behalf of Three Rivers District Council. Hertsmere Leisure is a registered charity. Charity no. 1093653

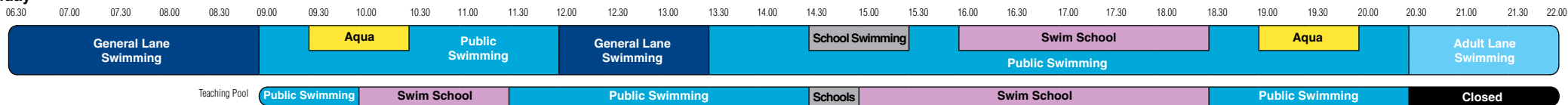
 **HERTSMERE LEISURE**

Pool Programme
Swimming for everyone

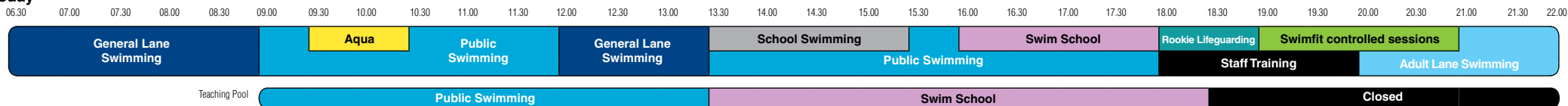
 William Penn
 Leisure Centre

Term Time Pool Programme

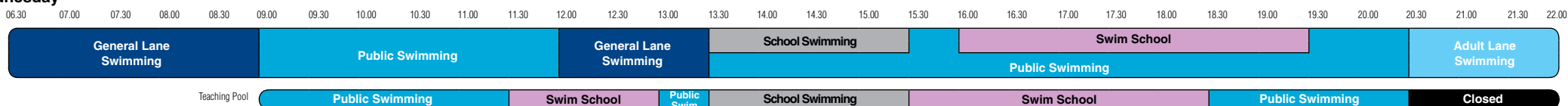
Monday



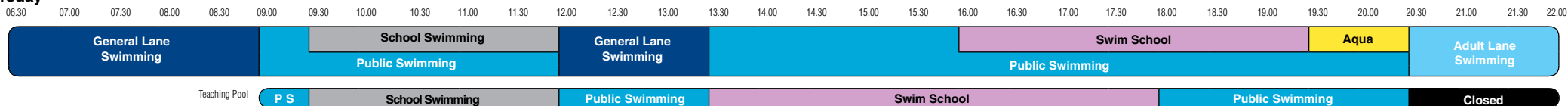
Tuesday



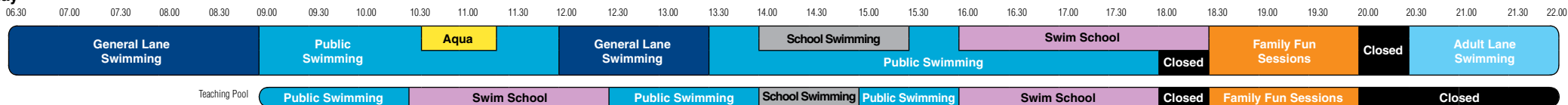
Wednesday



Thursday



Friday



Saturday



Sunday



School Swimming
Designated area for school swimming

Swim School
Swimming lessons

Swimfit
Alternative way to work out in the pool with some controlled sessions with coaches to advise

Please note:
This timetable is subject to change without prior notice. We recommend you use the live timetable available on the website before making your journey.

Aqua
An aqua exercise fitness class from our Bodywork Programme

Family Fun Session
A fun splash session for all to enjoy

Party Hire
Designated area for any party bookings



Disabled Swimming Sessions will be available in both pools on Wednesdays 10:30 - 11:30 and Saturdays 15:00 - 16:00 alongside the sessions listed in the above timetable. Active Life sessions aimed at those aged 50+ will be available on Tuesdays and Thursdays between 10:30 - 12:00, alongside the sessions listed above (t&c's apply) FREE Swimming for the over 60's takes place on Mondays 12:00 - 13:00 and Wednesdays 9:00 - 10:00, alongside the sessions listed above (t&c's apply).