

# Pool Timetable

Key: A Adults only

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
Lane Swimming		Lane Swimming		Lane Swimming		Lane Swimming		Lane Swimming		Lane Swimming		Lane Swimming			
Main pool	Lanes	Main pool	Lanes	Main pool	Lanes	Main pool	Lanes	Main pool	Lanes	Main pool	Lanes	Main pool	Lanes		
06:00 - 07:00	2 <span style="color: orange;">A</span>	07:00 - 09:00	6 <span style="color: orange;">A</span>	06:00 - 07:00	4 <span style="color: orange;">A</span>	07:00 - 09:00	6 <span style="color: orange;">A</span>	06:00 - 07:00	3 <span style="color: orange;">A</span>	07:00 - 07:45	4	07:00 - 11:30	4		
07:00 - 09:00	6 <span style="color: orange;">A</span>	09:00 - 10:00	3	07:00 - 09:00	6 <span style="color: orange;">A</span>	09:00 - 14:00	4	07:00 - 09:00	6 <span style="color: orange;">A</span>	07:45 - 09:00	2	14:00 - 16:45	4		
11:30 - 13:30	2	11:00 - 11:30	2	09:00 - 09:30	4	14:00 - 14:30	2	09:00 - 09:30	4	09:00 - 12:00	1	20:15 - 21:00	6 <span style="color: orange;">A</span>		
15:30 - 18:00*	1	11:30 - 13:00	4	09:30 - 10:30	1	14:30 - 15:30	4	14:30 - 15:30	4	12:00 - 12:45	3				
19:45 - 21:00	1 <span style="color: orange;">A</span>	13:00 - 14:30	1	10:30 - 13:30	4	15:30 - 18:00*	1			14:15 - 15:00	4				
21:00 - 22:00	3	14:30 - 15:30	4	14:30 - 15:30	4	18:00 - 19:00	1			15:00 - 16:00	3				
		15:30 - 18:00*	1	15:30 - 18:00*	1										
		18:00 - 21:00	1	21:00 - 22:00	6 <span style="color: orange;">A</span>										
		21:00 - 22:00	5 <span style="color: orange;">A</span>												
Public Swimming		Public Swimming		Public Swimming		Public Swimming		Public Swimming		Public Swimming		Public Swimming			
Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool		
09:00 - 21:00	09:00 - 09:30	09:00 - 21:00	09:00 - 09:30	09:00 - 21:00	09:00 - 09:30	09:00 - 20:15	09:00 - 09:30	09:00 - 11:00	09:00 - 09:30	09:00 - 12:45	10:00 - 12:45	07:00 - 11:30	08:00 - 11:30		
	11:30 - 12:30		11:30 - 12:30		11:30 - 12:30		13:00 - 19:00		14:30 - 19:00		14:15 - 16:00		14:15 - 15:00	14:00 - 16:45	18:00 - 19:00
	14:30 - 19:00		14:30 - 19:00		14:30 - 19:00		21:15 - 22:15 (Twilight)		14:30 - 19:00						
Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		Aqua Aerobics			
Main Pool		Main Pool		Main Pool		Main Pool		Main Pool		Main Pool		Main Pool			
11:40 - 12:25		18:05 - 19:00		11:30 - 12:25		11:35 - 12:20		12:00 - 12:55							
19:55 - 20:40 (Deep Water)															
Splash Session		Splash Session		Splash Session		Splash Session		Splash Session		Splash Session		Splash Session			
Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool		
13:00 - 14:00	13:00 - 14:00	12:45 - 13:45	12:45 - 13:45												
Party Hire		Party Hire		Party Hire		Party Hire		Party Hire		Party Hire		Party Hire			
Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool	Main pool	Teaching pool		
17:15 - 18:15	17:15 - 18:15	17:00 - 18:00	17:00 - 18:00												

\*These slots may be booked for swimming lessons, please check before you visit.

## 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	
Main pool	Teaching pool
15:30 - 18:00	09:30 - 11:30
	12:30 - 13:30

TUESDAY	
Main pool	Teaching pool
09:30 - 10:00	10:00 - 11:30
15:30 - 18:00	13:00 - 14:30

WEDNESDAY	
Main pool	Teaching pool
15:30 - 18:00	09:30 - 11:30
20:00 - 21:30	12:30 - 14:30

THURSDAY	
Main pool	Teaching pool
12:30 - 13:00	10:00 - 11:30
14:30 - 15:00	12:30 - 14:30
15:30 - 18:00	17:30 - 18:00

FRIDAY	
Main pool	Teaching pool
15:30 - 18:00	09:30 - 12:00
	13:00 - 14:30

SATURDAY	
Main pool	Teaching pool
09:00 - 12:30	08:30 - 10:00

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 **01707 850500** or look at the live pool programme available on our website: [www.hertsmereleisure.co.uk/furzefield-centre](http://www.hertsmereleisure.co.uk/furzefield-centre)

### Wristbands

Please wear your wristband issued at reception throughout your swim, we operate a 'no band, no swim' policy.

### 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. Please ensure you use the overshoes provided.

### Swim Only Memberships

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

#### Membership includes:

- Unlimited swimming at the Furzefield Centre, The Venue and Bushey Grove Leisure 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.

# Pool Timetable



 **Furzefield**  
Leisure Centre

Mutton Lane, Potters Bar. EN6 3BW  
Tel: 01707 850500  
[www.hertsmereleisure.co.uk](http://www.hertsmereleisure.co.uk)



 Hertsmere Leisure

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



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**Let's PARTY!**  
Why not find out more about our pool party packages?  
Weekend afternoon's only, minimum numbers apply.



 **Furzefield**  
Leisure Centre