



Make an enquiry.
today!

JUNIOR ACTIVITIES NEWSLETTER

JUNIOR Squash

Get on court at Hemel Hempstead Leisure Centre with our Junior Squash sessions!

Sundays

09:30 – 10.15 7-14 yrs

This course teaches young people how to play squash, including the techniques, tactics and rules of the game

Taught by a fully qualified coach in a fun and friendly environment. If you have your own equipment, please bring it along but all equipment needed is provided.



Tuesdays

17:30 – 18:15 7-14yrs

JUNIOR Athletics – Jarman Park

Junior Athletics

Tuesdays 16.30-17.30 7-14yrs

Track and field disciplines such as running, hurdles, high jump, long jump, javelin, shot put and discus taught by UK Athletics coaches. Learn the correct technique while enjoying yourself in a safe and fun environment.

JUNIOR Badminton

Hemel Hempstead Leisure Centre
Thursdays

16:30 – 17:30 & 17:30-18:30 7 – 15yrs

This is a Junior Badminton Programme to allow Children to learn the game of badminton, undertake drills and games to develop fundamental skills, which are progressive and enjoyable for all beginners

Led by qualified Badminton England coaches, you will soon be feeling confident enough to show off your new skills on court.



Junior Basketball

Hemel Hempstead Leisure Centre
Mondays Starting 12th January
Coached by Hemel Storm

16:00 – 17:00 7 – 11yrs 17:00 – 18:00 11yrs+



Adults Classes

Back to Netball – Monday 9:30-10:30

Back to Netball is for women of all ages and experience – whether you haven't played since your school days, want to improve your fitness in a relaxed and enjoyable environment, or are just looking for a great place to meet new friends and stay active.

Adult BB - Tuesday & Thursday 7:00-8:00, 8:00 – 9:00

A turn up and play basketball session that's perfect for players of all ages and abilities.

Beginners Pickleball - Tuesday & Thursday 13:00 – 14:00

A pay and play pickleball session for beginners.

Adult Badminton -Thursdays 18:30-19:30

Adult Badminton Programme to allow adults to learn the game of badminton, undertake drills and games to develop fundamental skills, which are progressive and enjoyable for all levels of ability led by qualified Badminton England coaches.

Adult Social Squash – Thursday 19:00-20:30

A turn up and play squash session in a safe, fun environment. All equipment is provided but if you have your own racket, goggles etc. please bring it with you.

Senior Badminton - Friday 10:00 – 12:00

Pay and play badminton session specifically for our more senior customers in a safe, fun and friendly environment.

There is no instructor so just come along and play with and against some like-minded people.

U5'S

Starting Tuesdays in the March!

Active Play for U5's at Berkhamsted

13:00 – 14:00

Active play gives you and your child time to play and learn from each other; Active Play encourages you and your child to try a variety of themed activities each week. The session is not supervised, and parents are required to take part and supervise their child.

For more information on any of our activities, please

