

Physical Activity at Home

Disney Inspired Family Fun Swim Sessions

Join us for new Disney inspired themed pool adventures, with Disney's most-loved characters, including Woody and Buzz Lightyear from Disney Pixar's Toy Story, Disney's Mickey Mouse and Friends plus key characters from the upcoming Disney Frozen 2. Each 45 minute session provides endless family fun AND kids learn a key life skill - perfect for 3 – 11 year olds.

Where: Hemel Hempstead Leisure Centre

When: Sunday 14.00 - 15:00

Click [Here](#) to book and for more information



Family Swimming with Inflatable

Sessions where inflatables are provided. Children must be over the age of eight years to be permitted on to the inflatable and able to swim 25 metres.

Where: Hemel Hempstead Leisure Centre

When: Saturday 14.00 - 14:45

Click [here](#) to book and for more information



Ice Skating lessons

Planet Ice have a fantastic track record for teaching people to skate. We have now adopted the Skate Excellence program which places a bigger emphasis on Fun whilst learning.

Where: Planet Ice Hemel Hempstead

When: Various (see website)

Click [here](#) to book and for more information



DJs Play

The soft play centre has a complex multi-level play frame with a host of exciting features such as the Multi lane slides where you can race your friends. Or a simple game of tag or hide and seek gets the kids running around the bridges, through tubes and down chutes!

Where: DJs Play, Hemel Hempstead

When: Every Day 9.30am - 6.00pm (Special Educational Needs session every 3rd Saturday of the month 8.30-9.30am)

Click [here](#) to book and for more information