



HERTFORDSHIRE  SPORTSVILLAGE

High quality sports facilities available to everyone

hertssportsvillage.co.uk

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Opening Times

Gym

Monday	06:30 – 22:30
Tuesday	06:30 – 22:30
Wednesday	06:30 – 22:30
Thursday	06:30 – 22:30
Friday	06:30 – 22:30
Saturday	08:00 – 19:00
Sunday	08:00 – 19:00

Indoor Sports

Monday	07:00 – 22:30
Tuesday	07:00 – 22:30
Wednesday	07:00 – 22:30
Thursday	07:00 – 22:30
Friday	07:00 – 22:30
Saturday	08:00 – 19:00
Sunday	08:00 – 21:00

Swimming Pool

Monday	06:45 – 22:00
Tuesday	06:45 – 22:00
Wednesday	06:45 – 22:00
Thursday	06:45 – 22:00
Friday	06:45 – 22:00
Saturday	08:00 – 17:00
Sunday	08:00 – 17:00

Outdoor Sports

Monday	07:00 – 22:00
Tuesday	07:00 – 22:00
Wednesday	07:00 – 22:00
Thursday	07:00 – 22:00
Friday	07:00 – 22:00
Saturday	08:00 – 19:00
Sunday	08:00 – 21:00

Opening times may vary over the Summer months.
Please check www.hertssportsvillage.co.uk
for details.

Welcome to Hertfordshire Sports Village

Hertfordshire Sports Village is a purpose built complex created to be Hertfordshire's leading facility and service provider for sports, health and fitness. It has been designed to consistently deliver high quality sports facilities and services for students, staff and community users from first experience to elite performers.

All levels of ability and ages are welcome and encouraged and we offer fantastic opportunities for participation, performance and personal development.

We are here to help you reach your goals and improve your health and wellbeing in a friendly and inviting environment.

With the latest fitness equipment and technology coupled with highly experienced staff members, our Village is the perfect place to spend your precious leisure time. We provide an innovative and fun approach to health and fitness and an inspirational haven for those looking to try something new and push the boundaries of fitness. Open to both members and non-members, Hertfordshire Sports Village offers a fantastic range of facilities, activities, courses and a large Group Exercise programme as part of a membership or on a 'pay as you play' basis. Read on to see how our state-of-the-art Sports Village will enable you to access world-class sports facilities and provide you with outstanding opportunities and amazing health benefits.

There really is something for everyone!

Facilities

100+
station gym with
large free weights
area

25m
8-lane deck level
swimming pool with
250 seat spectator
area

2 fully air-
conditioned
exercise studios
with mirrored walls

2 glass-backed
squash courts
with fully sprung
wooden floors

1 large indoor
cricket hall built
to ECB standards
with cricket lanes
and nets

12 metre
high
climbing wall

3 football
pitches

3 multi-purpose
sports halls
for badminton,
basketball,
volleyball, netball,
5-a-side and more

2 floodlit outdoor
hard courts

1 rugby
pitch

2 floodlit
New Gen
Astro pitches

1 floodlit Sand
Dressed
Astro pitch

Fully equipped
changing rooms
with disabled and
family areas

Café Sport with
on-site Starbucks

Performance
Hertfordshire

BodyBalance



*“From the moment
you walk through
Reception to
leaving, the staff
are fantastic.”*

“The guys in the gym show an interest - they regularly speak to me and make recommendations regarding my training regime.”

Sports Village Gym

We want to help you achieve the most from your time with the Sports Village. We offer all our members a fitness plan, gym floor SMASH Classes, Weight Management check ins, Health MOTs and much more. Our fully qualified fitness staff will work with you to help you determine your goals and develop an individual training programme to suit you. This will be reviewed as regularly as you would like to make sure you are on track with your goals.

Our gym at Hertfordshire Sports Village has some fantastic state of the art machines and equipment. Equipped by Matrix Fitness, you will find a stunning range of resistance, cardio, free weights and functional machines to choose from. With over 47 cardio stations and over 22 pieces of fixed resistance kit as well as a large functional training zone to choose from, there are so many different ways to train! Every piece of cardio kit has interactive displays so you can track your workouts, log in to social media or just watch TV whilst you get in shape.

Cardio Kit

- Treadmills
- X-Trainers
- Climb-Mills
- Ascent Climbers
- Cross Trainers and much more

Fixed Resistance Kit

- Dumbbells up to 40kg
- Olympic Lifting Zones
- Large Functional Training Zone
- Multi-station Free Weights Area
- 10 Adjustable Benches
- Cable Stations
- Flat and Adjustable Bench Press Stations
- Power-Cages
- Squat Racks
- Lifting Platform and much more

Sports Village Gym Extras

Our spacious, air-conditioned gym has large windows designed to make the most of the natural light. The gym also houses 2 studios for group exercise classes, consultation rooms for Health MOT's, BodyBalance Physiotherapy and Sports Injury Clinic and Performance Hertfordshire.

Our experienced and professional Fitness Team are always available to provide any advice, encouragement and support you may need.

Your member journey

Each member journey is one of its own; designed to ensure every member achieves their goals whatever they may be. The Fitness Team will take you through a state-of-the-art assessment using BodiTrax where you will be given a full analysis of your body, are able to pre-set your goals and get your workout programme designed. Your tailor-made programme will consist of Personal Training sessions, HiiT classes (High Intensity Interval Training) mini workout programmes and access to our Weight Management Drop-In Centre. Grab a pre-made workout card from separate stations around the gym and follow a different workout every time you are in to give some structure to your workouts, or take up personal training with our highly qualified Personal Training Team.

*NEW Combination
of the latest strength and
conditioning equipment including
rigs, ropes, sleds, kettlebells,
power bags and more.*



Group Exercise Classes

Led by some of Hertfordshire's most inspirational fitness professionals, our group exercise classes at Hertfordshire Sports Village are both innovative and industry-leading.

Our timetable of over 60 group classes includes everything from Zumba and Super Circuits to Pilates, Yoga, Aquacise, Group Cycle and Box Fit to name a few. We have classes to suit every age and interest, with sessions suitable for beginners' right through to the advanced.

Classes run throughout the day and evening, seven days a week.

All classes take place in our 2 fully air-conditioned group exercise studios with mirrored walls and sprung wooden floors. We also offer quick 30 minute SMASH sessions on the gym floor for all those short of time.

2016 sees the launch of a new fitness brand at Hertfordshire Sports Village. We will be hosting MOSSA which has a series of group fitness programmes that deliver fitness results for participants.

The programmes are simple, fun and effective regardless of gender, age or fitness level. New releases are created each quarter by the experienced Development Team at FitPro to keep classes fresh and motivate participants to come back for more!

The innovative new programmes we will be launching under the MOSSA brand are:

Group Blast

An energetic cardio workout using a step to train fitness, agility, co-ordination and strength. A modern twist on aerobics and involves some Hiit elements.

Group Fight


An explosion of mixed non-contact martial arts cardio and strength workouts involving boxing, kickboxing and other martial arts styles.

Group Power

A results-driven strength training workout utilising an adjustable barbell, weight plates and bodyweight. Each track focuses on a different body part and each release differs in strength endurance, functional and power training.



*New fitness brand
MOSSA launches at
Hertfordshire Sports
Village.*



“The Fitness Team want to help everyone be the best they can be no matter what the media or anyone else says - they always take into account who I am as an individual.”

Additional Training Support

We offer additional training support here at Hertfordshire Sports Village for both members and non-members to take advantage of and benefit from.

BodiTrax


Our BodiTrax machine is located in the gym and can quickly analyse your weight, muscle mass, muscle percentage, fat mass, fat percentage, metabolic age and much more! It uses a medically approved body analyser and personal profiles to help manage weight loss, increase energy or fitness levels, boost wellbeing, professional training or medical assessments. Scans record every change online and are accurate to within 1%.

Weight Management Drop-In Centre

Come and see us every week and have your food and diet checked by our friendly Fitness Team. We'll give you the best advice on lifestyle and food changes and monitor your progress with you every step of the way!

Personal Training

Here at Hertfordshire Sports Village we make Personal Training fun and inspirational. Our dedicated Personal Trainers are on hand whenever you need them and will work with you on a one-to-one basis. They will help you on your journey to achieve your goals and sharpen your mental attitude towards fitness. Our highly qualified staff are all REPS Level 3 qualified, plus we have a number of UKSCA accredited Strength and Conditioning Coaches to further enhance your needs. Whether it's weight loss, high performance, toning, injury rehab or just guidance that's needed, our team will be able to deliver the ultimate in service and results.

A close-up, action shot of a swimmer in a pool. The swimmer's head is in the water, and their right arm is extended forward, creating a large splash. A red lane line is visible in the background. The water is a vibrant blue, and the overall scene is dynamic and energetic.

“The pool is always immaculate and the lifeguards are highly trained which make us feel safe in the water.”

Swimming Pool

Swim for fitness, competition, fun or relaxation in our 25 metre, 8-lane deck level pool.

Whatever your aims and level of experience, the pool offers a modern, state-of-the-art swimming experience for you to enjoy. The design of the pool provides great flexibility to all swimmers. It is built to national short course standard with full Omega timing and 250 seat spectator area. Our pool is an ideal competition venue. To ensure a quality swimming experience for all swimmers we provide lane swimming at all times, although the number of lanes available will vary from session to session.

We also offer a Learn to Swim programme for children aged 4 and upwards as well as adult lessons.

For more information contact our Swimming Coordinator on 01707 281178.

Family Fun Swim

Make a splash every Sunday with our popular Family Fun Swim Sessions. These sessions are the perfect way to enjoy some family time with fun music and a variety of floats in the pool for 3 whole hours! More sessions are added during school holiday periods.

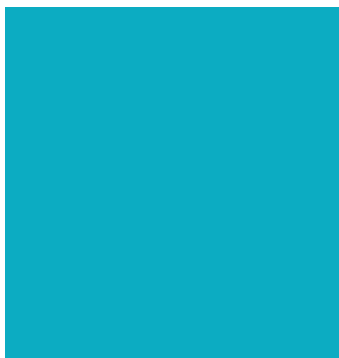
Swim Ratios

For your safety and that of all swimmers we operate the following policy in relation to children swimming in the pool;

- over 8s - swim alone
- 5-8 yrs - 2 children to 1 adult
- under 5 yrs - 1 child to 1 adult

No need to book. Further information can be found at www.hertssportsvillage.co.uk





Kids Village

There are plenty of activities and sports sessions to keep your children active at Hertfordshire Sports Village throughout the year. We cater for all children between the ages of 0 – 17 yrs and offer everything from memberships and birthday parties through to term time activities, swimming lessons and holiday activities.

Kids Village Membership

Make your child a Kids Village member and benefit from an array of discounts and member booking privileges.

- Discounts on all term-time and holiday activities
- Discounted swimming lessons
- Priority booking privileges

- 10% off Kids Village birthday parties
- Access to our online booking system
- Be the first to know about all our exciting Kids Village news and more!

Kids Village membership runs from the 1st of September until 31st August annually.



Birthday Parties

Choose from a range of fantastic birthday parties to celebrate your child's special day and make it one to remember.

With our range of fantastic parties we have something for all children. Parties include:

- Bounce and Play
- Swimming Pool
- Paddling Pool
- Climbing
- Outdoor Football (throughout the Summer period only)
- Indoor Sports (including Football, Netball, Dodgeball and more...)

Holiday Programmes

We offer a wide range of sports activities to keep your children active and entertained during the school holidays. Our holiday activities are suitable for a wide range of ages and abilities and are delivered by first class qualified coaches. Some activities we offer include:

- Multi-Activity Day Camps
- Climbing
- Youth Fitness
- Family Fun Swim Sessions and much more...

Give your children the potential to try something new or develop existing skills in their chosen sport in a fun and safe environment!

For further information and prices, contact the Sports Development Team on 01707 281191.



Kids Village Activities

Choose from a range of term-time sports courses and help your children reach their potential in a fun environment.

We have a range of courses to choose from including:

- Climbing
- Gymnastics
- Trampolining
- Mini Movers
- Mini Boots
- Learn to Swim

Climbing (6yrs+)

Children can reach new heights on our fantastic 12 metre high climbing wall. Our fully qualified instructors are on hand to teach the fundamental skills so your child can climb safely and confidently. Our fun sessions are combined with factual insight into wall etiquette and health and safety information to allow your child to enjoy all sessions in a fun and safe environment. Our Climbing Programme includes weekend taster sessions, term-time junior courses, junior club nights and holiday climbing camps.

Gymnastics (3yrs+)

British gymnastics qualified specialist coaches lead structured sessions with low ratios covering all steps on the gymnastics ladder. Children will experience a wide range of gymnastics equipment and will develop their co-ordination, balance, strength and flexibility as well as important body awareness. These sessions will also enhance essential social skills and offer children a chance to interact with peers whilst gaining crucial self-confidence. A fantastic MUST for children who love to spend their time upside down or children who are a little on the apprehensive side.

Trampolining (5yrs)

Classes are taught under expert supervision. During sessions, children will work through the British Gymnastics Trampolining assessments. Courses are available during term-times at weekends as well as through school holidays.

For more information visit
www.hertssportsvillage.co.uk



Mini Movers (new walkers to 3yrs)

Toddlers will have the chance to develop their physical skills such as balancing, jumping, rolling and co-ordination in our fun and interactive Mini Movers sessions. With encouragement and assistance from parents or guardians, toddlers can explore our gymnastic based equipment in an unstructured, fun and safe environment. Sessions are designed to improve social interaction with other children as well as building on self-confidence.

Mini Boots (4-8yrs)

Our Saturday morning football programme is aimed at introducing children to the game as well as raising their confidence in playing the sport. Sessions are led by FA qualified coaches and children will have the chance to play games aimed at improving their passing control, turning, dribbling and shooting technique. They can then put their skills into action with small-sided games!

For more information contact
our Football Co-Ordinator
on 01707 281176.

Learn to Swim (4yrs+)

We run a high-quality learn to swim programme with low teacher to pupil ratios. Using the latest web based intelligent software, parents can access their child's progress online.

Our classes follow the ASA National Plan for Teaching Swimming, catering from complete beginners in our 3 ½ yrs + Ducklings preschool classes and 4 yrs + stage 1 classes through to stage 7 classes running every weekday after school and Saturday mornings.

Learners will benefit from what is undoubtedly one of the best pools in the area, with a moveable boom end floor to ensure the pool set up caters perfectly for a whole range of abilities allowing our team of qualified instructors to teach in a safe environment without the use of any fixed aids such as arm bands.

We use a system of continuous assessment allowing pupils to progress as and when they are ready through our term-time classes. We have cut out the need for time consuming re-enrolments allowing parents to top up classes when convenient or by direct debit.

For the aspiring competitive swimmer we offer one of the best swimming pathways available with the Club Foundation squad to introduce swimmers to the skills and stamina required to become a competitive swimmer. In partnership with Hatfield Swimming Club, one of the very few Performance accredited Swim 21 Clubs in the country, we are able to guide swimmers from Duckling to Podium!

For more information contact our Swimming Co-Ordinator on 01707 281178.



“The coach was excellent with the kids and kept them engaged. My child had a great time and I felt confident he was in safe hands.”

Indoor Facilities and Activities

At Hertfordshire Sports Village we are so much more than just a gym. We have a range of indoor sports halls and courts available 7 days a week to hire for both members and non-members. Our 3 sports halls and 2 squash courts have sprung wooden floors which provide a great playing surface and are perfect for many indoor sports. Our badminton hall walls are painted in the recommended contrasting colour of green so that the shuttlecock can be seen easily when playing. Our cricket hall is built to ECB standards with cricket lane nets suitable for year round practise.



Equipment Hire

We have a range of equipment available to hire from Reception including:

- Squash racquets
- Badminton racquets
- Indoor and outdoor footballs
- Basketballs
- Table tennis bats

All equipment can be hired from reception for a small hire cost and deposit.

If you want to play a sport on a regular basis, we accept block bookings at the Sports Village.

For more information and prices, contact our Bookings Team on 01707 281186.

We also run a variety of different casual sports sessions with a social focus in our Sports Halls. Our No Strings Badminton sessions are designed for all abilities so you can turn up without the hassle of booking and meet new people. Our Multi-Activity Morning sessions consist of badminton, swimming, exercise classes and more. These are suitable for people 45 and over.

Hertfordshire Sports Village's sports halls have hosted a range of major events including Mavericks Netball Superleague games televised on Sky Sports, British Table Tennis Championships, Badminton England National Championships, World Taekwondo Championships and Junior Fencing County Championships to name a few.

For more information or to arrange a tour if you have an event in mind, contact our Bookings Team on 01707 281186.

“Sports Village staff, the venue and facilities are a real credit to Hatfield.”

Climbing

Dominating the main entrance of the Sports Village is our impressive, 12 metre high climbing wall. Our wall provides a challenging climbing surface for climbers of all abilities from beginners to the advanced and boasts the following:

- 26 lead and top roping walls including impressive overhang, vertical and slab surfaces
- Bouldering area and abseil cave
- Tufa, arêtes, crack climbs and high-level stances
- 12 in-situ top ropes
- 70 sport routes from 3 to 7c
- 20 bouldering routes from VB to V7

Our wall is available for use by individuals as well as groups and parties. We offer membership packages for our climbing wall or you can climb on a pay as you go basis.

Climbing Wall Inductions

Whether you're just a little rusty or you're completely new to the sport, you will need to complete an induction if you want to learn to climb unsupervised. You will learn all the skills needed to

climb safely and confidently in your own time. One of our fully qualified instructors will teach you the basics including:

- How to put on a harness
- How to tie in to the rope
- How to belay safely

Inductions run over two 1.5 hour sessions over two consecutive weeks.

Climbing Taster Sessions

Never climbed before but want to give it a go? Get started with our 1 hour taster sessions. Our instructors are on hand to help you grasp the basics and all equipment is provided.

Adult Climbing

We offer adult climb clubs and courses during school term-time. Our adult climb club is for people aged 18 years and over. Once an induction or competency assessment has been completed you can come along and climb as part of our club. Climbing equipment is provided during these sessions.

Junior Climbing Clubs and Courses

Our junior club and courses also take place during school term-term and these are supervised sessions for any climbing ability for juniors aged 8 to 17. You have the opportunity to work your way through our climbing award sheets or just climb for fun at your own pace! Junior courses and club sessions are ideal for working towards your Duke of Edinburgh Award.

School Holiday Camps

Every school holiday we run a climbing activity programme of courses, taster and clubs sessions. These are suitable for complete beginners and our low ratios mean that all children are under expert supervision and guidance at all times.

Birthday Parties

We also offer birthday parties on our climbing wall so children can reach new heights in groups and make it a birthday to remember!

For more information contact our Climbing Coordinator on 01707 281179.

Competency assessment must be completed to use the Climbing Wall.



Outdoor Facilities and Activities

We are lucky to have a range of pitches and outdoor courts at the Sports Village. These can be found outside the back of the building. Like the indoor sports halls and courts, these are available 7 days a week for both members and non-members to hire. We have 2 floodlit hard courts, 3 football pitches, 1 rugby pitch, 2 floodlit New Gen Astro pitches and a floodlit Sand Dressed Astro pitch.

If you want to play a sport on a regular basis, we accept block bookings at the Sports Village.

For more information and prices, contact our Bookings Team on 01707 281186.



Conference and Meeting Rooms

Hold your meeting or have an away day with your colleagues at Hertfordshire Sports Village! We offer 6 meeting and conference rooms, all quietly located on the first floor away from our main sporting areas. Ideal for a range of uses, we can cater for up to 80 delegates. Whether you choose to opt for an informal setting or a more formal function, our rooms have been used for a range of events including:

- Breakfast meetings
- Networking meetings
- Product launches
- Small group meetings
- Team away days
- Coaching courses
- Education seminars
- Day conferences
- Presentations
- AGM's and board meetings
- First Aid, Physiotherapy or Massage courses

We offer room only options and there is a range of reasonably priced food on site. On the day of your meeting, all delegates receive free Wi-Fi, free parking, free use of our gym and swimming pool, unlimited tea and coffee and numerous food options.

For more information and prices of our Conference and Meeting Rooms, contact our Bookings Team on 01707 281188.

Performance Hertfordshire

Performance Hertfordshire is located next to the free weights area in our gym. This state-of-the-art space is the region's number one Strength and Conditioning facility and is where some of the countries' top athletes train. Our professional coaches are UKSCA accredited, and work with a wide range of athletes in a multitude of sports, from grass roots development to world-class performers. The vastly experienced team combine fantastic facilities with access to experienced physiotherapists and the latest research to create individualised, evidence-based programmes to assist you in reaching your performance goals.

Facilities

Performance Hertfordshire's gym space can accommodate up to 20 athletes at any one time and contains:

- 7 weightlifting platforms with Olympic barbells and weights
- 30 metre astro turf running track with sled and prowler
- Video analysis technology
- Dumbbells and kettlebells
- Plyometric boxes and cable machines
- Testing capabilities including speed gates, jump mat and barbell accelerometer

Courses and Taster Sessions

We run nationally accredited and REPS certified courses and workshops at Performance Hertfordshire throughout the year to help you with your personal development. This is the perfect chance to improve your coaching skills. We also offer our services via workshops for schools, teams or individuals as well as delivering lectures across a range of exercise, sports science and strength and conditioning topics up to Postgraduate level.



For more information on Performance Hertfordshire, contact our Lead Strength and Conditioning Team on 01707 281002 or performancehertfordshire@herts.ac.uk

Courses and Development

We are a recognised training provider and offer a range of different lessons and courses to develop your skills, qualifications and experience. Catering for your needs, we offer you total flexibility. Our extensive programme of lessons and courses are designed to equip you with the essential skills in demand across the sport, leisure and hospitality industry. We build on the skills, experience and qualifications you already have to take you to the next level. Some of the courses we offer throughout the year include:


- NPLQ (National Pool Lifeguard Qualification)
- 1 Day Emergency First Aid
- 3 Day First Aid at Work
- 3 Hour Emergency Response
- 1 Day Defibrillator
- 1 Day Paediatric First Aid

For information on dates and prices of any of the courses, contact our Centre Manager on 01707 285195.





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hertssportsvillage.co.uk