



Overview of sports and physical activity opportunities



Last Modified September 07, 2021

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Sport and physical activity update

A phased return of face to face programme delivery has restarted. Please check the individual programme pages for more information.



#StayInWorkOut

Get tips and advice from [Sport England](#) on keeping active at home.

We work hard with our partners to deliver sport and leisure opportunities in Hertsmere. Our summary gives you the key information.

Hertsmere Physical Activity and Exercise Referral Scheme ▾

parkrun ▾

GenerationPlus Programme ▾

Hertfordshire Health Walks ▾

Exercise for FREE in your local park ▾

Active Herts ▾

Watford FC Men's fitness programme ▾

Community Sports Programme



Community Sports Network



We Move, She Moves



Box Cleva



Coaching Courses and Experience



Join In



Sport and leisure activities take place across the borough, find out where the nearest [car park](#) is.

For more information on any of the schemes above, call

Helen Hopkins, 020 8207 7801 or email

community.services@hertsmere.gov.uk

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