

International Women's Day

Herts Sport & Physical Activity Partnership (HSP) is proud to share this guide, spotlighting women-focused activities across Hertfordshire.

Whether you're stepping into fitness for the first time, exploring a new sport, or continuing your wellness journey, we hope this inspires and empowers you.

This guide highlights a range of opportunities happening this upcoming week — ideal for connecting with your community, boosting confidence, and celebrating movement.



International Women's Day

#AccelerateAction #IWD2025



Broxbourne

Growga

Address: Goffs Lane, Goff's Oak, Waltham Cross, EN7 5EG

Date: Tue 11th Mar at 10:00

Price: Free

Click here to book

Social Adult Badminton

Address: Goffs Academy, Cheshunt, EN7 5QW

Date: Every Wed 19:30 – 20:30

Price: Two visits free then £34.50 for 47 weeks per year

Click here to book

Get into Golf Ladies beginner group coaching

Address: Cheshunt Park Golf Centre, Park Lane, Cheshunt, EN7 6QD

Date: Every Tue 18:30 – 19:30

Price: £11 per session (clubs are supplied)

Click here to book

Moving Mum's

Address: Barclay Park, Hoddesdon

Date: Every Thu 9:30am–10:30am

Price: £6 per session

Click here to book



International Women's Day

#AccelerateAction #IWD2025



Dacorun

Squad Girls' Football

Address: Longdean Secondary School, Rumballs Rd, Hemel Hempstead, Hemel Hempstead, HP3 8JB

Date: Mon 10th Mar at 17:00

Price: Free

Click here to book

Little Hay Golf Club Ladies' Academy

Address: Box Lane, Bovington, Herts, HP3 0DQ

Date: Mon and Wed mornings with the Ladies Section

Price: 9 holes for £12 | 18 holes for £20

Click here to book



International Women's Day

#AccelerateAction #IWD2025



East Hertfordshire

Women-only Boxing Group

Address: Vale House, 43 Cowbridge, Hertford, SG14 1PN

Date: Every Fri at 18:00 – 19:00

Price: Free

Click here to book

Ladies Keep Fit

Address: The Pioneer Hall, 11 Ware Road, Hertford, SG13 7HP

Date: Every Wed at 11:00

Price: £6 per session

Click here to book

Let's Run Girls Buntingford – Run and Chat

Address: Seth Ward Community Centre, Buntingford, SG9 9SG

Date: Mon 10th Mar at 18:30 & Thu 13th Mar at 18:30

Price: Free

Click here to book



International Women's Day

#AccelerateAction #IWD2025



Hertsmere

Aqua Zumba

Address: The Venue, Borehamwood, Elstree Way,
Borehamwood, WD6 1JY

Date: Tue 11th Mar at 19:30

Price: £5

Click here to book

Zumba

Address: Bushey Arena, London Road, Bushey, WD23 3AA

Date: Tue 11th Mar at 18:00

Price: Free

Click here to book

Pilates

Address: Shenley Chapel, The Chapel, Shenley, Radlett,
WD7 9EZ

Date: Mon 10th Mar at 11:00

Price: £5

Click here to book



International Women's Day

#AccelerateAction #IWD2025



North Hertfordshire

Aerobics – Women Only

Address: Hitchin Swimming Centre, Fishponds Road,
Hitchin, North Hertfordshire, SG5 1HA

Date: Wed 12th Mar at 20:15

Price: £7.60

Click here to book

Women and Girls Swimming (Girls Any Age)

Address: Baldock Road, Letchworth, SG6 2ER

Date: Every Tue 20:00 – 21:00, 21:00 – 22:00

Price: Please refer to the website

Click here to book

Hitchin Tennis Club

Address: Bancroft Gardens, Bancroft Hitchin Hertfordshire
SG5 1LL

Date: Ladies Tue night 18:30 – 20:30

Price: Please refer to the website

Click here to book



International Women's Day

#AccelerateAction #IWD2025



St Albans

Women's Climbing

Address: Westminster Lodge Leisure Centre, Holywell Hill, St Albans, East of England, AL1 2DJ

Date: Mon 10th Mar at 17:00

Price: £10.25

Click here to book

Adult Women's Tennis Sessions

Address: Batchwood Golf And Sports, Batchwood Drive, St Albans, Herts, AL3 5XA

Date: Wed 12th Mar at 10:00

Price: £14

Click here to book

Ladies Only Gym

Address: Beaumont School, Austen Way, St Albans, AL4 0XB

Date: Tue 11th Mar at 19:00 & Thu 13th Mar at 19:00

Price: £3

Click here to book



International Women's Day

#AccelerateAction #IWD2025



Stevenage

Women's Only Aquacise

Address: Stevenage Swimming Centre, St Georges Way,
Stevenage, Herts, SG1 1XY

Date: Every Tue 20:00 – 21:00

Price: £6.50

[Click here to book](#)



International Women's Day

#AccelerateAction #IWD2025



Three Rivers

Aqua Aerobics – Women Only

Address: Shepherds Lane, Mill End, Rickmansworth,
Hertfordshire, WD3 8JN

Date: Every Wed 08:50 – 09:35

Price: Please refer to the website

Click here to book

Back to Netball

Address/Venue: William Penn Leisure Centre, Mill End, WD3
8JN

Date: Every Mon (term time only) at 13:15 – 14:30

Price: £4.50 per session

Click here to book



International Women's Day

#AccelerateAction #IWD2025



Watford

Aqua Aerobics – Women Only

Address: Peace Prospect, Watford, WD17 3HA

Date: Every Tue 18:00 – 18:30

Price: Please refer to the website

Click here to book

Ladies only swimming

Address: Watford Central, Peace Prospect, WD17 3HA

Date: Every Fri 17:30

Price: £1.80 per session

Click here to book

She's Active Leavesden

Address: Green Jmi, Haines Way, WD25 7QZ

Date: Every Tue 18:30 / Every Thu 18:30 / Every Sat 10:00

Price: £5 per session

Click here to book



International Women's Day

#AccelerateAction #IWD2025



Welwyn Hatfield

Medau 'Elements' Ladies (50+) Keep Fit

Address: 141 Woodhall Lane, Welwyn Garden City

Date: Wed 12th Mar at 10:30

Price: £6.50

Click here to book

Football for HERTs

Address: Briars Ln, Hatfield AL10 8EY

Date: Every Monday 19:00

Price: Free

To join the Facebook group click here



International Women's Day

#AccelerateAction #IWD2025

