

**Pool Timetable term time – Main Pool**  
Monday 5th May - Sunday 11th May 2025

<b>Bank Holiday Monday</b>		Casual Swim (25m) 08.00-16.00				
<b>Tuesday</b>	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09:00-12.15	Adult Swim Lessons 12:45-13:45 Casual Swim (17m) 12:30-15:30	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30 Adult Swim lessons 20.30-22.00 Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00
<b>Wednesday</b>	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09:00-15.30		Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30 Adult Swim lessons 20.30-22.00 Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00
<b>Thursday</b>	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Private hire (lanes 7&8) 09.00-10.00 Casual Swim (25m) 09:00-12.00	Casual Swim (17m) 12.15-15.30	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30 Private Hire 20.30-22.00 Lane Swim (25m)-(Only 2 single lanes) 18:30-20.30
<b>Friday</b>	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 9.00-09.45	Adult Swim Lessons 12:00-13:00 Casual swim (17m) 10.00-15.30	Pool closed for Swim Lessons 15:45-18:15	Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30 Private Hire 18:30-20:30 Evening Lane Swim (25m) 20:30-22:00
<b>Saturday</b>		Lane Swim (25m) 08:00-09:00	Pool closed for Swim Lessons 09.15-12.15	Casual Swim (17m) 12:30 - 14:15	Casual Swim (25m) 14.30-17.00	Private Hire 17.00-19.30
<b>Sunday</b>		Lane Swim (25m) 08:00-09:00	Casual Swim (17m) 09.15-12:30	Family Fun 12:45- 13:40 / 13:45-14:40 (17m)	Casual Swim (17m) 15:00 - 17:00	Private Hire HSC Members only swim (2 lanes 25m) 17.15-19.15

**Private Hire** - Our swimming facilities are available to hire, contact our Booking Team for details.

**Swim Lessons**- Learn To Swim programme that's designed to teach children and adults to swim. Lessons run 42 weeks a year, 6 days a week.

**Changeovers** - 15 minute intervals show when the lifeguards change the pool length or depth. Swimmers will need to get out of the pool during these times.

**Member only swimming**- 6.00-6.30 (25m) member only lane swimming. No female shower access during this time

**Lane Swim- 17m Pool.** Strictly lane swimming only due to limited lane and speed availability - continuous swimming is required.

**Lane Swim - 25m** Lane swimming only. Strictly lane swimming only due to limited lane and speed availability - continuous swimming is required.

**Casual Swim - 17m Pool.** Casual and Lane swimming available.

**Casual Swim - 25m Pool.** Casual and Lane swimming available.

**Aqua Fit** - A fun and challenging aerobic workout in the swimming pool to music. Less stress is placed on the joints which makes this class ideal for those who prefer a low impact workout.

**Family Fun**- Music, floats and lots of fun makes this session a perfect way to enjoy some family time. normal child:adult ratios apply. Members can book in person at Reception.

**Evening Lane Swim**- 25m Pool. Relaxed Lane Swimming with low level lighting and music.

# **Pool Timetable (term time) – Small Pool** Monday 5th May -Sunday 11th May 2025

Monday										
Tuesday				NPLQ training 12.30-13.30		Swim Lessons Only 14:00-15:00	Adult Swim Lessons		Pool closed for Swim Lessons 15:30-18:30	
Wednesday									Pool closed for Swim Lessons 15:30-18:30	
Thursday				Deep water Aqua Fit 12:15-13:00	Casual swim 13.00-14.00	Swim Lessons Only 14:00-15:00	Casual Swim (17m) 15:00-15:30		Pool closed for Swim Lessons 15:30-18:30	
Friday		Paddle and Play session 10.00-11.30	Casual swim 11.30-12.15	Aqua Fit 12:15-13:00	Adult Swim Lessons Only 13:00-15:30				Pool closed for Swim Lessons 15:30-18:30	
Saturday		Pool closed for Swim Lessons 09:15-12:15		Private Swim Lessons 12:15-14:15						
Sunday		Swim Lessons (Stage 1-3) 09:15-10.45	Swim Lessons (Stages 4-6) 11:15-12:30	Family Fun 12:45-13:40 / 13:45-14:30			Swim Lessons (stages 1-6) 14.45-16.30			

## **Additional Information:**

- All sessions are subject to change.
- Pool depths will range from 1.2m to 1.4m in our off peak hours. In peak hours depths will range from 1.3m to 1.5m.
- We have ad hoc bookings which may affect our timetable, we will ensure these are only booked when it minimises the impact on customers