

Pool Timetable term time – Main Pool
Monday 30th June - Sunday 6th July 2025

Monday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	NPLQ 10.15-12.15 (lanes 7&8)	Aqua Fit 12:15-13:00	Casual Swim (25m) 09.00-15.30	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
Tuesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	NPLQ 10.15-11.15 (lanes 7&8)	Adult Swim Lessons 12:45-13:45	Casual Swim (25m) 09:00-11.15 Casual Swim (17m) 11:30-15:30	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30	Adult Swim lessons 20.30-22.00
Wednesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	NPLQ 10.15-11.15 (lanes 7&8)	Casual Swim (17m) 14.00-15.30	Casual Swim (25m) 09.00-13.45	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30	Adult Swim lessons 20.30-22.00
Thursday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09.00-10.00	Casual Swim (17m) 10.15-15:30	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30	Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	Lane Swim 25m 20:30-2200
Friday	6.00-6.30 (25m)	NPLQ 08.00-09.00 (lanes 7&8) Lane Swim (25m) 06:30-09:00	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	Lane Swim 25m 20:30-2100
Saturday		NPLQ 07.00-09.00 (lanes 7&8) 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		
Sunday		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 30th June - Sunday 6th July 2025

Monday							Pool closed for Swim Lessons 15:30-18:30	
Tuesday		NPLQ 11.30-12.30	Casual swim 12.30-14.00	Swim Lessons Only 14:00-15:00	Adult Swim Lessons		Pool closed for Swim Lessons 15:30-18:30	
Wednesday				NPLQ 14.00-15.00	Casual Swim (17m) 15:00-15:30		Pool closed for Swim Lessons 15:30-18:30	
Thursday		NPLQ 10.15-12.15	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		NPLQ 09.15-10.15	Paddle and Play session 10.15-11.45	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