Pool Time Table - Main Pool

HERTFORDSHIRE SPORTSVILLAGE

09/11/26 - 15/11/26 (Term Time)

Monday	MS 6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:15	Aqua Fit 12:15-13:00 Private Lesson (2 Lanes) 14:30-15:30 Casual Swim (25m) 09:15-15:30	Pool closed for Swim Lessons 15:45-18:15	**HSC** Private Hire 18:30-20:30 Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
Tuesday	MS 6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:15	Casual Swim (25m) 09:15-12:30 Adult Lessons (Lane 8) 12:45-13:045 Casual Swim (17m) 12:45-15:30	Pool closed for Swim Lessons 15:45-18:15	**HSC** Private Hire 18:30-20:30 Adult Swim lessons (2 Lanes) 20.30-22.00 Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00	
Wednesday	MS 6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:15	HS Represent Swim Team (Lanes 6/7/8/) 13:30-15:30 Casual Swim (25m) 09:15-15:30	Pool closed for Swim Lessons 15:45-18:15	**HSC** Private Hire 18:30-20:30 Adult Swim lessons (2 Lanes) 20.30-22.00 Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00	
Thursday	MS 6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Private recovery session (Lane 7/8) 9:00-10:00 Casual Swim (25m) 09:00-12:00 Casual Swim (17m) 12.15-15:30	Pool closed for Swim Lessons 15:45-18:15	**HSC** Private Hire 18:30-20:30 **Triforce** private hire 20:30-21:30 Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00	
Friday	MS 6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:15	Adult Swim Lessons (Lane 7&8) 12:00-14:00 Casual swim (17m) 9:30-15.30	Pool closed for Swim Lessons 15:45-18:15	Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30 **HSC** Private Hire 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
Saturday		Lane Swim (25m) 08:00-09:00	Pool closed for Swim Lessons 09:15-12:15 Private Lesson (Lane 8) 12:30-14:00 Casual Swim (17m) 12:30 - 14:30 Private Lesson (Lane 8) 14:45-16:15 Casual Swim (25m) 14:45-17:00	**Arena Gala** (Private Hire) **17:00-19:00**		
Sunday		Lane Swim (25m) 08:00-09:00	Casual Swim (25m) 09:15-12:30 Family Fun (17m) 12:45- 13:40 / 13:45-14:40 Casual Swim (17m) 15:00 - 17:00	HSC Private Hire 17:15-19:15 **Members ONLY** swim (2 lanes 25m) 17.15-19.15		

Our current timetables are subject to operational changes. We may have to change the pool length from 25m down to 17m if needed due to operational challenges but please check our website alerts and homepage banners for any amendments or pool closures ahead of your visit to us.

Key

Member ONLY Swim - (25m) Member only lane swimming. (Chance of NO female shower access during morning time)

Casual Swim - (25m Pool) Casual and Lane swimming available.

Casual Swim - (17m Pool) Casual and Lane swimming available.

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.

Lane Swim - (17m Pool) Strictly lane swimming only due to limited lane and speed availiabilty - continous swimming is required.Non equiptment lane avalible, see signs on poolside.

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

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. Booked in person at Reception.

Hatfield Swim Club - Our local Swimming club that use 6 lanes of the pool during the evening for their training sessions.

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.

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

Pool Time Table - Small Pool

HERTFORDSHIRE SPORTSVILLAGE

09/11/26 - 15/11/26 (Term Time)

Monday											Pool closed for Swim Lessons 15:45-18:15		
Tuesday							Adult Swim Lessons 12:45-13:45		Swim Lessons Only 14:00-15:00	Adult Swim Lessons 15:00-15:30	Pool closed for Swim Lessons 15:45-18:15		
Wednesday											Pool closed for Swim Lessons 15:45-18:15		
Thursday						Deep water Aqua Fit 12:15-13:00	Casual Swim 13:00-14:00		Swim Lessons Only 14:00-15:00		Pool closed for Swim Lessons 15:45-18:15		
Friday			Paddle and Play session 10.00-11.30	Casual swim 11.30-12.15	Aqua Fit 12:15-13:00					Swim Lessons Only 14:30-15:30	Pool closed for Swim Lessons 15:45-18:15		
Saturday			Pool closed for Swim Lessons 09:15-12:15			**SENS Lesson 12:30-13:30**	Private Lesson 13:30-14:30						
Sunday			Swim Lessons Only 09:15-12:00				Family Fun (17m) 12:45- 13:40 / 13:45-14:30			Pool closed for Swim Lessons 14:30-16:30			

Our current timetables are subject to operational changes. We may have to change the pool length from 25m down to 17m if needed due to operational challenges but please check our website alerts and homepage banners for any amendments or pool closures ahead of your visit to us.

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