HERTFORDSHIRE SPORTSVILLAGE

Pool Timetable term time – Main Pool

Monday 23rd November - Sunday 29th November 2026

Monday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	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 Lane Swim (25m)-(Only 2 single lanes) 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	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 Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00	Adult Swim lessons 20.30-22.00	
Wednesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-07.45	Casual Swim (17m) 08.00-10.00 Casual Swim (25m) 10.15-13.15 Student Club swim 13.30-15.30 (3xlanes) Casual swim (25m) 13.30-15.30	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30 Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00	Adult Swim lessons 20.30-22.00	
Thursday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-07.45	Private hire (lanes 6&7&8) 9.00- Casual Swim (17m) 08.00-10.00 Casual swim (25m) 10.15-12.00 Casual Swim (17m) 12.15-15:30	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	Private Hire 20.30-22.00 Closed Staff training (last Thursday of the month)	
Friday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-07.45	Casual Swim (17m) 08.00-15.30 Adult Swim Lessons 12:00-13.00	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 20:30-22.00	
Saturday		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				
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 facilties 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 availiabilty - continous swimming is required.Non equiptment lane avalible, see signs on poolside.

Lane Swim - 25m Lane swimming only. Strictly lane swimming only due to limited lane and speed availability - continous swimming is required. Non equiptment lane avalible, see signs on poolside.

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.

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. Our current timetables are subject to operational changes

HERTFORDSHIRE SPORTSVILLAGE

Pool Timetable (term time) – Small Pool

Monday 23rd November - Sunday 29th November 2026

Monday											Pool closed for Swim Lessons 15:30-18:30		
Tuesday						NPLQ 12.30-13.30	casual swim	Swim Lessons Only 14:00-15:00	Adult Swim Lessons		Pool closed for Swim Lessons 15:30-18:30		
Wednesday		NPLQ 08.00-10.00									Pool closed for Swim Lessons 15:30-18:30		
Thursday		NPLQ 09.00-10.00				Deep water Aqua Fit 12:15-13:00	Casual Swim 13.00-13.30	Swim Lessons Only 13:30-15:00	Casual Swim (17m) 15:00-15:30		Pool closed for Swim Lessons 15:30-18:30		
Friday		NPLQ 08.00-10.00	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) 11:00-12:30	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

Our current timetables are subject to operational changes. We may have to change the pool depth 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.