

# Pool Time Table - Main Pool



19/10/26 - 25/10/26 (Term Time)

|                  |                          |                                |                                                                             |                                                                 |                                                                                   |                                                                                   |                                                                                   |                                     |
|------------------|--------------------------|--------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------|
| <b>Monday</b>    | MS<br>6.00-6.30<br>(25m) | Lane Swim (25m)<br>06:30-09:15 | Casual Swim (25m) 09:15-15:30                                               | Aqua Fit 12:15-13:00                                            | Private Lesson (2 Lanes) 14:30-15:30                                              | Pool closed for Swim Lessons 15:45-18:15                                          | HSC Private Hire 18:30-20:30<br>Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30 | Evening Lane Swim (25m) 20:30-22:00 |
| <b>Tuesday</b>   | MS<br>6.00-6.30<br>(25m) | Lane Swim (25m)<br>06:30-09:15 | Casual Swim (25m)<br>09:15-12:00                                            | Adult Swim Lessons 12:45-13:45<br>Casual Swim (17m) 12:15-15:30 | Pool closed for Swim Lessons 15:45-18:15                                          | HSC Private Hire 18:30-20:30<br>Lane Swim (25m)-(Only 2 single lanes) 18:30-22:00 | Adult Swim lessons (2 Lanes) 20:30-22:00                                          |                                     |
| <b>Wednesday</b> | MS<br>6.00-6.30<br>(25m) | Lane Swim (25m)<br>06:30-09:15 | Casual Swim (25m) 09:15-15:30                                               | HS Represent Swim Team (Lanes 6/7/8) 13:00-15:30                | Pool closed for Swim Lessons 15:45-18:15                                          | HSC Private Hire 18:30-20:30<br>Lane Swim (25m)-(Only 2 single lanes) 18:30-22:00 | Adult Swim lessons (2 Lanes) 20:30-22:00                                          |                                     |
| <b>Thursday</b>  | MS<br>6.00-6.30<br>(25m) | Lane Swim (25m)<br>06:30-09:00 | Private recovery session 9:00-10:00<br>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<br>Lane Swim (25m)-(Only 2 single lanes) 18:30-22:00 | Triforce private hire 20:30-21:30                                                 |                                     |
| <b>Friday</b>    | MS<br>6.00-6.30<br>(25m) | Lane Swim (25m)<br>06:30-09:45 | Adult Swim Lessons (Lane 7&8) 12:00-14:00<br>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<br>HSC Private Hire 18:30-20:30 | Evening Lane Swim (25m) 20:30-22:00                                               |                                                                                   |                                     |
| <b>Saturday</b>  |                          | Lane Swim (25m)<br>08:00-09:00 | Pool closed for Swim Lessons 09:15-12:15<br>Casual Swim (17m) 12:30 - 14:30 | Private Lesson (1 Lane) 13:30-14:00                             | Private Lesson (1 Lane) 14:45-15:45<br>Casual Swim (25m) 14:45-17:00              |                                                                                   |                                                                                   |                                     |
| <b>Sunday</b>    |                          | Lane Swim (25m)<br>08:00-09:00 | Casual Swim (17m)<br>09:15-12:30                                            | Family Fun (17m)<br>12:45- 13:40 / 13:45-14:40                  | Casual Swim (17m)<br>15:00 - 17:00                                                | HSC Private Hire 17:15-19:15<br>Members ONLY swim (2 lanes 25m) 17.15-19.15       |                                                                                   |                                     |

## 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 availability - continuous swimming is required. Non equipment lane available, 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 facilities are available to hire, contact our Booking Team for details.

# Pool Time Table - Small Pool



19/10/26 - 25/10/26 (Term Time)

|           |  |  |                                             |                                    |                                               |                                             |                                             |  |
|-----------|--|--|---------------------------------------------|------------------------------------|-----------------------------------------------|---------------------------------------------|---------------------------------------------|--|
| Monday    |  |  |                                             |                                    |                                               | Pool closed for Swim Lessons<br>15:45-18:15 |                                             |  |
| Tuesday   |  |  |                                             | NPLQ Training<br>12:30-13:45       | Swim Lessons Only<br>14:00-15:00              | Adult Swim Lessons<br>15:00-15:30           | Pool closed for Swim Lessons<br>15:45-18:15 |  |
| Wednesday |  |  |                                             |                                    |                                               | Pool closed for Swim Lessons<br>15:45-18:15 |                                             |  |
| Thursday  |  |  |                                             | Deep water Aqua Fit<br>12:15-13:00 | Casual Swim<br>13:00-14:00                    | Swim Lessons Only<br>14:00-15:00            | Pool closed for Swim Lessons<br>15:45-18:15 |  |
| Friday    |  |  | Paddle and Play session<br>10:00-11:30      | Casual swim<br>11:30-12:15         | Aqua Fit<br>12:15-13:00                       | Swim Lessons Only<br>14:30-15:30            | Pool closed for Swim Lessons<br>15:45-18:15 |  |
| Saturday  |  |  | Pool closed for Swim Lessons<br>09:15-12:15 |                                    | SENS Lesson<br>12:30-13:30                    | Private Lesson<br>13:30-14:30               |                                             |  |
| Sunday    |  |  | Swim Lessons Only<br>09:15-12:00            |                                    | Family Fun (17m)<br>12:45-13:40 / 13:45-14:30 |                                             | Pool closed for Swim Lessons<br>14:30-16:30 |  |

## 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