

Pool Time Table - Main Pool



12/10/26 - 18/10/26 (Term Time)

		7	8	9	10	11	12	1	2	3	4		
Monday	MS 6.00-6.30 (25m)	Lane Swim (25m) 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	Evening Lane Swim (25m) 20:30-22:00
												Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	
Tuesday	MS 6.00-6.30 (25m)	Lane Swim (25m) 06:30-07:45		Casual Swim (25m) 08:00-12:00	Main Pool Closed for Maintenance Works (17m Swimming available in small pool) 12:00-12:30		NPLQ Training 12:30-13:45 Private Lesson 13:30-14:30		Swim Lessons (2 lanes) 14:00-15:30 Casual Swim (17m) 12.15-15:30	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		
Wednesday	MS 6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:15			Casual Swim (25m) 09:15-15:30				HS Represent Swim Team (Lanes 6/7/8) 13:30-15:30	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 (lanes 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) 06:30-09:45				Adult Swim Lessons (Lane 7&8) 12:00-14:00 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	Evening Lane Swim (25m) 20:30-22:00	
											HSC Private Hire 18:30-20:30		
Saturday		Lane Swim (25m) 08:00-09:00			Pool closed for Swim Lessons 09:15-12:15		Private Lesson (1 Lane) 13:30-14:00	Casual Swim (17m) 12:30 - 14:30	Private Lesson (1 Lane) 14:45-15:45	Casual Swim (25m) 14:45-17:00		Floating Sound Bath (Private Hire) 17:15-20:00	
Sunday		Lane Swim (25m) 08:00-09:00			Casual Swim (17m) 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	

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.

Monday						Pool closed for Swim Lessons 15:45-18:15		
Tuesday		Casual Swim (17m) 08:00-12:00		Small Pool Closed for Maintenance Works (17m) 12:00-15:45		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	

- All sessions are subject to change.

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- 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