

Pool Time Table - Main Pool



14/09/26 - 20/09/26 (Term Time)

Monday	MS 6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:15	Aqua Fit 12:15-13:00		Private Lesson (1 Lane) 14:30-15:00	Pool closed for Swim Lessons 15:45-18:15	HSC Private Hire 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
			Casual Swim (25m) 09:15-15:30				Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	
Tuesday	MS 6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:15	Private DS Netbal (1 Lane) 11:00-12:30	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 20:30-22:00	
			Casual Swim (25m) 09:15-12:30			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) 09:00-15:30			Pool closed for Swim Lessons 15:45-18:15	HSC Private Hire 18:30-20:30	Adult Swim lessons 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) 06:30-09:15	Casual Swim (25m) 09:15-12:00	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	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) 12:30-15:00	Casual Swim (25m) 15:45-17:00	Floating Sound Bath (Private Hire) 17:15-20:00		
				Casual Swim (17m) 12:30 - 15:30				
Sunday		Lane Swim (25m) 08:00-09:00	Pool closed for Swim Lessons 09:15-12:30	Family Fun (17m) 12:45- 13:40 / 13:45-14:40	Casual Swim (25m) 15:00 - 17:00	HSC Gala Club Champs (Private Hire) 17:00-21:00		

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



14/09/26 - 20/09/26 (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	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 14:00-15:00	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 13:30-15:30		Floating Sound Bath (Private Hire) 17:15-20:00	
Sunday						Family Fun (17m) 12:45- 13:40 / 13:45- 14:40		HSC Gala Club Champs (Private Hire) 17:00-21:00	

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