

Pool Timetable term time – Main Pool
Monday 23rd December - Sunday 29th December 2024

Monday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Aqua Fit 12:15-13:00	Casual swim (25m) 09.00-18.30	Private Hire 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
Tuesday Christmas Eve	Herts Sports Village Closed					
Wednesday Christmas Day	Herts Sports Village Closed					
Thursday Boxing Day	Herts Sports Village Closed					
Friday	Herts Sports Village Closed					
Saturday		Lane Swim (25m) 08:00-09:00	Casual Swim (25m) 09.00-17.00			
Sunday		Lane Swim (25m) 08:00-09:00	Casual Swim (25m) 9.00-12.30	Family Fun 12:45- 13:40 / 13:45-14:40 (17m)	Casual swim (25m) 15.00-17.00	Private Hire HSC

Private Hire - Our swimming facilities 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 availability - continuous swimming is required.

Lane Swim - 25m Lane swimming only. Strictly lane swimming only due to limited lane and speed availability - continuous swimming is required.

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.

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.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	<div style="background-color: #90EE90; padding: 5px; display: inline-block;"> Family Fun 12:45- 13:40 / 13:45- 14:30 </div>

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

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