TERM TIME POOL TIMETABLE

Active Hartlepool

25m Pool

	6.30–8.00	8.00–12.00	12.00–16.00	16.00–20.00	20.00–22.00	22.00–8.45
Monday		Masters Training (3 Lanes)	Public swimming (5 lanes)	Diving Board (2 Lanes); Swimming Lessons (3 Lanes)	Aquaforce Swimming Academy	Staff Training (3 Lanes)
Tuesday	ASA (3 Lanes)		Public swimming (5 lanes)	Diving Board (2 Lanes); (3 Lanes)	Hartlepool Swimming Club	Public Swim
Wednesday			Public swimming (5 lanes); Staff Training (3 Lanes); Pool closed	Diving Board (2 Lanes); Swimming Lessons (3 Lanes)	Aquaforce Swimming Academy	Public Swim
Thursday			Public swimming (5 lanes)	Diving Board (2 Lanes); (3 Lanes)	Aquaforce Swimming Academy	Staff Training (3 Lanes)
Friday	ASA (3 Lanes)	Adults	Public swimming (5 lanes)	Diving Board (2 Lanes); Swimming Lessons (3 Lanes)	Hartlepool Swimming Club	Public Swim
Saturday		Hartlepool Swimming Club	Lessons; Public swim (3 lanes); Diving Board (2 Lanes); Public swim (5 lanes); Diving Board (2 Lanes)			
Sunday		Swimming Lessons (2 Lanes)	Public swimming (5 lanes); Diving Board (2 Lanes); Public swim (5 lanes); Diving Board (2 Lanes)			

20m Pool

	6.30–8.00	8.00–12.00	12.00–16.00	16.00–20.00	20.00–22.00	22.00–8.45
Monday	Public swimming	Hydrohex (3 Lanes)	Schools Only; Aquarobics Deep end only	Schools Only; W.Mobility (3 Lanes); Swimming Lessons Public swimming	Aquarobics Deep end only	Hydrohex (3 Lanes)
Tuesday	Public swimming	Goodboost; Goodboost	Schools Only; Hydrohex (3 Lanes)	Schools Only; Hub Session; Swimming Lessons Public swimming	Adults; Aquarobics Deep end only	Hydrohex (3 Lanes)
Wednesday	Hydrohex (3 Lanes)	Public swimming	Schools Only; Aquarobics Deep end only; W.Mobility	Public swim; Ladies only; Hydrohex (3 Lanes); Swimming Lessons Public swimming		Hydrohex (3 Lanes)
Thursday	Public swimming	Hydrohex (3 Lanes)	Schools Only; W.Mobility (3 Lanes)	Schools Only; Hub Session; Swimming Lessons Public swimming	Adults	Hydrohex (3 Lanes)
Friday	Public swimming	Hydrohex (3 Lanes); Adults	Schools Only; W.Mobility Deep end only	Schools Only; Hydrohex (3 Lanes); Swimming Lessons Public swimming		Hydrohex (3 Lanes)
Saturday		Swimming Lessons Public swimming	Slide	Ladies only		
Sunday		Hydrohex (3 Lanes); Swimming Lessons Public swimming	Slide			

Learner Pool

	6.30–8.00	8.00–12.00	12.00–16.00	16.00–20.00	20.00–22.00	22.00–8.45
Monday		Public swim; Schools Only	Public swim; Schools Only	Public swim; Swimming Lessons	Public Swim	
Tuesday		Schools Only	Public swim; Schools Only	Public swim; Swimming Lessons	Public Swim	
Wednesday		Schools Only	Public swim; Parent & Baby; Ladies only	Public swim; Swimming Lessons	Public Swim	
Thursday		Schools Only	Public swim; Schools Only	Public swim; Swimming Lessons	Public Swim	
Friday		Schools Only	Public swim; Schools Only	Public swim; Swimming Lessons	Parties; Public Swim	
Saturday		Swimming Lessons	Public Swim	Ladies only		
Sunday		Swimming Lessons	Public Swim			

Active · Healthier · Together

activehartlepool.co.uk

Correct at time of printing 22/01/2026