HHSC is a competitive swimming club. Members are encouraged to take part in a number of competitive swimming events both as individuals and as part of Club teams at local, county, regional and national level.

The Club's extensive competition schedule is designed to give all members of whatever age and experience an opportunity to maximise their capabilities. Full details of the event schedule are available on the Club Calendar.

HHSC also has a very active Masters section. Members compete in some of the League competitions alongside their junior counterparts as well as entering Masters competitions at County, Regional, National and International events.