

Heston Pool Timetable

Heston Pool & Fitness

Accurate as of 31/10/2024

Times for Monday 28 October



Time	Session	Facility
06:30 - 09:00	Lane Swim (adult only 16+)	Main Pool
09:00 - 12:00	Swim School	Main Pool
09:00 - 12:00	Swim School	Learner Pool
09:00 - 16:00	Lane Swim (adult only 16+)	Main Pool
12:00 - 13:15	Aqua	Main Pool
12:15 - 13:45	Parent & Baby Session	Learner Pool
13:45 - 15:30	General Swim	Main Pool
13:45 - 15:30	General Swim	Learner Pool
15:45 - 19:15	Swim School	Learner Pool
16:00 - 20:00	Swim School	Main Pool
19:00 - 21:00	1 Lane Swim (adult only 16+)	Main Pool
20:00 - 21:00	Clubs	Main Pool
21:00 - 21:45	Lane Swim (adult only 16+)	Main Pool