

# Heston Pool Timetable

## Heston Pool & Fitness

Accurate as of 31/10/2024

### Times for Wednesday 30 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 |
| 12:00 - 13:15 | Aqua                       | Main Pool    |
| 12:15 - 13:45 | Parent & Baby Session      | Learner Pool |
| 13:15 - 16:00 | Lane Swim (adult only 16+) | Main Pool    |
| 13:45 - 15:00 | General Swim               | Learner Pool |
| 13:45 - 15:30 | General Swim               | Main Pool    |
| 15:30 - 19:45 | Swim School                | Learner Pool |
| 16:00 - 20:00 | Swim School                | Main Pool    |
| 19:00 - 21:45 | Women Only Session         | Main Pool    |
| 20:00 - 21:00 | Aqua Women Only            | Main Pool    |