

# Heston Pool Timetable

## Heston Pool & Fitness

Accurate as of 31/10/2024

### Times for Wednesday 6 November



Time	Session	Facility
06:30 - 15:30	Lane Swim (adult only 16+)	Main Pool
09:00 - 10:00	Schools	Main Pool
09:00 - 11:30	Schools	Learner Pool
10:30 - 11:30	Schools	Main Pool
12:00 - 13:00	General Swim	Learner Pool
13:00 - 15:00	Schools	Main Pool
13:00 - 15:00	Schools	Learner Pool
15:15 - 19:45	Swim School	Learner Pool
16:00 - 20:00	Swim School	Main Pool
19:00 - 21:00	Ladies Adult Only Session	Main Pool
20:00 - 20:45	Aqua Women Only	Main Pool
21:00 - 21:45	Lane Swim (adult only 16+)	Main Pool