


Heston Pool Timetable

Heston Pool & Fitness

Accurate as of 09/07/2025

Times for Monday 24 January			
Time	Session	Facility	
06:30 - 22:00	Adult Swim	Main Pool	
09:00 - 12:00	Crash Course	Learner Pool	
09:30 - 10:30	Schools	Main Pool	
10:30 - 11:45	Aqua	Main Pool	
11:45 - 12:00	Schools	Main Pool	
12:00 - 15:30	General Swim	Learner Pool	
13:30 - 15:00	Schools	Main Pool	
16:00 - 19:00	Swim School	Main Pool	
16:00 - 19:00	Swim School	Learner Pool	