

# Heston Pool Timetable

## Heston Pool & Fitness

Accurate as of 15/07/2025

Times for Tuesday 1 February



Time	Session	Facility
06:30 - 16:00	Adult Swim	Main Pool
09:00 - 12:00	Schools	Main Pool
09:00 - 12:00	Crash Course	Learner Pool
12:00 - 15:30	General Swim	Learner Pool
13:00 - 15:00	Schools	Main Pool
16:00 - 19:00	Swim School	Main Pool
16:00 - 19:00	General Swim	Main Pool
16:00 - 19:00	Swim School	Learner Pool
19:00 - 20:30	Clubs	Main Pool
20:00 - 22:00	Adult Swim	Main Pool