


Heston Pool Timetable

Heston Pool & Fitness

Accurate as of 15/07/2025

Times for Friday 4 February			
Time	Session	Facility	
06:30 - 16:00	Adult Swim	Main Pool	
09:00 - 12:00	Crash Course	Learner Pool	
09:30 - 12:00	Schools	Main Pool	
12:00 - 13:00	Aqua	Main Pool	
12:00 - 15:30	General Swim	Learner Pool	
13:00 - 15:15	Schools	Main Pool	
16:00 - 19:00	Swim School	Main Pool	
16:00 - 19:00	Swim School	Learner Pool	
19:00 - 20:00	Adult Swim	Main Pool	
20:00 - 21:30	Clubs	Main Pool	