

# Heston Pool Timetable

## Heston Pool & Fitness

Accurate as of 01/05/2024

### Times for Wednesday 29 June



Time	Session	Facility
06:30 - 08:30	Permitted Swim Aids Fast Lane Only	Main Pool
06:30 - 16:00	Adult Swim	Main Pool
09:00 - 12:00	Crash Course	Learner Pool
09:00 - 15:00	Schools	Main Pool
12:00 - 13:00	Aqua	Main 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	Swim School	Learner Pool
19:00 - 20:00	Ladies Only Adult Sessions	Main Pool
19:00 - 21:00	Women Only Session	Main Pool
21:00 - 22:00	Adult Swim	Main Pool