

Heston Pool Timetable

Heston Pool & Fitness

Accurate as of 01/05/2024

Times for Thursday 30 June



| Time | Session | Facility |
|---------------|------------------------------------|--------------|
| 06:30 - 08:30 | Permitted Swim Aids Fast Lane Only | Main Pool |
| 06:30 - 09:00 | Adult Swim | Main Pool |
| 09:00 - 12:00 | Crash Course | Learner Pool |
| 09:00 - 14:45 | Schools | Main Pool |
| 13:00 - 15:00 | Short Breaks | Learner Pool |
| 14:45 - 16:00 | Adult Swim | 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 - 20:00 | Adult Lessons | Main Pool |
| 19:00 - 22:00 | Adult Swim | Main Pool |