

Heston Pool Timetable

Heston Pool & Fitness

Accurate as of 05/05/2024

Times for Wednesday 6 July

| 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 |