

Heston Pool Timetable

Heston Pool & Fitness

Accurate as of 22/09/2026

Times for Tuesday 22 September

Time	Session	Facility
06:30 - 08:30	Swim School	Main Pool
06:30 - 15:45	Lane Swim (adult only 16+)	Main Pool
09:00 - 12:00	Schools	Learner Pool
09:30 - 11:30	Parent & Baby Session	Learner Pool
10:00 - 11:00	Aqua	Main Pool
12:00 - 13:00	Aqua	Main Pool
12:00 - 13:00	General Swim	Learner Pool
12:00 - 13:00	General Swim	Main Pool
13:00 - 15:00	Schools	Learner Pool
15:30 - 20:00	Swim School	Learner Pool
16:00 - 19:00	General Swim	Main Pool
16:00 - 19:00	Swim School	Main Pool
19:00 - 20:30	Lifesavers	Main Pool
19:00 - 21:45	Lane Swim (adult only 16+)	Main Pool