

# Heston Pool Timetable

## Heston Pool & Fitness

Accurate as of 22/09/2026

Times for Wednesday 23 September



| Time          | Session                    | Facility     |
|---------------|----------------------------|--------------|
| 06:30 - 15:30 | Lane Swim (adult only 16+) | Main Pool    |
| 09:00 - 10:00 | Schools                    | Main Pool    |
| 09:00 - 11:30 | Schools                    | Learner Pool |
| 10:30 - 11:30 | Schools                    | Main Pool    |
| 12:00 - 13:00 | General Swim               | Learner Pool |
| 13:00 - 15:00 | Schools                    | Main Pool    |
| 13:00 - 15:00 | Schools                    | Learner Pool |
| 15:15 - 19:45 | Swim School                | Learner Pool |
| 16:00 - 20:00 | Swim School                | Main Pool    |
| 19:00 - 21:00 | Ladies Adult Only Session  | Main Pool    |
| 20:00 - 20:45 | Aqua Women Only            | Main Pool    |
| 21:00 - 21:45 | Lane Swim (adult only 16+) | Main Pool    |