

Heston Pool Timetable

Heston Pool & Fitness

Accurate as of 23/09/2026

Times for Thursday 24 September

Time	Session	Facility
06:30 - 15:45	Lane Swim (adult only 16+)	Main Pool
09:00 - 10:00	Schools	Learner Pool
09:00 - 10:30	Schools	Main Pool
12:00 - 13:00	General Swim	Learner Pool
12:15 - 13:15	Aqua	Main Pool
13:00 - 15:00	Schools	Main Pool
13:00 - 15:00	Schools	Learner Pool
15:45 - 19:45	Swim School	Learner Pool
16:00 - 19:00	General Swim	Main Pool
16:00 - 21:00	Swim School	Main Pool
19:00 - 21:00	1 Lane Swim (adult only16+)	Main Pool
21:00 - 21:45	Lane Swim (adult only 16+)	Main Pool