

# Heston Pool Timetable

## Heston Pool & Fitness

Accurate as of 22/09/2026

| Times for Friday 25 September |                            |              |  |
|-------------------------------|----------------------------|--------------|-------------------------------------------------------------------------------------|
| Time                          | Session                    | Facility     |                                                                                     |
| 06:30 - 15:30                 | Lane Swim (adult only 16+) | Main Pool    |                                                                                     |
| 09:30 - 12:00                 | Schools                    | Main Pool    |                                                                                     |
| 09:30 - 12:00                 | Schools                    | Learner Pool |                                                                                     |
| 12:00 - 13:00                 | General Swim               | Learner Pool |                                                                                     |
| 12:15 - 13:00                 | 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 - 19:30                 | Swim School                | Main Pool    |                                                                                     |
| 19:00 - 20:00                 | Lane Swim (adult only 16+) | Main Pool    |                                                                                     |
| 20:00 - 21:30                 | Private Hire               | Main Pool    |                                                                                     |