

Heston Pool Timetable

Heston Pool & Fitness

Accurate as of 23/09/2026

Times for Sunday 27 September

Time	Session	Facility
08:00 - 13:00	Lane Swim (adult only 16+)	Main Pool
08:00 - 13:15	Swim School	Learner Pool
08:00 - 14:00	Swim School	Main Pool
13:00 - 16:00	2/3 General Swim	Main Pool
14:00 - 16:00	General Swim	Learner Pool
16:00 - 17:45	Lane Swim (adult only 16+)	Main Pool