

Heston Pool Timetable

Heston Pool & Fitness

Accurate as of 22/09/2026

Times for Monday 28 September			
Time	Session	Facility	
06:30 - 15:45	Lane Swim (adult only 16+)	Main Pool	
09:00 - 11:30	Schools	Main Pool	
10:30 - 11:00	Schools	Learner Pool	
12:00 - 12:45	Aqua	Main Pool	
13:00 - 15:00	Schools	Learner Pool	
15:45 - 19:00	Swim School	Learner Pool	
16:00 - 19:00	Swim School	Main Pool	
20:00 - 21:00	Clubs	Main Pool	
20:00 - 21:45	1 Lane Swim (adult only16+)	Main Pool	