

Heston Main Pool Timetable

Day	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
Monday		Lane Swim	Lane Swim	School Swim	Aqua	School Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Swim School	Swim School	Lane Swim	Lane Swim	Lane Swim		
Tuesday		Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Swim School	Swim School	General Swim	Clubs	Lane Swim		
Wednesday		Lane Swim	Lane Swim	School Swim	School Swim	Schools	Schools	Schools	Schools	Lane Swim	Swim School	Swim School	Swim School	Ladies only Adult Lessons	Womens Only Session	Lane Swim	
Thursday		Lane Swim	Lane Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	Lane Swim	Swim School	Swim School	General Swim	Adult Lessons	Lane Swim		
Friday		Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Swim School	Swim School	Swim School	Lane Swim	Clubs		
Saturday				Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Family Swim	Family Swim	Lane Swim	Lane Swim				
Sunday				Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Family Swim	Family Swim	Lane Swim	Lane Swim				

Please note:

Timetables are subject to change

Lane swim is adult only 16+

Sessions can be booked online via the website or Lampton Leisure app or at centre.

Heston Learner Pool Timetable

Day	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Monday					Schools							Swim School				
Tuesday				Schools				Schools			Swim School					
Wednesday				Schools		Parent & Baby session		Schools			Swim School					
Thursday				Schools		Parent & Baby session	Schools		Schools		Swim School					
Friday				Schools		Parent & Baby session		Schools			Swim School					
Saturday				Swim School						Family Fun Swim						
Sunday				Swim School					Family Fun Swim							

Please note:

Timetables are subject to change

Lane swim is adult only 16+

Sessions can be booked online via the website or Lampton Leisure app or at centre.