

## Health Suite

There are separate male and female Health Suite facilities. Jacuzzi facilities are available in the women's Health Suite. Last ticket is sold 1 hour before closing.

### Men

Monday	09:00 – 20:00
Tuesday	12:00 – 20:00
Wednesday	09:00 – 20:00
Thursday	12:00 – 20:00
Friday	09:00 – 20:00
Saturday	09:00 – 15:00
Sunday	09:00 – 15:00

### Women

Monday	09:00 – 16:30
Tuesday	12:00 – 20:00
Wednesday	12:30 – 20:00
Thursday	12:00 – 20:00
Friday	09:00 – 20:00
Saturday	09:00 – 15:00
Sunday	09:00 – 15:00

## Adult & Children Courses

Course programmes run every spring, summer, autumn and winter. Courses include swimming lessons for all ages and abilities and Bollywood dance for children and adults. Please contact reception for details of course dates and times.

### Holiday programme

A comprehensive programme of activities for children aged 5-12 years is run during all school holidays. This includes pool fun sessions and swimming crash courses. Please contact reception for further details of centres activities.



## Fitness Classes

### Monday

10:00 – 11:00	Hi/Lo Tone to Go
17:00 – 19:00	Women's Session – Evening
19:30 – 21:00	Kundalini Yoga
20:00 – 21:00	Super Circuit*

### Tuesday

18:30 – 19:30	Hi/Lo Tone to Go
19:30 – 20:30	Legs, Bums & Tums

### Wednesday

09:00 – 12:00	Women's Session – Day
12:30 – 13:00	Aquafit
19:00 – 20:00	Hi/Lo Tone to Go
19:45 – 20:30	Aquafit
20:30 – 21:30	Super Circuit*
20:00 – 21:30	Kundalini Yoga

### Friday

10:00 – 11:00	Hi/Lo Tone to Go
18:00 – 19:30	Yoga

\*Super Circuit sessions take place in the exercise suite and are for induction holders only.



London Borough  
of Hounslow

## Further Information

For more information please contact us:

Heston Pool  
New Heston Road  
Middlesex TW5 0LW

[www.hounslow-leisure.com](http://www.hounslow-leisure.com)

Telephone: **0845 456 6675** \* \*

\*\*Calls from BT max 5ppm, other providers may vary

# Heston Pool



Visit our website  
[www.hounslow-leisure.com](http://www.hounslow-leisure.com)



London Borough  
of Hounslow

# Centre Programme

From Monday 4th January 2010

# Heston Pool



## Pool Timetable

Teaching Pool	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	Closed	Early Riser Swim	General Swim	Lessons	Lessons	Adult & Toddlers	Schools	General Swim	Lessons	Women's Session – Evening	Lessons	Aquafit	Lessons			
Tuesday	Closed		Schools	Lessons	Schools	General Swim	Schools	General Swim	Lessons					Club Use Only		
Wednesday	Closed	Early Riser Swim	General Swim	Aquafit	Women Only Swim	Aquafit	Adult Only Lanes	Schools	General Swim	Lessons		General Swim	Aquafit	Over 30s		
Thursday	Closed		Schools			General Swim				Lessons				Club Use Only		
Friday	Closed	Early Riser Swim	Schools			Adult Only	Schools	General Swim						Swim Lessons		
Saturday	Closed		Lessons			General Swim		#Women Only Swim	Womens Lessons							
Sunday	Closed		General Swim													

Main Pool	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	Closed	Early Riser Swim	General Swim			Adult Only	Schools	Staff Training	Lessons	Lessons	Women's Session – Evening	Swim Lessons				
Tuesday	Closed		Schools			General Swim	Lanes	Schools	Lessons					Club Use Only		
Wednesday	Closed	Early Riser Swim	General Swim			Adult Only Lanes	General Swim	Schools					Lanes	Over 30s		
Thursday	Closed		Schools			Lanes	General Swim		Lessons					Club Use Only		
Friday	Closed	Early Riser Swim	Schools			Adult Only Lanes	Schools	General Swim						Swim Lessons		
Saturday	Closed		Lanes			Lessons		Women Only Swim	Lessons							
Sunday	Closed		General Swim						Lanes							

- Under 8's must be accompanied by a responsible person 16yrs+.
- Last admission to the pool will be available 30 minutes before closing time.
- # Women Only Swim on Saturday from 16:30 – 17:30 is reserved for over 16's only.
- Women Only Swim on Saturday 15:00 – 16:30 is for females plus babies up to 18 months old.
- During school swimming an area of the main pool will be available for general swimming.
- During school holidays the pool is reserved for adults only from 09:00 – 09:30 on Monday, Wednesday & Friday.
- The centre reserves the right to alter this pool programme when necessary.

## Gym Opening Hours

### Day

#### Wednesday 09:00 – 12:00

09:30 – 11:30	Gym	(30 minute sessions)
09:30 – 10:30	Aerobics	(30 minute sessions)
09:30 – 12:00	Health Suite	(30 minute sessions)
10:30 – 11:30	Aquafit	(30 minute sessions)

09:00 – 12:00	Swimming	(Shared use of pool)
---------------	----------	----------------------

### Evening

#### Monday 17:00 – 20:00

17:00 – 19:30	Gym	(30 minute sessions)
19:30 – 20:00	Super Circuit*	
17:00 – 19:00	Aerobics	(30 minute sessions)
17:30 – 19:00	Aquafit	(30 minute sessions)
17:00 – 20:00	Health Suite	(30 minute sessions)
17:00 – 20:00	Swimming	(Women only)

- \* Super circuit sessions are for induction holders only
- Women's session – evening tickets are on sale from 16:30
  - Sunbed and swimming lessons are available at an additional cost
  - Over 16's only admitted
  - These sessions are staffed by male and female staff
  - The centre reserves the right to alter this programme as necessary
  - Suitable clothing & footwear to be worn in the gym and fitness classes
  - Tickets allow you to take part in one 30 minute session of each activity providing spaces are available

### Use of Mobile Phones, Photographic and Video Recording Equipment

Fusion's policy prohibits the use of mobile phones beyond the centre reception point. Unauthorised use of photographic or video recording equipment is not permitted in any area of the facility without written authorisation of the Duty Manager. Please contact reception for more details.

## Fitness Classes

Our gym has a full range of Cardiovascular exercise machines and variable resistance fitness equipment.

### Induction sessions

As our gym is not staffed all of the time, you are required to attend an induction session at one of our other centres within the Borough before using the facilities at Heston Pool. Please contact reception for further information.

### Super Circuit

This is an intermediate class held in the gym which enables you to exercise at a high intensity. Working muscle groups in sets of exercise.

Monday	20:00 – 21:00
Wednesday	20:00 – 21:00

### Gym Programme

Monday	
07:00 – 09:00	Early Riser session
09:00 – 17:00	General use
17:00 – 20:00	Women's session
20:00 – 21:00	Super Circuit

Tuesday	
12:00 – 21:30	General use

Wednesday	
07:00 – 09:00	Early Riser session
09:30 – 11:30	Women's session
11:30 – 20:30	General use
20:30 – 21:30	Super Circuit

Thursday	
12:00 – 21:30	General use

Friday	
07:00 – 09:00	Early Riser session
09:00 – 21:00	General use

Saturday	
09:00 – 18:00	General use

Sunday	
08:00 – 18:00	General use