



London Borough
of Hounslow

Pool timetable

From January 2012



Hounslow
Sports & Leisure
Centres



Leisure pool term time - Brentford Fountain Leisure Centre

Leisure 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	22:00
Monday	Closed	General swim	General swim	General swim	Staff training	General swim	General swim	General swim	General swim	General swim	Slide and wave session	Disability swim	General swim	Closed	Closed	Closed	Closed
Tuesday	Closed	General swim	50+ swim <small>Toddler pool time</small>	General swim	General swim	General swim	General swim	General swim	General swim	General swim	Slide and wave session	General swim	General swim	General swim	General swim	Closed	Closed
Wednesday	Closed	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	Slide and wave session	General swim	Women only	General swim	General swim	Closed	Closed
Thursday	Closed	General swim	50+ swim <small>Toddler pool time</small>	General swim	Cleaning and maintenance	General swim	General swim	General swim	General swim	General swim	Slide and wave session	General swim	General swim	General swim	General swim	Closed	Closed
Friday	Closed	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	Slide and wave session	General swim	General swim	General swim	General swim	Closed	Closed
Saturday	Closed	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	Slide and wave session	Closed	Closed	Closed	Closed	Closed	Closed
Sunday	Closed	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	Slide and wave session	Closed	Closed	Closed	Closed	Closed	Closed

Fitness pool term time - Brentford Fountain Leisure Centre

Fitness 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	22:00
Monday	Lane swim	Lane swim	Lane swim	School swim	School swim	School swim	Lane swim	Lane swim	School swim	School swim	Swim school	Swim school	Swim club	Lane swim	Lane swim	Lane swim	Closed
Tuesday	Lane swim	Lane swim	Lane swim	School swim	School swim	School swim	SwimFit Lane swim	SwimFit Lane swim	School swim	School swim	Swim school	Swim school	Lane swim	Lane swim	Lane swim	Lane swim	Closed
Wednesday	Lane swim	Lane swim	Lane swim	School swim	School swim	School swim	Lane swim	Lane swim	Swim school	Swim school	Swim school	Swim school	Women only	Lane swim	Lane swim	Lane swim	Closed
Thursday	Lane swim	Lane swim	Lane swim	School swim	School swim	School swim	Lane swim	SwimFit Lane swim	School swim	School swim	Swim school	Swim school	Adult swim school	Lane swim	Lane swim	Lane swim	Closed
Friday	Lane swim	Lane swim	Lane swim	School swim	School swim	School swim	Lane swim	Lane swim	School swim	School swim	Swim school	Swim school	Swim club	Lane swim	Lane swim	Lane swim	Closed
Saturday	Closed	Closed	Lane swim	Lane swim	Swim school	Swim school	Swim school	Swim school	Big Day Parties	Big Day Parties	Big Day Parties	Big Day Parties	Big Day Parties	Big Day Parties	Big Day Parties	Big Day Parties	Closed
Sunday	Closed	Closed	Lane swim	Lane swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	Closed

Main pool term time - Hanworth Air Park Leisure Centre & Library

	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
Main Pool																	
Monday	Lane swim	Lane swim	Lane swim	School swim	AquaFit	General swim	General swim	School swim	School swim	General swim	General swim	Swim school	Swim school	Lane swim	Club use	Club use	Closed
Tuesday	Lane swim	Lane swim	Lane swim	GS	SwimFit	GS	General swim	School swim	School swim	General swim	Swim school	Swim school	Women only swim	Women only swim	Adult Lane swim	Lane swim	Closed
Wednesday	Lane swim	Lane swim	Lane swim	General swim	General swim	General swim	General swim	School swim	School swim	General swim	Swim school	Swim school	Lane swim	Lane swim	Disability swim	Lane swim	Closed
Thursday	Lane swim	Lane swim	Lane swim	General swim	General swim	General swim	General swim	School swim	School swim	General swim	Lane swim	Lane swim	SS	LS	Club use	Club use	Closed
Friday	Lane swim	Lane swim	Lane swim	General swim	General swim	General swim	General swim	School swim	School swim	General swim	Swim school	Swim school	General swim	General swim	Club use	Club use	Closed
Saturday	Closed	Closed	Lane swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	Closed	Closed	Closed	Closed	Closed
Sunday	Closed	Closed	Lane swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	Closed	Closed	Closed	Closed	Closed

Teaching pool term time - Hanworth Air Park Leisure Centre & Library

	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
Teaching Pool																	
Monday	Closed	Closed	Closed	School swim	School swim	School swim	Swim school	Swim school	School swim	Club use	Club use	Swim school	Swim school	Swim school	Swim school	Closed	Closed
Tuesday	Closed	Closed	Closed	School swim	School swim	School swim	Swim school	Swim school	School swim	Club use	Club use	Swim school	Swim school	Women only swim	Women only swim	Closed	Closed
Wednesday	Closed	Closed	Closed	School swim	School swim	School swim	Swim school	Swim school	School swim	Club use	Club use	Swim school	Swim school	Swim school	AquaFit	Closed	Closed
Thursday	Closed	Closed	Closed	School swim	School swim	School swim	AquaFit	School swim	School swim	50+ swim	50+ swim	Swim school	Swim school	Swim school	General swim	General swim	Closed
Friday	Closed	Closed	Closed	School swim	School swim	School swim	Swim school	Swim school	School swim	Club use	Club use	Swim school	Swim school	Swim school	Club use	Club use	Closed
Saturday	Closed	Closed	Closed	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Closed
Sunday	Closed	Closed	Closed	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Closed

Main pool term time - Heston Pool

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	22:00	
Monday	Lane swim	School swim General swim	School swim General swim	SwimFit Lane swim	School swim General swim	Staff Training General swim	SwimFit Lane swim	School swim General swim	SwimFit Lane swim	School swim General swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim
Tuesday	Closed	Private hire	Private hire	School swim	School swim	School swim	SwimFit Lane swim	School swim General swim	SwimFit Lane swim	School swim General swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim
Wednesday	Lane swim	Lane swim	Lane swim	General swim	General swim	General swim	SwimFit Lane swim	School swim General swim	SwimFit Lane swim	School swim General swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim
Thursday	Closed	Private hire	Private hire	School swim	School swim	School swim	SwimFit Lane swim	School swim General swim	SwimFit Lane swim	School swim General swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim
Friday	Lane swim	Lane swim	Lane swim	School swim General swim	School swim General swim	School swim General swim	SwimFit Lane swim	School swim General swim	SwimFit Lane swim	School swim General swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim	SwimFit Lane swim
Saturday	Closed	Closed	Swim school General swim	General swim	General swim	General swim	Family swim	General swim	General swim	Family swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim
Sunday	Closed	Closed	SS General swim	General swim	General swim	General swim	Family swim	General swim	General swim	Family swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim	General swim

Teaching pool term time - Heston Pool

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	22:00	
Monday	General swim	General swim	General swim	School swim	School swim	School swim	Toddler pool time Aqua	School swim	School swim	General swim	General swim	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school
Tuesday	General swim	General swim	General swim	School swim	School swim	School swim	General swim	School swim	School swim	General swim	General swim	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school
Wednesday	General swim	General swim	General swim	School swim	School swim	School swim	Aqua	School swim	School swim	General swim	General swim	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school
Thursday	General swim	General swim	General swim	School swim	School swim	School swim	General swim	School swim	School swim	General swim	General swim	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school
Friday	General swim	General swim	General swim	School swim	School swim	School swim	General swim	School swim	School swim	General swim	General swim	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school
Saturday	Closed	Closed	Swim school	Swim school	Swim school	Swim school	Family swim	General swim	General swim	Family swim	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school
Sunday	Closed	Closed	Swim school	Swim school	Swim school	Swim school	Family swim	General swim	General swim	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school	Swim school

Main pool term time - Isleworth Leisure Centre

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	22:00
Monday		Club use	Lane swim	General swim	School swim	General swim	Lane swim	General swim	School swim	General swim	Swim school	Club use	Club use	Club use	General swim	General swim	Closed
Tuesday		Lane swim	Lane swim	General swim	School swim	General swim	SwimFit	Lane swim	School swim	General swim	Swim school	Club use	Lane swim	Club use	GS	Closed	Closed
Wednesday		Club use	Lane swim	Gen Swim	School swim	Women only	Lane swim	General swim	School swim	General swim	Swim school	Club use	Club use	Club use	Lane swim	Closed	Closed
Thursday		Lane swim	Lane swim	General swim	School swim	General swim	SwimFit	Lane swim	School swim	General swim	Swim school	General swim	General swim	General swim	Disability swim	Closed	Closed
Friday		Club use	Lane swim	General swim	School swim	General swim	Lane swim	General swim	School swim	General swim	Swim school	Club use	Club use	Club use	Club use	Closed	Closed
Saturday	Closed	Closed	Lane swim	General swim	School swim	General swim	SwimFit	Gen swim	General swim	General swim	Swim school	Closed	Closed	Closed	Closed	Closed	Closed
Sunday	Closed	Closed	General swim	General swim	General swim	General swim	General swim	Big day parties	Club use	Club use	Closed	Closed	Closed	Closed	Closed	Closed	Closed

Teaching pool term time - Isleworth Leisure Centre

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	22:00
Monday	Closed	Closed	Closed	General swim	School swim	Aqua	General swim	General swim	School swim	General swim	Swim school	Swim school	General swim	General swim	General swim	Closed	Closed
Tuesday	Closed	Closed	Closed	General swim	School swim	General swim	General swim	AquaFit	School swim	General swim	Swim school	Swim school	General swim	General swim	General swim	Closed	Closed
Wednesday	Closed	Closed	Closed	Gen swim	School swim	Women only	General swim	AquaFit	School swim	General swim	Swim school	Swim school	General swim	General swim	Swim school	Closed	Closed
Thursday	Closed	Closed	Closed	General swim	School swim	General swim	General swim	General swim	School swim	General swim	Swim school	Swim school	General swim	General swim	Swim school	Closed	Closed
Friday	Closed	Closed	Closed	General swim	School swim	General swim	General swim	General swim	School swim	General swim	Swim school	Swim school	General swim	General swim	Swim school	Closed	Closed
Saturday	Closed	Closed	Swim school	General swim	General swim	General swim	General swim	Big day parties	Club use	Club use	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Sunday	Closed	Closed	General swim	General swim	General swim	General swim	General swim	Big day parties	Club use	Club use	Closed	Closed	Closed	Closed	Closed	Closed	Closed

Lagoon pool term time - Isleworth Leisure Centre

Lagoon 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	22:00
Monday	Closed			School swim	School swim	School swim	Toddler pool time	School swim	School swim	Gen swim	Swim school	Swim school	General swim	General swim	Closed		
Tuesday	Closed			School swim	School swim	School swim	Swim school	Swim school	School swim	Gen swim	Swim school	Swim school	General swim	General swim	Closed		
Wednesday	Closed			School swim	School swim	School swim	Swim school	Swim school	School swim	Gen swim	Swim school	Swim school	Gen swim	Swim school	Swim school	Closed	
Thursday	Closed			School swim	School swim	School swim	Toddler pool time	School swim	School swim	Gen swim	Swim school	Swim school	Gen swim	Disability swim	Swim school	Closed	
Friday	Closed			School swim	School swim	School swim	Swim school	Swim school	School swim	Gen swim	Swim school	Swim school	General swim	General swim	Closed		
Saturday	Closed			Swim school	Swim school	Swim school	Family swim	Family swim	Family swim	Family swim	Family swim	Family swim	Family swim	Family swim	Closed		
Sunday	Closed			Swim school	Swim school	Swim school	Family swim	Family swim	Family swim	Family swim	Family swim	Family swim	Family swim	Family swim	Closed		

Main pool term time - New Chiswick Pool

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	22:00
Monday	Club use	Lane swim	Lane swim	Lane swim	Toddler pool time General swim	Aqua* Aqua*	Lane swim	Lane swim	School swim	School swim	Swim school	General swim	Swim school	Lane swim	SwimFit	Closed	
Tuesday		Lane swim	Lane swim	Lane swim	School swim	School swim	Lane swim	Lane swim	School swim	School swim	Swim school	General swim	Lane swim	Lane swim	Club use	Closed	
Wednesday	Club use	Lane swim	Lane swim	Lane swim	Toddler pool time Gen swim	Aqua* 50+ swim	Lane swim	SwimFit	Swim school	General swim	Swim school	Swim school	Swim school	Swim school	General swim	Closed	
Thursday	Club use	Lane swim	Lane swim	Lane swim	School swim	School swim	Lane swim	Lane swim	Disability swim	Disability swim	Swim school	General swim	Aqua* Women only	Aqua* Women only	Lane swim	Closed	
Friday		Lane swim	Lane swim	Lane swim	Toddler pool time Gen swim	Aqua* Aqua* Women only	Lane swim	Lane swim	Toddler pool time	Toddler pool time	Swim school	General swim	Lane swim	Club use	Lane	Closed	
Saturday	Closed		Lane swim	Lane swim	General swim	Swim school	Lane swim	Lane swim	Family swim	Family swim	General swim	Lane swim	Closed	Closed	Closed		
Sunday	Closed		Lane swim	Lane swim	Swim school	Swim school	Lane swim	Lane swim	Big day parties	Big day parties	Lane swim	Lane swim	Closed	Closed	Closed		

*Shallow water **Deep water

Session and class descriptions



Swim School

We offer a comprehensive programme of swim lessons for under 5's, children and adults. Courses last for 12/14 weeks and commence in January, April and September. In addition, we offer holiday crash courses. Please contact reception for details of the current course programme and refer to the Swim School notice board for further information.

Group Swims

Discounted rates available for groups of 4 or more. Please contact reception for more details.

- Under 8's must be accompanied in the water by a responsible adult aged 16+.
- The following ratios also apply:
 - 1 adult to 1 child under the age of 4
 - 1 adult to 2 children aged 4-7

OR

- If the children are in a designated non-swimmer area and are wearing British Standard aids or they have the ASA pool swimming award:
 - 1 adult to 3 children aged 4-7
 - 1 adult to 2 children under 8 where 1 or both may be under 4
- Last admission to the pool will be available half an hour before closing times shown.
- The centre reserves the right to alter this pool programme when necessary.

Session and class descriptions

50+ swim A session exclusively for the over 50's.

Toddler pool time Bring your little ones to this session and explore the joys of being in the water through song and play. Normal admission applies. Toys available for use.

AquaFit A pool based class. Exercising in the water is a great way to get fit, as the water supports your body weight. It's a useful way to get back into exercise and it's ideal for pregnant women, post natal women, as well as people recovering from sports injuries.

Aqua Zumba This class is the "pool party" workout for all ages. A safe, effective and challenging water-based workout that integrates the Zumba latin rhythm into the exercises.

Big Day Parties These sessions are available for private birthday parties. Please see our Big Day leaflet for details on our Big Day Swim and Big Day Swim Plus packages.

Family swim A fun session for families. No lone adults or unaccompanied children.

General swim A session for everyone some lanes may be available.

Lane swimming For those who like to keep to the straight and narrow. Fast, medium and slow lanes available.

Slide & wave session Water slide open with rafts & waves in operation.

Swim club - Following on from Swim school, Swim club is an introduction to competitive swimming.

SwimFit SwimFit is a gym-style programme within the pool. With four themed levels of ability, you will advance with pool side information and instructors (selected classes only) and record your progress online at www.swimfit.com

Women only swim Adult women only. Some centres will include girls under 17's please contact the centre for more details. Male members of staff may be working during these sessions.





Give yourself choice

Variety in your health and wellbeing routine can produce some of the best results. From pool to pilates, our Choice membership includes unlimited access to all on offer at our 7 centres in Hounslow and up to 18 other sport and leisure facilities across Greater London including sports halls, pitches, water sports, children's activities, racquets and much more..

Enjoy our BRAND NEW refurbished facilities



New reception & café at Hanworth



New gym at New Chiswick Pool



SwimFit is a gym style programme within the pool. With 4 themed levels of ability, you will advance with pool side information and instructors (selected classes only) and record your progress online at www.swimfit.com.



Make savings with our joint and family memberships



**London Borough
of Hounslow**

**For more information on all
Hounslow leisure activities call
0845 456 6675†**

†BT calls charged max 5ppm, other providers may vary.

**Brentford Fountain
Leisure Centre**

658 Chiswick High Road,
Brentford, Middlesex,
TW8 0HJ

**Hanworth Air Park
Leisure Centre &
Library**

Uxbridge Road, Hanworth,
Middlesex, TW13 5EG

Heston Pool

New Heston Road, Heston,
Middlesex, TW5 0LW

**Isleworth Leisure
Centre and Library**

Twickenham Road, Isleworth,
Middlesex, TW7 7EU

New Chiswick Pool

Edensor Road, Chiswick,
London, W4 2RG



Visit our website
www.hounslow-leisure.com



The centre programme is subject to change.
Please visit the website for the most up to date information.