

Teddington Pools & Fitness Centre

From w/c 22.09.25				MAIN POOL TIMETABLE																																																																																											
	06:00	06:15	06:30	06:45	07:00	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45																															
MONDAY	Club Use				Adult Lane Swim (45) SL				Adult Lane Swim (45) SL				Adult Lane Swim (45) SL				Adult Lane Swim (45) SL				School Lessons				School				Adult Lane Sw im (45) ML								TSC Masters				Adult Lane Swim ML				Adult Lane Swim SL								Swim School										Adult Swim School				Adult Lane Swim SL																												
	Club Use				Adult Lane Swim (45) FL				Adult Lane Swim (45) FL				Adult Lane Swim (45) FL				Adult Lane Swim (45) FL																								TSC Masters				School				School				Adult Lane Swim FL				Swim School										Adult Lane Swim (45) FL				Adult Lane Swim (45) FL				SwimFit								Adult Lane Swim FL												
	Club Use				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				Aqua Fit												TSC Masters				School				School				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				General Swim				General Swim				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				SwimFit								Adult Lane Swim ML						
TUESDAY	Club Use				Adult Lane Swim (45) SL				Adult Lane Swim (45) SL				Adult Lane Swim (45) SL				Adult Lane Swim (45) SL				Adult Lane Swim SL				Adult Lane Swim SL				Adult Lane Swim SL				Adult Lane Swim SL				Adult Lane Swim SL				Adult Lane Swim (45) SL				Swim School														RISE								Teddington Swim Club																												
	Club Use				Adult Lane Swim (45) FL				Adult Lane Swim (45) FL				Adult Lane Swim (45) FL				Adult Lane Swim (45) FL				Adult Lane Swim FL				Adult Lane Swim FL				SwimFit				Adult Lane Swim FL				Adult Lane Swim FL				Adult Lane Swim FL				Swim School										Adult Lane Swim ML				Teddington Swim Club																																				
	Club Use				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				Adult Lane Swim ML				Adult Lane Swim ML				SwimFit				Adult Lane Swim ML				Adult Lane Swim ML				Adult Lane Swim ML				General Swim				General Swim				SwimFit DEV				Teddington Swim Club																																						
WEDNESDAY	Club Use				Adult Lane Swim SL				Adult Lane Swim SL				School Lessons				Adult Lane Swim SL				Adult Lane Swim ML				TSC Masters				Adult Lane Swim SL				Adult Lane Swim SL				Adult Lane Swim (45) SL				Swim School														Club Use				Aqua Fit								Adult Lane Swim SL				Sub Aqua																								
	Club Use				Adult Lane Swim FL				Adult Lane Swim FL								Adult Lane Swim FL				Aqua Fit				TSC Masters				Adult Lane Swim FL				Adult Lane Swim FL				Adult Lane Swim FL				Swim School										Club Use				Fast Lane (3)				Adult Lane Swim FL																																				
	Club Use				Adult Lane Swim ML				Adult Lane Swim ML								Adult Lane Swim ML				TSC Masters				Adult Lane Swim ML				Adult Lane Swim ML				Adult Lane Swim ML				General Swim				General Swim								Club Use				Adult Lane Swim ML				Lane Swim ML																																						
THURSDAY	Club Use				Lane Swim (45) SL				Lane Swim (45) SL				School Hire								Lane Swim SL				Adult Swim School				Staff Swim				School				Adult Lane Swim SL								Swim School										Swimfit 45				Teddington Swim Club 1900-2200																																				
	Club Use				Lane Swim (45) FL				Lane Swim (45) FL												Lane Swim FL				SwimFit												Staff Swim				Adult Lane Swim FL				Swim School										Swimfit 45				Teddington Swim Club 1900-2200																																				
	Club Use				Lane Sw im (45) ML				Lane Sw im (45) ML												Lane Sw im (45) ML				Lane Swim ML				Lane Swim ML				SwimFit				Adult Lane Swim ML				Adult Lane Swim ML				Adult Lane Swim ML				General Swim				General Swim				Staff Training				Teddington Swim Club 1900-2200																																		
FRIDAY	Club Use				Slow 30				Adult Lane Swim SL				Adult Lane Swim SL				Adult Lane Swim SL				Adult Lane Swim ML				TSC Masters				Adult Lane Swim SL				School Hire				Adult Lane Swim SL								Swim School										Club Use				Richmond Swim Club																																				
	Club Use				Adult Lane Swim (45) FL				Adult Lane Swim (45) FL				Adult Lane Swim (45) FL				Adult Lane Swim (45) FL				Adult Lane Swim FL				Aqua Fit				TSC Masters				Adult Lane Swim FL				Adult Lane Swim FL				Adult Lane Swim FL				Swim School										Club Use				Richmond Swim Club																																				
	Club Use				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				Adult Lane Sw im (45) ML				Adult Lane Swim ML								TSC Masters				Adult Lane Swim ML				Adult Lane Swim ML				Adult Lane Swim ML				General Swim				General Swim								Club Use				Richmond Swim Club																																		
SATURDAY					Swim School												Lane Sw im (45) ML				Lane Sw im (45) ML				Lane Swim (45) SL				Lane Swim (45) SL				Funtime Floats				General Swim				Teddington Swim Club 1600-1930														Teddington Swim Club 1600-1930																																								
	121 Lessons												Lane Swim (45) FL				Lane Swim (45) FL				Lane Swim (45) FL				Lane Swim (45) FL				Teddington Swim Club 1600-1930																																																																		
	Lane Swim ML												General Swim				General Swim				Lane Sw im (45) SL				Lane Sw im (45) SL				Lane Sw im (45) ML												Lane Sw im (45) ML				Lane Swim ML				Lane Swim ML				Teddington Swim Club 1600-1930																																										
SUNDAY					Lane Swim SL				Lane Swim SL				General Swim				Lane Swim (45) SL				Lane Swim (45) SL				Lane Swim (45) SL				Lane Swim (45) SL				Funtime Floats				General Swim				Teddington Swim Club 1600-2030														Teddington Swim Club 1600-2030																																								
					Lane Swim FL				Lane Swim FL								Lane Swim (45) FL				Lane Swim (45) FL				Lane Swim (45) FL				Lane Swim (45) FL												Teddington Swim Club 1600-2030																																																						
					Lane Swim ML				Lane Swim ML								Lane Swim ML				Lane Sw im (45) ML				Lane Sw im (45) ML				Lane Sw im (45) ML												Lane Sw im (45) ML				Lane Swim ML				Lane Swim ML				Teddington Swim Club 1600-2030																																										

Window Side Lane
Middle Lane
Kiosk Side Lane

Window Side Lane
Middle Lane
Kiosk Side Lane

Window Side Lane
Middle Lane
Kiosk Side Lane

Window Side Lane
Middle Lane
Kiosk Side Lane

Window Side Lane
Middle Lane
Kiosk Side Lane