

Teddington Pools and Fitness Centre

| From w/c 25.08.25 | | | | MAIN POOL TIMETABLE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 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 | CLOSED - Bank Holiday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TUESDAY | | | | Lane Swim (45) SL | Lane Swim (45) SL | Lane Swim (45) SL | Lane Swim (45) SL | | Crash Course | Lane Swim SL | Lane Swim SL | Lane Swim SL | Lane Swim SL | Funtime Floats | General Swim | General Swim | Lane Swim SL | Lane Swim SL | Teddington Swim Club | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | Lane Swim (45) FL | Lane Swim (45) FL | Lane Swim (45) FL | Lane Swim (45) FL | General Swim | | | Lane Swim FL | Lane Swim FL | Lane Swim FL | Lane Swim FL | General Swim | General Swim | Lane Swim FL | Lane Swim FL | Teddington Swim Club | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | Lane Sw im (45) ML | Lane Sw im (45) ML | Lane Sw im (45) ML | Lane Sw im (45) ML | General Swim | | | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Teddington Swim Club | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WEDNESDAY | Club Use | Lane Swim (45) SL | Lane Swim (45) SL | Lane Swim (45) SL | Lane Swim (45) SL | | Crash Course | Lane Swim ML | TSC Masters | Lane Swim SL | Funtime Floats | General Swim | General Swim | Lane Swim SL | Lane Swim SL | Aqua Fit | | Lane Swim SL | Sub Aqua | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Club Use | Lane Swim (45) FL | Lane Swim (45) FL | Lane Swim (45) FL | Lane Swim (45) FL | General Swim | | | Aqua Fit | TSC Masters | Lane Swim FL | Funtime Floats | General Swim | General Swim | Lane Swim FL | Lane Swim FL | Lane Swim FL | Lane Swim FL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Club Use | Lane Sw im (45) ML | Lane Sw im (45) ML | Lane Sw im (45) ML | Lane Sw im (45) ML | General Swim | | | | TSC Masters | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| THURSDAY | Club Use | Lane Swim (45) SL | Lane Swim (45) SL | Lane Swim (45) SL | Lane Swim (45) SL | | Crash Course | Lane Swim SL | Lane Swim SL | Lane Swim SL | Funtime Floats | General Swim | General Swim | Lane Swim SL | Staff Training | Teddington Swim Club 1900-2200 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Club Use | Lane Swim (45) FL | Lane Swim (45) FL | Lane Swim (45) FL | Lane Swim (45) FL | General Swim | | | Lane Swim FL | Lane Swim FL | Lane Swim FL | Lane Swim FL | General Swim | General Swim | Lane Swim FL | SwimFit | Teddington Swim Club 1900-2200 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Club Use | Lane Sw im (45) ML | Lane Sw im (45) ML | Lane Sw im (45) ML | Lane Sw im (45) ML | General Swim | | | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | SwimFit | Teddington Swim Club 1900-2200 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRIDAY | Club Use | | Slow 30 | Lane Swim SL | Lane Swim SL | | Crash Course | Lane Swim ML | TSC Masters | Lane Swim SL | Funtime Floats | General Swim | General Swim | Lane Swim SL | Lane Swim SL | Lane Swim SL | Lane Swim (45) SL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Club Use | Lane Swim (45) FL | Lane Swim (45) FL | Lane Swim (45) FL | Lane Swim (45) FL | General Swim | | | Aqua Fit | TSC Masters | Lane Swim FL | Lane Swim FL | General Swim | General Swim | Lane Swim FL | Lane Swim FL | Lane Swim FL | Lane Swim (45) FL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Club Use | Lane Sw im (45) ML | Lane Sw im (45) ML | Lane Sw im (45) ML | Lane Sw im (45) ML | General Swim | | | | TSC Masters | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim ML | Lane Swim (45) ML | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SATURDAY | | | | 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 | General Swim | Lane Swim SL | Lane Swim SL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | Lane Swim FL | Lane Swim FL | | | Lane Swim (45) FL | Lane Swim (45) FL | Lane Swim (45) FL | Lane Swim (45) FL | | General Swim | General Swim | Lane Swim FL | Lane Swim FL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | 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 | Lane Swim ML | Lane Swim ML | Lane Swim ML | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | General Swim | | TSC 1730-1900 only | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | Lane Swim FL | Lane Swim FL | | | Lane Swim (45) FL | Lane Swim (45) FL | Lane Swim (45) FL | Lane Swim (45) FL | | General Swim | General Swim | | TSC 1730-1900 only | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | 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 | Lane Swim ML | | TSC 1730-1900 only | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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