

Teddington Pools and Fitness Centre

From w/c 21.07.25				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		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Crash Course								Lane Sw im (45) ML				TSC Masters						Funtime Floats		General Swim		General Swim				Lane Swim SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim ML		Lane Swim SL																							
	Club Use		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL										Aqua Fit				TSC Masters												Lane Swim FL		Lane Swim (45) FL		Lane Swim (45) FL		SwimFit		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		Lane Sw im (45) ML		Lane Sw im (45) ML														TSC Masters				Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Sw im (45) ML		Lane Sw im (45) ML		SwimFit		Lane Swim ML																									
TUESDAY	Club Use		Lane Swim (45) SL		Lane Swim (45) SL		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		Lane Swim ML		Teddington Swim Club																															
	Club Use		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL						Lane Swim FL		Lane Swim FL		Lane Swim FL						Lane Swim FL		Lane Swim FL				Lane Swim FL		Lane Swim FL		Teddington Swim Club																																	
	Club Use		Lane Sw im (45) ML		Lane Sw im (45) 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		Lane Swim ML		Lane Swim ML		Swimfit ADV		Teddington Swim Club																																			
WEDNESDAY	Club Use		Lane Swim (45) SL		Lane Swim (45) SL		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		Lane Swim (45) FL		Lane Swim (45) FL								TSC Masters		Lane Swim FL								Lane Swim FL		Lane Swim FL		Lane Swim FL		Lane Swim FL		Fast Lane (3)		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		Lane Sw im (45) ML		Lane Sw im (45) ML								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		Lane Swim ML																											
THURSDAY	Club Use		Lane Swim (45) SL		Lane Swim (45) SL		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 1900-2115 only																															
	Club Use		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL						Lane Swim FL		Lane Swim FL		Lane Swim FL								Lane Swim FL		SwimFit				Lane Swim FL		SwimFit		Teddington Swim Club 1900-2115 only																															
	Club Use		Lane Sw im (45) ML		Lane Sw im (45) 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		Lane Swim ML		Lane Swim ML		Lane Swim ML		SwimFit		Teddington Swim Club 1900-2115 only																															
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 Swirn (45) SL																									
	Club Use				Lane Swim (45) FL			Lane Swim (45) FL			Lane Swim (45) FL			Lane Swim (45) FL									Lane Swim FL			TSC Masters			Lane Swim FL						Lane Swim FL			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									TSC Masters			Lane Swim ML						Lane Swim ML			Lane Swim ML			Lane Swim ML			Lane Swim ML			Lane Swim ML			Lane Sw im (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 ML				Lane Swim ML				Lane Swim ML				Staff Training				Staff Training				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				Lane Swim SL				Lane Swim SL																			
									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				Lane Swim ML															