# Teddington Pools and Fitness Centre

From w/c 22.04.24

## 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 | |
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| MONDAY | Club Use | | | | Adult Lane Swim (45) SL | | | | Adult Lane Swim (45) SL | | | Adult Lane Swim (45) SL | | | Over 60 Swim (45) SL | | | Adult Lane Sw im (45) ML | | | Adult Lane Sw im (45) ML | | | Adult Lane Sw im (45) ML | | | | TSC Masters | | | | Adult Lane Swim ML | | | | Adult Lane Swim SL | | | | | | Swim School | | | | | | | | 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 | | | Over 60 Swim (45) FL | | | School Lessons | | | School | | | Aqua Fit | | | | 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 | | | Over 60 Swim (45) ML | | | | | | | | | | | | | TSC Masters | | | | | | | | 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 ML | | | | 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 FL | | | | | | 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 SL | | | | | | General Swim | | | | General Swim | | | | Adult Lane Swim ML | | | | | | Teddington Swim Club | | | | | | | | | | | |
| WEDNESDAY | Club Use | | | | Adult Lane SL 7:05 | | | | Adult Lane Swim SL | | | | | | | | | Adult Lane Swim SL | | | Adult Lane Swim ML | | | | | | | TSC Masters | | | | | | | | | | | | | | | | | | Swim School | | | | | | | | Club Use Lanes | | | | Aqua Fit | | | | Adult Lane Swim SL | | | | Sub Aqua | | | |
| | Club Use | | | | Adult Lane FL 7:05 | | | | Adult Lane Swim FL | | | | | | School Lessons | | | Adult Lane Swim FL | | | | | | Aqua Fit | | | | TSC Masters | | | | | | | | School Gala 1315-1515 | | | | | | | | | | Swim School | | | | | | | | | | | | Fast Lane (3) | | | | Adult Lane Swim FL | | | | | | | |
| | Club Use | | | | Adult Lane ML 7:05 | | | | Adult Lane Swim ML | | | | | | | | | Adult Lane Swim ML | | | | | | | | | | | TSC Masters | | | | | | | | | | | | | | | | | | General Swim | | | | General Swim | | | | 121 Lessons | | | | Adult Lane Swim ML | | | | Adult Lane Swim ML | | | | Adult Lane Swim ML | | | |
| THURSDAY | Club Use | | | | Adult Lane SL 7:05 | | | | 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 Swim School | | | | | | | | School | | | Staff Fitness Swim | | | | | | Swim School | | | | | | | | Adult Lane Swim ML | | | | | | Teddington Swim Club | | | | | | | | | | | |
| | Club Use | | | | Adult Lane FL 7:05 | | | | Adult Lane Swim (45) FL | | | Adult Lane Swim (45) FL | | | Adult Lane Swim (45) FL | | | Adult Lane Swim (45) FL | | | Adult Lane Swim FL | | | SwimFit | | | | | | | | | | | Adult Lane Swim FL | | | | | | Swim School | | | | | | | | Swimfit 45 | | | | | | Teddington Swim Club | | | | | | | | | | | |
| | Club Use | | | | Adult Lane ML 7:05 | | | | Adult Lane Swim (45) ML | | | Adult Lane Swim (45) ML | | | Adult Lane Swim (45) ML | | | Adult Lane Swim (45) ML | | | Adult Lane Swim ML | | | SwimFit | | | | Adult Lane Swim ML | | | | Adult Lane Swim ML | | | | Adult Lane Swim SL | | | | | | General Swim | | | | General Swim | | | | Swimfit 45 | | | | | | Teddington Swim Club | | | | | | | | | | | |
| FRIDAY | Club Use - 7am only | | | | 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 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 | | | Over 60 Swim (45) FL | | | Adult Lane Swim FL | | | | | | Aqua Fit | | | | TSC Masters | | | | Adult Lane Swim FL | | | Adult Lane Swim FL | | | Adult Lane Swim ML | | | 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 | | | Over 60 Swim (45) ML | | | Adult Lane Swim ML | | | | | | | | | | TSC Masters | | | | Adult Lane Swim ML | | | Adult Lane Swim SL | | | Adult Lane Swim SL | | | General Swim | | | | General Swim | | | | Club Use | | | | Richmond Swim Club | | | | | | | | | | | |
| SATURDAY | CLOSED | | | | CLOSED | | | | Swim School | | | | | | | | | | | | Adult Lane Swim (45) SL | | | Swimathon 12:00-16:00 | | | | | | | | | | | | | | | | | | Teddington Swim Club 1600-1930 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | | | CLOSED | | | | 121 Lessons | | | | | | | | | | | | Adult Lane Swim (45) FL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | | | CLOSED | | | | Adult Lane Swim ML | | | | General Swim | | | | General Swim | | | | Adult Lane Sw im (45) ML | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SUNDAY | CLOSED | | | | CLOSED | | | | Adult Lane Swim SL | | | | Adult Lane Swim SL | | | | General Swim | | | | Adult Lane Swim (45) SL | | | Swimathon 12:00-16:00 | | | | | | | | | | | | | | | | | | Teddington Swim Club 1600-2030 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | | | CLOSED | | | | Adult Lane Swim FL | | | | Adult Lane Swim FL | | | | | | | | Adult Lane Swim (45) FL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | | | CLOSED | | | | Adult Lane Swim ML | | | | Adult Lane Swim ML | | | | Adult Lane Swim ML | | | | Adult Lane Sw im (45) ML | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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