

Teddington Pools and Fitness Centre

From w/c 14.07.25				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) FL		Lane Swim (45) FL		Lane Swim (45) SL		School Lessons		School		Lane Sw im (45) ML				TSC Masters		Staff Training						General Swim		General Swim		General Swim		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		Lane Swim (45) FL						Aqua Fit				TSC Masters		School		School				Lane Swim ML		Lane Swim ML		Lane Swim ML		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		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 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) FL		Lane Swim (45) FL		Lane Swim (45) SL		General Swim		Lane Swim SL		Lane Swim ML		Lane Swim SL		Lane Swim SL		General Swim		General Swim		General Swim		RISE				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 (45) FL		General Swim		Lane Swim FL		SwimFit		Lane Swim FL		Lane Swim FL		General Swim		General Swim		General Swim		Adult Lane Swim ML		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 Sw im (45) ML		Lane Swim ML		Lane Swim ML		SwimFit		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		SwimFit DEV		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) FL		Lane Swim (45) FL		Lane Swim (45) SL		General Swim		Lane Swim ML		TSC Masters						General Swim		General Swim		General Swim		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		Lane Swim (45) FL		General Swim		Aqua Fit		TSC Masters				School Gala 13.15-15.00				General Swim		General Swim		General Swim		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		Lane Sw im (45) ML		Lane Swim 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) FL		Lane Swim (45) FL		Lane Swim (45) SL		General Swim		Lane Swim SL		Lane Swim ML				Staff Swim		School				General Swim		General Swim		General Swim		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		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		General Swim		Lane Swim FL		SwimFit		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		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		Lane Sw im (45) ML		Lane Sw im (45) ML		Lane Sw im (45) ML		Lane Swim ML		Lane Swim ML		SwimFit		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		Lane Swim SL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) SL		General Swim		Lane Swim ML		TSC Masters		Lane Swim SL		Lane Swim SL		General Swim		General Swim		General Swim		Lane Swim (45) SL		Richmond 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 (45) FL		General Swim		Aqua Fit		TSC Masters		Lane Swim FL		Lane Swim FL		General Swim		General Swim		General Swim		Lane Swim (45) FL		Richmond 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 Sw im (45) ML		Lane Swim 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		Richmond Swim Club																																																																																																																																																																																																																																																																																																																																																																											
SATURDAY							Lane Swim SL		Lane Swim SL		Lane Swim SL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) SL		General Swim		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL			

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

Window Side Lane
Middle Lane
Kiosk Side Lane

Window Side Lane
Middle Lane