

Teddington Pools & Fitness Centre

From w/c 08.09.25					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		Aqua Fit		TSC Masters		TSC Masters		Staff Training		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		Adult Lane Sw im (45) ML		Adult Lane Sw im (45) ML		Adult Lane Sw im (45) FL						Adult Lane Sw im (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						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 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		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 Sw im (45) ML		Adult Lane Sw im (45) ML		SwimFit		Adult Lane Swim ML		Adult Lane Swim ML		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				TSC Masters		Adult Lane Swim FL		Adult Lane Swim FL		Adult Lane Swim FL		Adult Lane Swim FL		Club Use		Adult Lane Swim FL																																											
	Club Use		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		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 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 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																																									
	121 Lessons		Lane Swim (45) FL								Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Sw im (45) ML		Lane Sw im (45) ML		Lane Swim ML		Lane Swim ML		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																																									
	Lane Swim FL		Lane Swim FL		Lane Swim (45) 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
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