

## TEDDINGTON POOL - SWIM SCHOOL TIMETABLE - 2025

| Pre-School Classes<br>(under 5's) |                         | Stage Classes<br>Teaching Pool |                   | Stage Classes<br>Main Pool |                |
|-----------------------------------|-------------------------|--------------------------------|-------------------|----------------------------|----------------|
| <b>Monday</b>                     |                         | <b>Monday</b>                  |                   | <b>Monday</b>              |                |
| 2.30-3.00                         | Pre-Sch Beginner        | 3:45-4:15                      | Stage 3           | 3:45-4:15                  | Stage 5        |
| 2:45-3:15                         | Pre-Sch Improver        | 4:00-4:30                      | Stage 1           | 4:00-4:30                  | Stage 9        |
| 3:15-3:45                         | Pre-Sch Beginner        | 4:15-4:45                      | Stage 4           | 4:15-4:45                  | Stage 7        |
| 3:00-3:30                         | Pre-Sch Advanced        | 4:30-5:00                      | Stage 2           | 4:30-5:00                  | Stage 7        |
|                                   |                         | 4:45-5:15                      | Stage 3           | 4:45-5:15                  | Stage 6        |
|                                   |                         | 5:00-5:30                      | Stage 2           | 5:00-5:30                  | Stage 8        |
|                                   |                         | 5:15-5:45                      | Stage 4           | 5:15-5:45                  | SwimFit Junior |
|                                   |                         | 5:30-6:00                      | Stage 2           | 5:30-6:00                  | Stage 10       |
|                                   |                         | 5:45-6:15                      | Stage 3           | 5:45-6:30                  | SwimFit Teen   |
|                                   |                         | 6:00-6:30                      | Stage 2           | 6:30-7:15                  | Rookies        |
| <b>Tuesday</b>                    |                         | <b>Tuesday</b>                 |                   | <b>Tuesday</b>             |                |
| 09:45-10:15                       | Pre-Sch Beginner        | 3:45-4:15                      | Stage 3           | 3:45-4:15                  | Stage 5        |
| 10:15-10:45                       | Adult & Child 6-12      | 4:00-4:30                      | Stage 2           | 4:00-4:30                  | Stage 8        |
| 10:45-11:15                       | Adult & Child 12-24     | 4:15-4:45                      | Stage 3           | 4:15-4:45                  | Stage 6        |
| 11:15-11:45                       | Adult & Child 24-36     | 4:30-5:00                      | Stage 1           | 4:30-5:00                  | Stage 9        |
|                                   |                         | 4:45-5:15                      | Stage 4           | 4:45-5:15                  | Stage 5        |
| 13:00-13:30                       | Pre-Sch Improver        | 5:00-5:30                      | Stage 2           | 5:00-5:30                  | Stage 9        |
| 13:30-14:00                       | Pre-Sch Beginner        | 5:15-5:45                      | Stage 3           | 5:15-5:45                  | Stage 8        |
|                                   |                         | 5:30-6:00                      | Stage 1           | 5:30-6:00                  | Stage 7        |
|                                   |                         | 5:45-6:15                      | Stage 4           |                            |                |
|                                   |                         | 6:00-6:30                      | Stage 3           |                            |                |
| <b>Wednesday</b>                  |                         | <b>Wednesday</b>               |                   | <b>Wednesday</b>           |                |
| 10:00-10:30                       | Pre-Sch Improver        | 3:45-4:15                      | Stage 3           | 3:45-4:15                  | Stage 6        |
| 10:30-11:00                       | Pre-Sch Beginner        | 4:00-4:30                      | Stage 1           | 4:00-4:30                  | Stage 6        |
| 11:00-11:30                       | Pre-Sch Beginner        | 4:15-4:45                      | Stage 4           | 4:15-4:45                  | Stage 9        |
| 3:00-3:30                         | Pre-Sch Improver        | 4:30-5:00                      | Stage 1           | 4:30-5:00                  | Stage 5        |
| 3:30-4:00                         | Pre-Sch Beginner        | 4:45-5:15                      | Stage 3           | 4:45-5:15                  | Stage 10       |
|                                   |                         | 5:00-5:30                      | Stage 2           | 5:00-5:30                  | Stage 7        |
|                                   |                         | 5:15-5:45                      | Stage 4           | 5:15-5:45                  | Stage 8        |
|                                   |                         | 5:30-6:00                      | Stage 2           | 5:30-6:00                  | Stage 5        |
|                                   |                         |                                |                   | 5:45-6:15                  | Stage 6        |
| <b>Thursday</b>                   |                         | <b>Thursday</b>                |                   | <b>Thursday</b>            |                |
| 9.30-10.00                        | Adult & Child 24-36     |                                |                   | 3:45-4:15                  | Stage 5        |
| 10.00-10.30                       | Adult & Child 12-24     | 4:00-4:30                      | Stage 2           | 4:00-4:30                  | Stage 7        |
| 10:30-11:00                       | Adult & Child 6-12      | 4:15-4:45                      | Stage 3           | 4:15-4:45                  | Stage 6        |
| 11.00-11.30                       | Adult & Child 24-36 NEW | 4:30-5:00                      | Stage 1           | 4:30-5:00                  | Stage 9        |
|                                   |                         | 4:45-5:15                      | Stage 4           | 4:45-5:15                  | Stage 5        |
| 2.30-3.00                         | Pre-Sch Beginner        | 5:00-5:30                      | Stage 2           | 5:00-5:30                  | Stage 8        |
| 3.00-3.30                         | Pre-Sch Beginner        | 5:15-5:45                      | Stage 3           | 5:15-5:45                  | Stage 6        |
| 2:30-3:00                         | Pre-Sch Advanced        | 5:30-6:00                      | Stage 1           | 5:30-6:00                  | Stage 7        |
| 3:00-3:30                         | Pre-Sch Improver        |                                |                   | 5:45-6:15                  | Stage 5        |
| <b>Friday</b>                     |                         | <b>Friday</b>                  |                   | <b>Friday</b>              |                |
| 9:30-10:00                        | Pre-Sch Improver        | 4:00-4:30                      | Stage 2           | 3:45-4:15                  | Stage 9        |
| 10:00-10:30                       | Pre-Sch Beginner        | 4:15-4:45                      | Stage 3           | 4:00-4:30                  | Stage 9        |
| 10:30-11:00                       | Adult & Child 24-36     | 4:30-5:00                      | Stage 1           | 4:15-4:45                  | Stage 7        |
| 11:00-11:30                       | Adult & Child 12-24     | 4:45-5:15                      | Stage 4           | 4:30-5:00                  | Stage 5        |
| 11:30-12:00                       | Adult & Child 6-12      | 5:00-5:30                      | Stage 2           | 4:45-5:15                  | Stage 10       |
|                                   |                         | 5:15-5:45                      | Stage 4           | 5:00-5:30                  | Stage 8        |
| 2:00-2:30                         | Pre-Sch Advanced        | 5:30-6:00                      | Stage 2           | 5:15-5:45                  | Stage 6        |
| 2:30-3:00                         | Pre-Sch Improver        | 5:45-6:15                      | Stage 3           | 5:30-6:15                  | SwimFit Teen   |
| 3:00-3:30                         | Pre-Sch-Beginner        |                                |                   | 5:45-6:15                  | SwimFit Junior |
| <b>Saturday</b>                   |                         | <b>Saturday</b>                |                   | <b>Saturday</b>            |                |
|                                   |                         | 8:00-8:30                      | Stage 4           | 8:00-8:30                  | Stage 8        |
|                                   |                         | 8:15-8:45                      | Stage 3           | 8:15-8:45                  | Stage 6        |
|                                   |                         | 8:30-9:00                      | Stage 3           | 8:30-9:00                  | Stage 9        |
|                                   |                         | 8:45-9:15                      | Stage 2           | 8:45-9:15                  | Stage 5        |
|                                   |                         | 9:00-9:30                      | Stage 4           | 9:00-9:30                  | Stage 7        |
|                                   |                         | 9:15-9:45                      | Stage 1           | 9:15-9:45                  | Stage 5        |
|                                   |                         | 9:30-10:00                     | Stage 3           | 9:30-10:00                 | Stage 10       |
|                                   |                         | 9:45-10:15                     | Stage 2           | 9:45-10:15                 | Stage 6        |
|                                   |                         | 10:00-10:30                    | Stage 4           | 10:00-10:30                | Stage 8        |
|                                   |                         | 10:15-10:45                    | Stage 1 (7 yrs +) | 10:15-10:45                | Stage 7        |
|                                   |                         | 10:30-11:00                    | Stage 3           |                            |                |
|                                   |                         | 10:45-11:15                    | Stage 1           |                            |                |