

Teddington Pools and Fitness Centre

From w/c 28.07.25				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		Lane Swim (45) SL		General Swim				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				Window Side Lane																	
	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						General Swim		General Swim		Lane Swim FL		Lane Swim (45) FL		Lane Swim (45) FL		SwimFit		Lane Swim FL		Middle Lane																			
	Club Use		Lane Sw im (45) ML		Lane Sw im (45) ML		NPLQ		NPLQ		Lane Swim ML						Lane Swim ML								TSC Masters				NPLQ		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Sw im (45) ML		Lane Sw im (45) ML		SwimFit		Lane Swim ML		Kiosk Side Lane																			
TUESDAY			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		General Swim		Lane Swim SL		Lane Swim ML		Stroke Workshop		Funtime Floats		General Swim		General Swim		Lane Swim SL		Lane Swim ML		Teddington Swim Club				Lane Swim SL				Window Side Lane																					
			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		Fast Lane (3)		Funtime Floats		General Swim		General Swim		Lane Swim FL		Lane Swim FL		Teddington Swim Club				Lane Swim FL		Middle Lane																							
			Lane Sw im (45) ML		Lane Sw im (45) ML		NPLQ		NPLQ		Lane Swim ML		Lane Swim ML		SwimFit		Lane Swim ML		NPLQ		Lane Swim ML		Lane Swim ML		NPLQ		Lane Swim ML		Lane Swim ML		Lane Swim ML		SwimFit DEV		Teddington Swim Club				Lane Swim ML		Kiosk Side Lane																							
WEDNESDAY			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		General Swim		Lane Swim ML		TSC Masters		Diving Workshop		Funtime Floats		General Swim		General Swim		Lane Swim SL		Lane Swim SL		Aqua Fit				Lane Swim SL		Sub Aqua		Window Side Lane																					
			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		Fast Lane (3)		Funtime Floats		General Swim		General Swim		Lane Swim FL		Lane Swim FL		Fast Lane (3)		Lane Swim FL		Sub Aqua		Middle Lane																							
			Lane Sw im (45) ML		Lane Sw im (45) ML		NPLQ		NPLQ		Lane Swim ML		Lane Swim ML		SwimFit		Lane Swim ML		NPLQ		Lane Swim ML		Lane Swim ML		NPLQ		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Kiosk Side Lane																							
THURSDAY			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		General Swim		Lane Swim SL		Lane Swim ML		Stroke Workshop		Funtime Floats		General Swim		General Swim		Lane Swim SL		Lane Swim ML		Teddington Swim Club				Lane Swim SL				Window Side Lane																					
			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		Fast Lane (3)		Funtime Floats		General Swim		General Swim		Lane Swim FL		SwimFit		Teddington Swim Club				Lane Swim FL		Middle Lane																							
			Lane Sw im (45) ML		Lane Sw im (45) ML		NPLQ		NPLQ		Lane Swim ML		Lane Swim ML		SwimFit		Lane Swim ML		NPLQ		Lane Swim ML		Lane Swim ML		NPLQ		Lane Swim ML		Lane Swim ML		Lane Swim ML		SwimFit		Teddington Swim Club				Lane Swim ML		Kiosk Side Lane																							
FRIDAY			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		General Swim		Lane Swim ML		TSC Masters		Lane Swim SL		Funtime Floats		General Swim		General Swim		Lane Swim SL		Lane Swim SL		Lane Swim SL		Lane Swim (45) SL				Window Side Lane																							
			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		Funtime Floats		General Swim		General Swim		Lane Swim FL		Lane Swim FL		Lane Swim FL		Lane Swim (45) FL				Middle Lane																							
			Lane Sw im (45) ML		Lane Sw im (45) ML		NPLQ		NPLQ		Lane Swim ML		Lane Swim ML		SwimFit		Lane Swim ML		NPLQ		Lane Swim ML		Lane Swim ML		NPLQ		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Sw im (45) ML				Kiosk Side Lane																									
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		Lane Swim (45) SL		Funtime Floats		General Swim		General Swim		Lane Swim SL		Lane Swim SL						Window Side Lane																											
							Lane Swim FL		Lane Swim FL		General Swim		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						Middle Lane																											
							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 Sw im (45) ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML						Kiosk Side Lane																											
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		Lane Swim (45) SL		Funtime Floats		General Swim		General Swim		Lane Swim SL		Lane Swim SL						Window Side Lane																											
							Lane Swim FL		Lane Swim FL		General Swim		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						Middle Lane																											
							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 Sw im (45) ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML						Kiosk Side Lane																											