

Teddington Pools and Fitness Centre

| From w/c 12.08.24 | | | | 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 |
| MONDAY | CLOSED | | Adult Lane Swim (45) SL | | Adult Lane Swim (45) SL | | Adult Lane 30 SL | | Crash Course | | Adult Lane Swim ML | | Adult Lane Swim ML | | | | TSC Masters | | Staff Training | | | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim (45) SL | | Adult Lane Swim (45) SL | | Adult Lane Swim ML | | | | Adult Lane Swim SL | | | | Window Side Lane | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | Adult Lane Swim (45) FL | | Adult Lane Swim (45) FL | | Adult Lane Swim (45) FL | | Over 60 Swim (45) FL | | General Swim - Summer Splash | | Aqua Fit | | | | TSC Masters | | Adult Lane Swim FL | | | | Funtime Floats | | General Swim | | General Swim | | Adult Lane Swim (45) FL | | Adult Lane Swim (45) FL | | SwimFit | | | | Adult Lane Swim FL | | Middle Lane | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | 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 Swim ML | | | | | | General Swim | | General Swim | | Adult Lane Sw im (45) ML | | Adult Lane Sw im (45) ML | | SwimFit | | | | Adult Lane Swim ML | | Kiosk Side Lane | | | | | | | | | | | | | | | | | | | | | | | | | |
| TUESDAY | CLOSED | | Adult Lane Swim (45) SL | | Adult Lane Swim (45) SL | | Adult Lane 30 SL | | Crash Course | | Adult Lane Swim ML | | Adult Lane Swim SL | | Adult Lane Swim ML | | Diving Workshop | | Adult Lane Swim SL | | | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim SL | | Adult Lane Swim SL | | Adult Lane Swim SL | | | | Window Side Lane | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | Adult Lane Swim (45) FL | | Adult Lane Swim (45) FL | | Adult Lane Swim (45) FL | | Adult Lane Swim (45) FL | | General Swim - Summer Splash | | Adult Lane Swim FL | | SwimFit | | Adult Lane Swim FL | | Adult Lane Swim FL | | | | Funtime Floats | | General Swim | | General Swim | | SwimFit ADV | | Adult Lane Swim FL | | Adult Lane Swim FL | | Adult Lane Swim FL | | | | Middle Lane | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | 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 | | SwimFit | | Adult Lane Swim ML | | Adult Lane Swim ML | | | | | | General Swim | | General Swim | | Adult Lane Swim FL | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | | | Kiosk Side Lane | | | | | | | | | | | | | | | | | | | | | | | | | |
| WEDNESDAY | CLOSED | | Adult Lane SL 7:05 | | Adult Lane Swim SL | | Crash Course | | | | Adult Lane Swim ML | | Adult Lane Swim ML | | TSC Masters | | Adult Lane Swim SL | | Adult Lane Swim SL | | | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim SL | | Aqua Fit | | | | Adult Lane Swim SL | | Sub Aqua | | Window Side Lane | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | Adult Lane FL 7:05 | | Adult Lane Swim FL | | NPLQ | | | | General Swim - Summer Splash | | Aqua Fit | | | | TSC Masters | | Adult Lane Swim FL | | NPLQ | | Funtime Floats | | General Swim | | General Swim | | Adult Lane Swim FL | | Fast Lane (3) | | Adult Lane Swim FL | | | | Middle Lane | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | Adult Lane ML 7:05 | | Adult Lane Swim ML | | Adult Lane Swim ML | | | | | | | | TSC Masters | | Adult Lane Swim ML | | Adult Lane Swim ML | | | | | | General Swim | | General Swim | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | | | Kiosk Side Lane | | | | | | | | | | | | | | | | | | | | | | | | | |
| THURSDAY | CLOSED | | Adult Lane SL 7:05 | | Adult Lane Swim SL | | Crash Course | | | | Adult Lane Swim ML | | Adult Lane Swim SL | | Adult Lane Swim ML | | Stroke Workshop | | Adult Lane Swim SL | | | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | SwimFit | | Adult Lane Swim SL | | Adult Lane Swim SL | | Adult Lane Swim SL | | | | Window Side Lane | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | Adult Lane FL 7:05 | | Adult Lane Swim FL | | NPLQ | | | | General Swim - Summer Splash | | Adult Lane Swim FL | | SwimFit | | Adult Lane Swim FL | | NPLQ | | Funtime Floats | | General Swim | | General Swim | | SwimFit | | Adult Lane Swim FL | | Adult Lane Swim FL | | Adult Lane Swim FL | | | | Middle Lane | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | Adult Lane ML 7:05 | | Adult Lane Swim ML | | Adult Lane Swim ML | | | | | | Adult Lane Swim ML | | SwimFit | | Adult Lane Swim ML | | Adult Lane Swim ML | | | | | | General Swim | | General Swim | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | | | Kiosk Side Lane | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRIDAY | CLOSED | | Adult Lane Swim (45) SL | | Adult Lane Swim (45) SL | | Adult Lane 30 SL | | Crash Course | | Adult Lane Swim ML | | Adult Lane Swim ML | | TSC Masters | | Adult Lane Swim SL | | Adult Lane Swim SL | | | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim SL | | Adult Lane Swim SL | | Adult Lane Swim (45) SL | | | | Window Side Lane | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | Adult Lane Swim (45) FL | | Adult Lane Swim (45) FL | | NPLQ | | | | General Swim - Summer Splash | | Aqua Fit | | | | TSC Masters | | Adult Lane Swim FL | | NPLQ | | Funtime Floats | | General Swim | | General Swim | | Adult Lane Swim FL | | Adult Lane Swim FL | | Adult Lane Swim (45) FL | | | | Middle Lane | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | Adult Lane Sw im (45) ML | | 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 ML | | | | | | General Swim | | General Swim | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Sw im (45) ML | | | | Kiosk Side Lane | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SATURDAY | CLOSED | | CLOSED | | Adult Lane Swim SL | | NPLQ | | | | Adult Lane Swim ML | | Adult Lane Swim (45) SL | | Adult Lane Swim (45) SL | | Adult Lane Swim (45) SL | | Adult Lane Swim (45) SL | | Funtime Floats | | General Swim | | Adult Lane Swim SL | | Adult Lane Swim SL | | Adult Lane Swim SL | | | | | | Window Side Lane | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | CLOSED | | Adult Lane Swim FL | | General Swim | | General Swim | | Adult Lane Swim (45) FL | | Adult Lane Swim (45) FL | | 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 | | Adult Lane Swim FL | | Adult Lane Swim FL | | | | | | Middle Lane | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | CLOSED | | Adult Lane Swim 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 | | NPLQ | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | | | | | Kiosk Side Lane | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SUNDAY | CLOSED | | CLOSED | | Adult Lane Swim SL | | Adult Lane Swim SL | | General Swim | | Adult Lane Swim (45) SL | | Adult Lane Swim (45) SL | | Adult Lane Swim (45) SL | | Adult Lane Swim (45) SL | | Funtime Floats | | General Swim | | NPLQ | | Adult Lane Swim SL | | Adult Lane Swim SL | | | | | | Window Side Lane | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | CLOSED | | Adult Lane Swim FL | | NPLQ | | | | Adult Lane Swim (45) FL | | Adult Lane Swim (45) FL | | Adult Lane Swim (45) FL | | Adult Lane Swim (45) FL | | Funtime Floats | | General Swim | | NPLQ | | Adult Lane Swim FL | | Adult Lane Swim FL | | | | | | Middle Lane | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CLOSED | | CLOSED | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim 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 Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | Adult Lane Swim ML | | | | Kiosk Side Lane | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |