

Teddington Pools and Fitness Centre

From w/c 18.08.25						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					Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Crash Course				Crash Course				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															
					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 (45) FL		Lane Swim (45) FL		SwimFit		Lane Swim FL																	
					Lane Sw im (45) ML		Lane Sw im (45) ML				NPLQ		NPLQ														TSC Masters				NPLQ		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Sw im (45) ML		Lane Sw im (45) ML		SwimFit		Lane Swim ML																	
TUESDAY					Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Crash Course				Crash Course				Lane Swim SL		Lane Swim SL		Lane Swim SL				Funtime Floats		General Swim		General Swim				Lane Swim SL		Lane Swim SL		Lane Swim SL		Lane Swim SL		Lane Swim (45) SL																			
					Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL						General Swim				Lane Swim FL		Lane Swim FL		Lane Swim FL												Lane Swim FL		Lane Swim FL		Lane Swim FL		Lane Swim FL		Lane Swim (45) FL																			
					Lane Sw im (45) ML		Lane Sw im (45) ML				NPLQ		NPLQ								Lane Swim ML		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		Lane Swim ML		Lane Sw im (45) ML																			
WEDNESDAY					Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Crash Course				Crash Course				Lane Swim ML		TSC Masters		Lane Swim SL				Funtime Floats		General Swim		General Swim				Lane Swim SL		Lane Swim SL		Aqua Fit				Lane Swim SL		Sub Aqua																	
					Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL				General Swim				TSC Masters		Lane Swim FL														Lane Swim FL		Lane Swim FL		Fast Lane (3)		Lane Swim FL																					
					Lane Sw im (45) ML		Lane Sw im (45) ML				NPLQ		NPLQ								TSC Masters		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		Lane Swim ML		Lane Swim ML		Lane Swim ML																			
THURSDAY					Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Crash Course				Crash Course				Lane Swim SL		Lane Swim SL		Lane Swim SL				Funtime Floats		General Swim		General Swim				Lane Swim SL		Lane Swim SL		Lane Swim SL		Lane Swim SL		Lane Swim (45) SL																			
					Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL						General Swim				Lane Swim FL		Lane Swim FL		Lane Swim FL												Lane Swim FL		Lane Swim FL		Lane Swim FL		Lane Swim FL		Lane Swim (45) FL																			
					Lane Sw im (45) ML		Lane Sw im (45) ML				NPLQ		NPLQ								Lane Swim ML		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		Lane Swim ML		Lane Sw im (45) ML																			
FRIDAY					Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Lane Swim (45) SL		Crash Course				Crash Course				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																					
					Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL				General Swim				TSC Masters		Lane Swim FL														Lane Swim FL		Lane Swim FL		Lane Swim FL		Lane Swim (45) FL																					
					Lane Sw im (45) ML		Lane Sw im (45) ML				NPLQ		NPLQ								TSC Masters		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		Lane Sw im (45) ML																					
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				Funtime Floats		General Swim		General Swim				Lane Swim SL		Lane Swim SL																											
									Lane Swim FL		Lane Swim FL						Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL												Lane Swim FL		Lane Swim FL																											
									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		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML																									
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		General Swim				Lane Swim SL		Lane Swim SL																											
									Lane Swim FL		Lane Swim FL						Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL												Lane Swim FL		Lane Swim FL																											
									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		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML		Lane Swim ML																									

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
Kiosk Side Lane