

Teddington Pools & Fitness Centre

From w/c 15.09.25				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) FL		Adult Lane Swim (45) FL		Adult Lane Swim (45) FL		Adult Lane Swim (45) FL		School Lessons		School		Adult Lane Sw im (45) ML		Aqua Fit		TSC Masters		TSC Masters		Staff Training		Adult Lane Swim SL		Adult Lane Swim FL		Swim School										Adult Swim School				Adult Lane Swim SL																	
	Club Use				Adult Lane Swim (45) SL		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		Swim School										Adult Lane Swim (45) FL				Adult Lane Swim (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										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 (45) SL		Adult Lane Swim SL		Adult Lane Swim SL		Adult Lane Swim SL		Adult Lane Swim SL		Adult Lane Swim SL		Adult Lane Swim SL		Adult Lane Swim (45) SL		Swim School				Adult Lane Swim FL		Swim School				Adult Lane Swim ML		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 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 Swim ML		Adult Lane Swim ML		SwimFit		Adult Lane Swim ML		Adult Lane Swim ML		Adult Lane Swim ML		General Swim				General Swim		Swimfit ADV		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 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				Adult Lane Swim FL		Aqua Fit		TSC Masters		Adult Lane Swim FL		Adult Lane Swim FL		Adult Lane Swim FL		Adult Lane Swim FL		Swim School				Club Use		Fast Lane (3)		Adult Lane Swim FL																															
	Club Use				Adult Lane Swim ML		Adult Lane Swim ML				Adult Lane Swim ML		Aqua Fit		TSC Masters		Adult Lane Swim ML		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 Swim ML		Lane Swim ML		SwimFit		Adult Lane Swim ML		Adult Lane Swim ML		Adult Lane Swim ML		General Swim		General Swim		Adult Lane Swim ML		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 (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																																									
											Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		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 Sw im (45) ML				Lane Sw im (45) ML		Lane Swim (45) FL		Lane Swim (45) FL		Teddington Swim Club 1600-2030																																															
	Lane Swim ML				Lane Swim ML		Lane Swim ML				Staff Training		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
Kiosk Side Lane

Window Side Lane
Middle Lane
Kiosk Side Lane

Window Side Lane
Middle Lane
Kiosk Side Lane