## **Teddington Pools and Fitness Centre**

|          | From w/c 23.06.25                |                                  | M                       | AIN PO   | OL TIMETABLI                   | E   |                          |                                  |                                  |                                  |   |   |                                  |  |                                  |
|----------|----------------------------------|----------------------------------|-------------------------|--|--------------------------------|---|--------------------------|----------------------------------|----------------------------------|----------------------------------|---|---|----------------------------------|--|----------------------------------|
|          | 06:00<br>06:15<br>06:30<br>06:45 | 07:00<br>07:15<br>07:30<br>07:45 | 08:00                   | 8 8  | 68 68 68                       | 10:00<br>10:15<br>10:30<br>10:45                | 11:00<br>11:15<br>11:30  | 12 12 13                         | 13:00<br>13:15<br>13:30<br>13:45 | 14:15<br>14:15<br>14:30<br>14:45 | 15:00<br>15:15<br>15:30<br>15:45        | 16:00<br>16:15<br>16:30<br>16:45<br>17:00<br>17:15<br>17:30 | 18:00<br>18:15<br>18:30<br>18:45 | 19:00<br>19:15<br>19:30<br>19:45<br>20:00<br>20:15 | 21:30<br>21:30<br>21:30<br>21:30 |
| MONDAY   | Club Use                         | (45) SL                          | (45) SL                 | dult Lane Sw<br>(45) SL                                    | (45) SL                        | School Lessons                                  |                          | ine Sw im TSC M                  | 1asters Adult Lar                | ne Swim ML Adult I               | Lane Swim SL                            | Swim School   |                                  | Adult Swim School                                  | Adult Lane Swim SL               |
|          | Club Use                         | (45) FL                          | (45) FL                 | dult Lane Sw<br>(45) FL                                    | (45) FL                        |   | Agu                      | rsc M                            | 1asters School                   | School                           | Lane Swim FL                            | Swim School   | (45) FL                          | lt Lane Swim (45) FL SwimFit                       | Adult Lane Swim FL               |
|          | Club Use                         |                                  | Lane Sw im Ad<br>45) ML | lult Lane Sw<br>(45) ML                                    | im Adult Lane Sw im<br>(45) ML | Adult Lane Sw im Adu<br>(45) ML                 | It Lane Sw im<br>(45) ML | TSC M                            | lasters                          | Adult Lar<br>(45)                | ne Sw im Adult Lane Sw im<br>ML (45) ML | General Swim General Swim                                   | Adult Lane Sw im Adu<br>(45) ML  | It Lane Sw im (45) ML SwimFit                      | Adult Lane Swim ML               |
| TUESDAY  | Club Use                         | (45) SL                          | (45) SL                 | dult Lane Sw<br>(45) SL                                    | (45) SL                        | Adult Lane Swim SL                              | Adult Lane Swim S        | L Adult Lane Swim ML             | Adult Lane Swim SL               | Adult Lane Swim SL               | Adult Lane Swim (45) SL                 | Swim School   | RISE                             | Teddington Swim Club                               |                                  |
|          | Club Use                         |                                  | (45) FL                 | dult Lane Sw<br>(45) FL                                    | (45) FL                        | Adult Lane Swim FL                              | Adult Lane Swim F        | L SwimFit                        | Adult Lane Swim FL               | Adult Lane Swim FL               | Adult Lane Swim FL                      | Swim School   | Swimfit ADV                      | Teddington Swim Club                               |                                  |
|          | Club Use                         |                                  | Lane Sw im Ad<br>45) ML | lult Lane Sw<br>(45) ML                                    | im Adult Lane Sw im<br>(45) ML | Adult Lane Swim ML                              | Adult Lane Swim N        | IL SwimFit                       | Adult Lane Swim ML               | Adult Lane Swim MI               | . Adult Lane Swim ML                    | General Swim General Swim                                   | Staff Training                   | Teddington Swim Club                               |                                  |
| УАУ      | Club Use                         | Adult Lane Swim SL               | Adult Lane Sw           | wim SL   |                                | Adult Lane Swim SL                              | Adult Lane Swim N        | IL TSC Masters                   | Adult Lane Swim SL               | Adult Lane Swim SL               | Adult Lane Swim (45) SL                 | Swim School   | Club Use                         | Aqua Fit Adult Lane Swim S                         | Sub Aqua                         |
| DNESC    | Club Use                         | Adult Lane Swim FL               | Adult Lane Sw           | e Swim FL School Lessons                                   | Adult Lane Swim FL             | Aqua Fit  | TSC Masters              | Adult Lane Swim FL               | Adult Lane Swim FL               | Adult Lane Swim FL               | Swim School                             | Club Use  | Fast Lane (3) Adult Lane Swim F  | ·L   |                                  |
| WE       | Club Use                         | Adult Lane Swim ML               | Adult Lane Sw           | vim ML   |                                | Adult Lane Swim ML                              | Aqua Fit                 | TSC Masters                      | Adult Lane Swim ML               | Adult Lane Swim MI               | . Adult Lane Swim ML                    | General Swim General Swim                                   | Club Use                         | Adult Lane Swim ML Adult Lane Swim N               | Adult Lane Swim ML               |
| >-       | Club Use                         |                                  | Lane Swim Ad            | dult Lane Sw<br>(45) SL                                    | rim Adult Lane Swim<br>(45) SL | Adult Lane Swim SL                              | Adult Lane Swim S        | L Adult Swim School              |                                  |                                  | Lane Swim SL                            | Swim School   | Swimfit 45                       | Teddington Swim Club 19                            | 900-2200                         |
| JRSDA    | Club Use                         | Adult Lane Swim Adult            |                         | dult Lane Sw<br>(45) FL                                    |                                | Adult Lane Swim FL                              | Adult Lane Swim F        | L SwimFit                        | Staff Swim So                    | hool<br>Staff Swi                | M Adult Lane Swim FL                    | Swim School   | Swimfit 45                       | Teddington Swim Club 19                            | 900-2200                         |
| Ĕ        | Club Use                         | Adult Lane Sw im Adult           |                         | lult Lane Sw<br>(45) ML                                    |                                | Adult Lane Swim ML                              | Adult Lane Swim N        | IL SwimFit                       | Adult Lane Swim ML               | Adult Lane Swim ML               | . Adult Lane Swim ML                    | General Swim General Swim                                   | Adult Lane Swim ML               | Teddington Swim Club 19                            | 900-2200                         |
| FRIDAY   | Club Use                         | Slow 30                          | Adult Lane Sw           | wim SL   | Adult Lane Swim SL             | Adult Lane Swim SL                              | Adult Lane Swim N        | IL TSC Masters                   | Adult Lane Swim SL               | School Hire Adult I              | Lane Swim SL                            | Swim School   | Club Use                         | Richmond Swim Club                                 |                                  |
|          | Club Use                         | Club Use Adult Lane Swim Adult   |                         | re Swim Adult Lane Swim Adult Lane Swim FL (45) FL (45) FL |                                | Adult Lane Swim FL                              |                          | TSC Masters                      | Adult Lane Swim FL               | Adult Lane Swim FL               | Adult Lane Swim FL                      | Swim School   | Club Use                         | Richmond Swim Club                                 |                                  |
|          | Club Use                         |                                  | Lane Sw im Ad<br>45) ML | lult Lane Sw<br>(45) ML                                    | im Adult Lane Sw im<br>(45) ML | Adult Lane Swim ML                              | Aqua Fit                 | TSC Masters                      | Adult Lane Swim ML               | Adult Lane Swim MI               | . Adult Lane Swim ML                    | General Swim General Swim                                   | Club Use                         | Richmond Swim Club                                 |                                  |
| SATURDAY |                                  | Swim School                      |                         | Lane Sw im (45) L  |                                | Ine Sw im (45) Lane Swim (45) SL Lane Swim (45) |                          |                                  |                                  | Teddington Swim Club 1600-1930   |   |   |                                  |  |                                  |
|          |                                  |                                  |                         |  |                                | ine Swim (45) FL Lane Swim                      | (45) FL Lane Swim (45) F | Funtime Floats                   | General Swim                     | Teddington Swim Club 1600-1930   |   |   |                                  |  |                                  |
|          |                                  |                                  | Lane Swim               |  | General Swim                   | General Swim                                    | Lane Sw im (45) SL La    | nne Sw im (45) SL Lane Sw im     | (45) Lane Sw im (45)<br>ML       | Lane Swim ML                     | Lane Swim ML                            | Teddington Swim Clu   | b 1600-1930                      |  |                                  |
| JNDAY    |                                  |                                  | Lane Swim               | n SL   | Lane Swim SL                   |   | Lane Swim (45) SL La     | ine Swim (45) SL Lane Swim       | (45) SL Lane Swim (45) S         | Tedding                          | ston Torpedos                           | Teddingt  | on Swim Club 1600-2030           |  |                                  |
|          |                                  |                                  | Lane Swim               | ı FL   | Lane Swim FL                   | General Swim                                    | Lane Swim (45) FL La     | ne Swim (45) FL Lane Swim        | (45) FL Lane Swim (45) F         | Tedding                          | ston Torpedos                           | Teddingt  | on Swim Club 1600-2030           |  |                                  |
| īS       |                                  |                                  | Lane Swim               | ML   | Lane Swim ML                   | Lane Swim ML                                    | Lane Sw im (45)<br>ML    | Lane Sw im (45) Lane Sw im ML ML | (45) Lane Sw im (45)<br>ML       | Tedding                          | ston Torpedos                           | Teddingt  | on Swim Club 1600-2030           |  |                                  |

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