

Teddington Pools & Fitness Centre

From w/c 29.09.25				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) SL		Adult Lane Swim (45) SL		Adult Lane Swim (45) FL		Adult Lane Swim (45) FL		Adult Lane Sw im (45) ML		Adult Lane Sw im (45) ML		Adult Lane Sw im (45) ML		Adult Lane Sw im (45) ML		School Lessons		School		Adult Lane Sw im (45) ML				TSC Masters		Adult Lane Swim ML		Adult Lane Swim SL				Swim School										Adult Swim School				Adult Lane Swim SL													
	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 (45) FL		Adult Lane Sw im (45) ML		Adult Lane Sw im (45) ML		Adult Lane Sw im (45) ML		Adult Lane Sw im (45) ML		Aqua Fit								TSC Masters		School		School		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		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) FL		Adult Lane Swim (45) FL		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 SL		Adult Lane Swim SL		Adult Lane Swim ML		Adult Lane Swim SL		Adult Lane Swim SL		Adult Lane Swim FL		Adult Lane Swim FL		Adult Lane Swim FL		Adult Lane Swim FL		Swim School				RISE				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 (45) FL		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 FL		Adult Lane Swim FL		SwimFit		Adult Lane Swim FL		Adult Lane Swim FL		Adult Lane Swim FL		Adult Lane Swim FL		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 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		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						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 ML		TSC Masters		Adult Lane Swim SL		Adult Lane Swim SL		Adult Lane Swim SL		Adult Lane Swim FL		Adult Lane Swim FL		Adult Lane Swim FL		Swim School				Club Use		Aqua Fit				Adult Lane Swim SL		Adult Lane Swim SL													
	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		Adult Lane Swim FL		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		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		Adult Lane Swim ML		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		Adult Lane Swim ML		Adult 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		School Hire						Lane Swim FL		SwimFit		Staff Swim		School		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 Sw im (45) ML		Lane Swim ML		Lane Swim ML		SwimFit		Adult Lane Swim 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		Adult Lane Swim ML		Adult Lane Swim ML		General Swim				General Swim		Staff Training		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		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		Aqua Fit		TSC Masters		Adult Lane Swim 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		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																																	
					121 Lessons										Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Funtime Floats		General Swim		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				General Swim				Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Funtime Floats		General Swim		Teddington Swim Club 1600-2030																															
									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		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

Window Side Lane
Middle Lane
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Window Side Lane
Middle Lane
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