Teddington Pools & Fitness Centre

Vicarage Road, Teddington TW11 8EZ Phone: 020 8977 9911 Email: leisure@richmond.gov.uk

Facilities/activities: *25m swimming pool, learner pool, swimming lessons/courses for all ages/abilities, fitness suite, hydrotherapy pool and studio with a range of classes.*

Term time only programme - *subject to change*

Main pool timetable

Please note that lanes will be available during general swim times

	6.00am–7.00am	7.00am–8.00am	8.00am–9.00am	9.00am–10.00am	10.00am–11.00am	11.00am–12 noon	12 noon–1.00pm	1.00pm–2.00pm	2.00pm–3.00pm	3.00pm–4.00pm	4.00pm–5.00pm	5.00pm–6.00pm	6.00pm–7.00pm	7.00pm–8.00pm	8.00pm–9.00pm	9.00pm–10.00pm
Monday	Closed	Lane swim		Adult lessons; General swim		Aqua Fit			Lane swim; School swim		Swimming lessons; General swim					Adult lessons; Adult swim
Tuesday	Closed	Lane swim		Lane swim; School swim			General swim		Lane swim; School swim		General swim; Swimming lessons			Teddington Swimming Club		Adult swim
Wednesday	Closed	Lane swim		Lane swim; School swim		General swim		Lane swim; School swim			General swim; Swimming lessons; Special needs swim club			Aqua Fit		Sub-aqua club; Adult swim
Thursday	Closed	St Mary's College; Lane swim		Lane swim; School swim		General swim		Lane swim; School swim			General swim; Swimming lessons			Teddington Swimming Club		Adult swim
Friday	Borough Swim Squad; Lane swim				Adult swim; School swim	General swim; Aqua Fit		Lane swim; School swim		General swim; Special needs swim club				Richmond Swimming Club		Closed
Saturday	Closed		General swim									Teddington Swimming Club		Closed		
Sunday	Closed		Adult swim	General swim						Closed	Swimming lessons	Teddington Swimming Club				Closed

Learner pool timetable

	6.00am–7.00am	7.00am–8.00am	8.00am–9.00am	9.00am–10.00am	10.00am–11.00am	11.00am–12 noon	12 noon–1.00pm	1.00pm–2.00pm	2.00pm–3.00pm	3.00pm–4.00pm	4.00pm–5.00pm	5.00pm–6.00pm	6.00pm–7.00pm	7.00pm–8.00pm	8.00pm–9.00pm	9.00pm–10.00pm
Monday	Closed			Adult lessons; Swimming lessons		General swim			School swim		Swimming lessons	General swim			Adult lessons	Closed
Tuesday	Closed			School swim			General swim		School swim		Swimming lessons			Teddington Swimming Club		Closed
Wednesday	Closed			School swim		General swim			School swim		Swimming lessons	General swim		Closed		
Thursday	Closed			Swimming lessons		General swim			School swim		Swimming lessons	General swim		Closed		
Friday	Closed			Swimming lessons		General swim			School swim		Swimming lessons	General swim		Closed		
Saturday	Closed		Swimming lessons			General swim								Closed		
Sunday	Closed			General swim										Closed		