

Teddington Pools & Fitness Centre

Main Pool Adult Lane Swimming Sessions

Based on feedback received and an increased demand for Adult Lane Swim sessions, a number of previous 55 minute swim sessions have now been changed to 45 minute swim sessions.

This has created 112 new booking slots.

Please see the days/times below:

- Monday 7.00-10.00am & 1.30-3.45pm
- Tuesday 7.00-10.00am
- Thursday 8.00-8.45am
- Friday 7.00-10.00am
- Saturday 11.00-2.00pm
- Sunday 11.00-2.00pm

This change will be effective from week commencing 8 January 2024.

Please check your booking once made to ensure you are in the correct swim session (45 min or 55 min).