

Teddington Pools Fitness Centre

From w/c 28.04.25				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) SL		School Lessons		School		Adult Lane Sw im (45) ML				TSC Masters		Staff Training		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				Aqua Fit				TSC Masters		School		School		Adult Lane Sw im (45) ML		Adult Lane Sw im (45) ML		General Swim				General Swim				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				TSC Masters				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 SL		Adult Lane Swim SL		Adult Lane Swim ML		Adult Lane Swim SL		Adult Lane Swim SL		Adult Lane Swim SL		Adult Lane Swim (45) SL		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 FL		Adult Lane Swim FL		SwimFit		Adult Lane Swim FL		Adult Lane Swim FL		Adult Lane Swim FL		Adult Lane Swim FL		Swim School						SwimFit ADV		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 Swim ML		Adult Lane Swim ML		SwimFit		Adult Lane Swim ML		Adult Lane Swim ML		Adult Lane Swim ML		Adult Lane Swim ML		General Swim				General Swim		Adult Lane Swim ML		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		School Gala 13:15-15:15										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										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										General Swim				General Swim				Club Use		Adult Lane Swim ML		Adult Lane Swim ML		Adult Lane Swim ML																											
THURSDAY	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 SL		Adult Lane Swim SL		Adult Swim School		Staff Swim		School		Adult Lane Swim SL				Swim School				SwimFit 45		Teddington Swim Club 1900-2200																																	
	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		Staff Swim				Staff Swim		Adult Lane Swim FL		Swim School				SwimFit 45		Teddington Swim Club 1900-2200																																	
	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		Adult Lane Swim ML		SwimFit		Adult Lane Swim ML		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		Over 60 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 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		TSC Masters		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				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 Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		Lane Swim (45) FL		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		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
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Window Side Lane
Middle Lane
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Window Side Lane
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Window Side Lane
Middle Lane
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