

## Teddington Pools Fitness Centre

From w/c 12.05.25				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		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		Adult Lane Swim (45) FL		Adult Lane Swim (45) FL		Adult Lane Swim (45) FL								TSC Masters				Adult Lane Swim FL		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		Aqua Fit				TSC Masters		School		School		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 (45) SL		Adult Lane Swim SL		Adult Lane Swim SL		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 Swim FL		Adult Lane Swim FL		SwimFit		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 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		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		Adult Lane Swim SL		Adult Lane Swim SL		Adult Lane Swim SL		Adult Lane Swim (45) SL		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				TSC Masters		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																													
	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		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		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		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		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		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) FL		Lane Swim (45) FL		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		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
Kiosk Side Lane

Window Side Lane
Middle Lane
Kiosk Side Lane