

Nuffield Health Cheam Fitness and Wellbeing Pool Program



Effective 1st August 2025

Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday																													
Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	Lane 4																					
06:30	Lane Swim				06:30	Lane Swim				06:30	Lane Swim				06:30	Lane Swim				06:30	Lane Swim				06:30	Closed				06:30	Closed																												
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09:00					09:00	Aqua class 09:15-10:00				09:00					09:00					09:00					09:00					09:00					09:00																								
09:30	Aqua class 9:45-10:30				09:30					09:30					09:30	Aqua class 09:45-10:30				09:30					09:30					09:30	Aqua class 9:45-10:30				09:30					09:30																			
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12:00	Aqua class 12:00-12:45				12:00					12:00					12:00					12:00					12:00					12:00					12:00					12:00					12:00					12:00					12:00				
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15:00	Swim lessons 14:30-16:00				15:00	Family swim 14:30-17:30				15:00	Swim lessons 15:30-18:00				15:00	Family swim 14:30-17:30				15:00	Swim lessons 15:30-18:00				15:00	Family swim 14:30-17:30				15:00	Swim lessons 14:30-18:00				15:00	Family swim 14:30-17:30				15:00	Swim lessons 14:30-18:00				15:00	Family swim 14:30-17:30													
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16:30	Swim lessons 16:00-18:30				16:30					16:30					16:30					16:30					16:30					16:30					16:30					16:30					16:30					16:30					16:30				
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18:30	Aqua class 18:30-19:15				18:30					18:30					18:30					18:30					18:30					18:30					18:30					18:30					18:30					18:30					18:30				
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19:30					19:30	Aqua class 19:15-20:00				19:30					19:30	Aqua class 19:00-19:45				19:30					19:30	Aqua class 19:05-19:50				19:30					19:30					19:30					19:30					19:30									
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People who may benefit from aquacise include pregnant women, elderly people, and patients recovering from injury
Whether you're looking to lose weight, tone muscles or increase endurance, aquacise will do you good

Swimmers swim up one side of the lane and down the other – swimming in very long ovals rather than up and down the same line
Each lane has a board telling you which side to swim up and which side to swim down

Please note 121 swim lessons may take place in one lane outside of the listed times. We ensure at all times we have at least one lane available for lane swimming

Visiting the pool is a great family activity, and the Nuffield Health makes sure families can enjoy swimming together.
We reserve "Family Swim" time in our pools every day so that individuals and families can enjoy time to play, splash and swim laps together.
Our ratio is 1 adult (member only) to 2 children (regardless of their age)

Pool set up is subject to change

BH Monday				
Lane 1	Lane 2	Lane 3	Lane 4	
06:30	Closed			
07:00	Closed			
07:30	Closed			
08:00	Lane Swim			
08:30				
09:00				
09:30				
10:00				
10:30				
11:00				
11:30				
12:00	Aqua class 12:00-12:45			
12:30				
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15:00				
15:30	Family Swim 14:30-17:30			
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20:00	Closed			
20:30	Closed			
21:00	Closed			
21:30	Closed			