

Nuffield Health Cheam Fitness and Wellbeing Pool Program



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	
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			
07:00	Lane Swim				07:00	Lane Swim				07:00	Lane Swim				07:00	Lane Swim				07:00	Lane Swim				07:00	Closed				07:00	Closed			
07:30	Lane Swim				07:30	Lane Swim				07:30	Lane Swim				07:30	Lane Swim				07:30	Lane Swim				07:30	Closed				07:30	Closed			
08:00	Lane Swim				08:00	Lane Swim				08:00	Lane Swim				08:00	Lane Swim				08:00	Lane Swim				08:00	Lane Swim				08:00	Lane Swim			
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09:00	Lane Swim				09:00	Lane Swim				09:00	Lane Swim				09:00	Lane Swim				09:00	Lane Swim				09:00	Lane Swim				09:00	Lane Swim			
09:30	Aqua class 9:45-10:30				09:30	Aqua class 09:15-10:00				09:30	Aqua class 09:45-10:30				09:30	Aqua class 09:45-10:30				09:30	Aqua class 10:15-11:00				09:30	Aqua class 9:45-10:30				09:30	Swim lessons 9:00-11:00			
10:00	Aqua class 9:45-10:30				10:00	Aqua class 09:15-10:00				10:00	Aqua class 09:45-10:30				10:00	Aqua class 09:45-10:30				10:00	Aqua class 10:15-11:00				10:00	Aqua class 9:45-10:30				10:00	Swim lessons 9:00-11:00			
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12:00	Aqua class 12:00-12:45				12:00	Aqua class 12:00-12:45				12:00	Aqua class 12:00-12:45				12:00	Aqua class 12:00-12:45				12:00	Aqua class 12:00-12:45				12:00	Aqua class 12:00-12:45				12:00	Aqua class 12:00-12:45			
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21:30	Closed				21:30	Closed				21:30	Closed				21:30	Closed				21:30	Closed				21:30	Closed				21:30	Closed			

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

Swimming lessons are the process of learning to swim. We provide lessons for both children and adults in different levels

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	Lane Swim			
09:00	Lane Swim			
09:30	Lane Swim			
10:00	Lane Swim			
10:30	Lane Swim			
11:00	Lane Swim			
11:30	Lane Swim			
12:00	Aqua class 12:00-12:45			
12:30	Aqua class 12:00-12:45			
13:00	Aqua class 12:00-12:45			
13:30	Aqua class 12:00-12:45			
14:00	Aqua class 12:00-12:45			
14:30	Aqua class 12:00-12:45			
15:00	Aqua class 12:00-12:45			
15:30	Family Swim 14:30-17:30			
16:00	Family Swim 14:30-17:30			
16:30	Family Swim 14:30-17:30			
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18:00	Family Swim 14:30-17:30			
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19:00	Family Swim 14:30-17:30			
19:30	Family Swim 14:30-17:30			
20:00	Closed			
20:30	Closed			
21:00	Closed			
21:30	Closed			

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