

Nuffield Health Cheam Fitness and Wellbeing Pool Program



Effective 01st March 2026

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											
6:30	Lane Swim				6:30	Lane Swim				6:30	Lane Swim				6:30	Lane Swim				6:30	Lane Swim				6:30	Closed				6:30	Closed													
7:00					7:00					7:00					7:00					7:00					7:00	Closed				7:00	Closed													
7:30					7:30					7:30					7:30					7:30					7:30	Closed				7:30	Closed													
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8:30					8:30					8:30					8:30					8:30					8:30	Lane Swim				8:30	Lane Swim													
9:00					9:00	Aqua class 09:15-10:00				9:00					9:00					9:00					9:00	Lane Swim				9:00														
9:30	Aqua class 9:45-10:30				9:30					9:30					9:30	Aqua class 09:45-10:30				9:30					9:30					9:30	Aqua class 9:45-10:30				9:30									
10:00					10:00					10:00					10:00					10:00	Aqua class 10:15-11:00				10:00					10:00					10:00									
10:30					10:30					10:30	Aqua class 10:30-11:15				10:30					10:30					10:30	Aqua class 10:15-11:00				10:30					10:30									
11:00					11:00					11:00					11:00					11:00					11:00					11:00					11:00									
11:30					11:30					11:30					11:30	Aqua class 11:30-12:15				11:30					11:30					11:30	Aqua class 11:15-12:00				11:30	Swim lessons 9:00-11:30								
12:00	Aqua class 12:00-12:45				12:00					12:00					12:00					12:00					12:00					12:00	Aqua class 11:15-12:00				12:00	Aqua class 11:15-12:00								
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14:30					14:30					14:30					14:30					14:30	Family swim				14:30					14:30					14:30									
15:00	Swim lessons 14:30-16:00				15:00					15:00	Family swim				15:00					15:00					15:00	Swim lessons 14:30-18:00				15:00	Family swim				15:00	Family swim 14:30-17:30								
15:30					15:30	Swim lessons 15:30-18:00				15:30					15:30	Swim lessons 15:30-18:00				15:30	Family swim				15:30					15:30	Family swim 14:30-17:30				15:30	Family swim 14:30-17:30								
16:00					16:00					16:00					16:00					16:00	Swim lessons 15:30-18:00				16:00					16:00	Swim lessons 14:30-18:00				16:00	Family swim 14:30-17:30								
16:30	Swim lessons 16:00-18:30				16:30					16:30					16:30					16:30					16:30	Swim lessons 15:30-18:00				16:30					16:30	Swim lessons 14:30-18:00				16:30	Family swim 14:30-17:30			
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19:00					19:00	Aqua class 19:15-20:00				19:00					19:00					19:00	Aqua class 19:05-19:50				19:00					19:00					19:00									
19:30	Aqua class 19:00-19:45				19:30					19:30					19:30					19:30					19:30					19:30					19:30					19:30				
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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				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

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	
6:30	Closed			
7:00	Closed			
7:30	Closed			
8:00	Lane Swim			
8:30				
9:00				
9:30				
10:00				
10:30				
11:00				
11:30				
12:00	Aqua class 12:00-12:45			
12:30				
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14:30				
15:00	Family Swim 14:30-17:30			
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18:30				
19:00				
19:30				
20:00	Closed			
20:30	Closed			
21:00	Closed			
21:30	Closed			

People who may benefit from aquacise include pregnant women and those with chronic conditions.
Whether you're looking to lose weight, tone muscles

Swimmers swim up one side of the lane and down the other.
Each lane has a board telling you which side to swim

Swimming lessons are the process of learning to swim

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14:30	Family Swim 14:30-17:30			
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19:30	Closed			
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21:30				

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

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