

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					07:00					07:00					07:00					07:00					07:00					07:00				
07:30					07:30					07:30					07:30					07:30					07:30					07:30				
08:00					08:00					08:00					08:00					08:00					08:00	Lane Swim				08:00	Lane Swim			
08:30					08:30					08:30					08:30					08:30					08:30					08:30				
09:00					09:00	Aqua class 09:15-10:00				09:00					09:00					09:00					09:00					09:00				Swim lessons 9:00-11:00
09:30	Aqua class 9:45-10:30				09:30									09:30	Aqua class 09:45-10:30				09:30					09:30	Aqua class 10:15-11:00				09:30	Aqua class 9:45-10:30				
10:00					10:00				10:00					10:00									10:00											
10:30					10:30					10:30	Aqua class 10:30-11:15				10:30					10:30					10:30					10:30				
11:00					11:00					11:00									11:00					11:00					11:00	Aqua class 11:15-12:00				
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							
12:00	Aqua class 12:00-12:45				12:00					12:00					12:00									12:00									12:00	
12:30									12:30					12:30					12:30					12:30					12:30					12:30
13:00					13:00				Joint Pain	13:00					13:00				Joint Pain	13:00					13:00					13:00				
13:30					13:30				13:00-13:45	13:30					13:30				13:00-13:45	13:30					13:30					13:30				
14:00					14:00					14:00					14:00					14:00					14:00					14:00				
14:30					14:30					14:30					14:30					14:30					14:30	Family swim 14:30-17:30				14:30	Family swim 14:30-17:30			
15:00					15:00					15:00					15:00					15:00					15:00					15:00				
15:30				Family swim 14:30-17:30	15:30				Family swim 14:30-17:30	15:30					15:30					15:30					15:30					15:30				
16:00	Swim lessons 15:30-18:30				16:00	Swim lessons 15:30-18:00				16:00					16:00	Swim lessons 15:30-18:00				16:00					16:00					16:00				
16:30					16:30					16:30					16:30					16:30					16:30					16:30				
17:00					17:00					17:00					17:00					17:00					17:00					17:00				
17:30					17:30					17:30					17:30					17:30					17:30									17:30
18:00					18:00					18:00					18:00					18:00					18:00					18:00	Aqua Zumba 17:45-18:30			
18:30					18:30					18:30					18:30					18:30					18:30					18:30				
19:00	Aqua class 19:00-19:45				19:00	Aqua class 19:15-20:00				19:00	Aqua class 19:00-19:45				19:00	Aqua Zumba 19:00-19:45				19:00					19:00					19:00				
19:30					19:30					19:30					19:30					19:30					19:30	Closed				19:30	Closed			
20:00					20:00					20:00					20:00					20:00					20:00					20:00				
20:30					20:30					20:30					20:30					20:30					20:30					20:30				
21:00					21:00					21:00					21:00					21:00					21:00					21:00				
21:30	Closed				21:30	Closed				21:30	Closed				21:30	Closed				21:30	Closed				21:30	21:30								

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				
07:30				
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				
13:00				
13:30				
14:00				
14:30	Family Swim 14:30-17:30			
15:00				
15:30				
16:00				
16:30				
17:00				
17:30				
18:00				
18:30				
19:00				
19:30	Closed			
20:00				
20:30				
21:00				
21:30				