

# Nuffield Health Milton Keynes Fitness and Wellbeing Pool Program



Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
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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

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 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. Pool times do not change for Bank Holidays or school holiday periods.