

Nuffield Health Milton Keynes Fitness and Wellbeing Pool Program



Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3
06:00	Adult Lane Swim			06:00	Adult Lane Swim			06:00	Adult Lane Swim			06:00	Adult Lane Swim			06:00	Adult Lane Swim			Closed			Closed				
06:30				06:30				06:30				06:30				06:30											
07:00				07:00				07:00				07:00				07:00											
07:30				07:30				07:30				07:30				07:30				07:30							
08:00				08:00				08:00				08:00				08:00											
08:30				08:30				08:30				08:30				08:30											
09:00				09:00				09:00				09:00				09:00				09:00							
09:30	Adult Lane Swim			09:30	Adult Lane Swim			09:30	Adult Lane Swim			09:30	Adult Lane Swim			09:30	Adult Lane Swim			Closed			Closed				
10:00				10:00				10:00				10:00				10:00											
10:30				10:30				10:30				10:30				10:30											
11:00				11:00				11:00				11:00				11:00											
11:30				11:30				11:30				11:30				11:30											
12:00				12:00				12:00				12:00				12:00											
12:30				12:30				12:30				12:30				12:30											
13:00	Family Swim 13:00-19:00			13:00	Family Swim 13:00-19:00			13:00	Family Swim 13:00-19:00			13:00	Family Swim 13:00-19:00			13:00	Family Swim 13:00-19:00			Closed			Closed				
13:30				13:30				13:30				13:30				13:30											
14:00				14:00				14:00				14:00				14:00											
14:30				14:30				14:30				14:30				14:30											
15:00				15:00				15:00				15:00				15:00											
15:30				15:30				15:30				15:30				15:30											
16:00				16:00				16:00				16:00				16:00											
16:30	16:30	16:30	16:30	16:30																							
17:00	17:00	17:00	17:00	17:00	17:00																						
17:30	Swim Lessons 17:30-19:00			17:30	Swim Lessons 17:30-19:00			17:30	Swim Lessons 17:30-19:00			17:30	Swim Lessons 17:30-19:00			17:30	Swim Lessons 17:30-19:00			Closed			Closed				
18:00				18:00				18:00				18:00				18:00											
18:30				18:30				18:30				18:30				18:30											
19:00				19:00				19:00				19:00				19:00											
19:30				19:30				19:30				19:30				19:30											
20:00				20:00				20:00				20:00				20:00											
20:30				20:30				20:30				20:30				20:30											
21:00	21:00	21:00	21:00	21:00																							
21:45	Closed			21:45	Closed			21:45	Closed			21:45	Closed			21:45	Closed			Closed			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
Pool times do not change for Bank Holidays or school holiday periods, however Family Swim needs to be booked during Summer holidays