Cheam Leisure Centre - Aquatics

Fall Schedule: September 1 – December 21, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Lane Swim 6:00am-8:25am *6 lanes*	**Lane Swim** 6:00am-2:00pm *3 lanes*	**Lane Swim** 6:00am-9:25am *3 lanes*	**Lane Swim** 6:00am-8:25am *6 lanes*	**Lane Swim** 6:00am-8:25am *3 lanes*	**Lane Swim** 7:00am-9:00am *6 lanes*	**Swim Club** 7:30am-11:30am
Leisure Swim 6:00am-9:30pm	**Lifesaving Club** 7:15am-9:15am	**Lifesaving Club** 7:15am-9:15am	**Leisure Swim** 6:00am-9:30pm	**Leisure Swim** 6:00am-9:30pm	**Leisure Swim** 7:00am-6:00pm	**Lane Swim** 11:30am-2:30pm *3 lanes*
Blended Aquafit 8:30am-9:30am *Main pool*	**Leisure Swim** 6:00am-9:30pm	**Leisure Swim** 6:00am-9:30pm	**Blended Aquafit** 8:30am-9:30am *Main pool*	**Swim Club** 6:15am-7:15am	**Swim Lessons** 9:00am-1:00pm	**Swim Lessons** 11:30am-2:30pm
Swim Lessons 10:00am-11:30pm		**Blended Aquafit** 9:30am-10:30am *Main pool*	**Lane Swim** 9:30am-2:00pm *3 lanes*	**Blended Aquafit** 8:30am-9:30am *Main pool*	**Lane Swim** 9:00am-1:00pm *3 lanes*	
Shallow Aquafit 10:00am-10:45am *Main Pool*		**Swim Lessons** 10:00am-11:30am		**Shallow Aquafit** 10:00am-10:45am *Main Pool*		
AFTERNOON						
Public Swim 10:45am-4:00pm *1 lane*	**Physio Swim** 12:30pm-2:00pm *3 lanes*	**Public Swim** 10:30am-4:00pm *1 lane*	**Physio Swim** 12:30pm-2:00pm *3 lanes*	**Public Swim** 10:45am-3:30pm *1 lane*	**Public Swim** 1:00pm-6:00pm *1 lane*	**Public Swim** 2:30pm-8:30pm *1 lane*
	Public Swim 2:00pm-4:00pm *1 lane*		**Public Swim** 2:00pm-4:00pm *1 lane*			
EVENING						
Swim Club 4:00pm-6:30pm	**Swim Lessons** 4:00pm-7:00pm	**Swim Club** 4:00pm-6:30pm	**Swim Lessons** 4:00pm-7:30pm	**Swim Club** 4:00pm-6:30pm		
Swim Club 6:30pm-8:30pm	**Swim Club** 4:00pm-6:30pm	**Swim Club** 6:30pm-8:30pm	**Swim Club** 4:00pm-6:30pm			
Lane Swim 4:00pm-8:30pm *2 lanes*	**Blended Aquafit** 7:00pm-8:00pm *Main pool*	**Lane Swim** 4:00pm-8:30pm *2 lanes*	**Public Swim** 7:30pm-9:30pm *1 lane*			
	Public Swim 8:00pm-9:30pm *1 lane*					

Leisure Pool: A shallow, family friendly section of the pool. Also includes the lazy river, hot tub and sauna.
Public Swim: Includes the main pool, diving board, leisure pool, hot tub and sauna.
Lane Swim: A time when lanes are available for lane swim.