



Cheam Leisure Centre - Aquatics

Winter Schedule: January 5 – March 15, 2026



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