



# Cheam Leisure Centre - Aquatics

## Winter Schedule: January 5 – March 15, 2026



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